

# body of WORK

*Your at-a-glance guide to the newest treatments, both surgical and non-invasive, that will help transform your body.*



## Surgical BODY PROCEDURES

**Expert** Dr Raja Sawhney

When it comes to recommending a treatment plan for patients wanting a breast enlargement, Dr Raja Sawhney of Sculpted Clinic on Queensland's Gold Coast will suggest implants, a fat-transfer procedure or a combination of the two, and will make his decision based on the patient's body shape and the end result she wishes to achieve. The pioneering fat-transfer breast augmentation technique sees

Dr Sawhney remove excess fat from an area of the patient's body using liposuction, which is then prepared for transfer and injected into the breast. Dr Sawhney says it can give a softer, more natural look than implants alone.

He also offers body-sculpting procedures such as abdominoplasty (or tummy tucks), thigh lifts and arm lifts, often for patients who have undergone dramatic weight loss. Another popular procedure is the "mummy makeover". According to Dr Sawhney, the abdomen and breasts are often dramatically affected

following childbirth and breastfeeding. If necessary, surgical solutions can include an abdominoplasty combined with a breast lift or augmentation.

## Non-surgical

### ULTHERAPY

**Expert** Dr Joseph Hkeik

Ultherapy is a non-surgical skin lifting and tightening technology for use on the face and neck that has now also been approved for use on the décolletage. It uses ultrasound energy to stimulate the body's healing response, encouraging it to produce fresh collagen that, over time, results in lifting.

According to cosmetic physician Dr Hkeik, this treatment on the décolletage is an exciting new way to help correct damage on an area of the body that ages quickly and, as an added benefit, it also leads to a small amount of breast lifting. There's little or no downtime and, while final results generally won't be seen for three months, many patients report some immediate improvements.

Dr Hkeik is confident that, over time, many more areas of the body will be able to be treated by Ultherapy, giving similar results to those being achieved on the décolletage.

### VELASHAPE III

**Expert** Chevelle Medew

This non-invasive treatment is used for full-body contouring. It combines infrared light, bipolar radio-frequency energy and vacuum to heat the body's fat cells, the surrounding tissue and the underlying collagen fibres. VelaShape's heating and vacuum action helps reduce fat and cellulite, and stimulates the growth of new collagen and elastin, which help improve the skin's structure and texture.

According to laser and skin therapist Chevelle Medew, it delivers excellent results that many patients see signs of immediately, although final results are usually visible after 10 weeks. Patients can opt to have one 30-minute treatment or three 15-minute treatments every two weeks. The procedure also helps boost lymphatic drainage and metabolism.

### THERMAGE CPT

**Expert** Christiana O'Regan

Using radio-frequency energy to heat the deeper layers of the skin, Thermage CPT kick-starts the body's own natural renewal process and stimulates collagen production by causing a wound-healing response. It helps tighten the skin and improve the skin's texture and appearance. Pain is minimal, thanks to the device's innovative vibrating handpiece and a cooling spray that is applied before, during and after the treatment.

Christiana O'Regan, clinical director of Saphira Clinic, uses the non-invasive treatment on women of all ages, and most frequently on the upper-arm, thigh, stomach and knee areas. While results can vary

## FOR THE RECORD

Patient safety is always a number-one priority, and the new Australian Breast Device Registry (ABDR) is a world-first measure to help monitor the long-term safety and performance of breast devices.

Any woman having implant or breast tissue expander surgery will have her operation and device details securely and confidentially included on a register, as well as post-surgery outcomes. Should any safety issues regarding breast devices arise, such as a product requiring a recall, the registry will allow quick and accurate communication with patients.

All Australian women undergoing breast device surgery will be included on the registry unless they notify the registry coordinator that they do not wish to participate. There is no cost to the patient to be enrolled. For more information, visit [www.abdr.org.au](http://www.abdr.org.au).

depending on the patient's own healing responses, they can often be seen immediately. Continued improvements may occur over the following two to six months, and can last for several years.

### ULTRAFORMER III

**Expert** Dr Garry Cussell

This non-invasive technology uses focused ultrasound energy to lift and tighten the skin on the face, neck and body by assisting the wound-healing process and effectively remodelling the skin's collagen. During treatment, the membranes of the fat cells are targeted and the cell content is transported to the liver, where it is processed by the body's natural mechanisms and removed from the body.

Dr Garry Cussell, clinical director of Rejuvenation Clinics of Australia, says the results are immediate and progressive improvement can be seen for up to 90 days afterwards, plus can be maintained for up to a year following treatment.

### INMODE

**Expert** Dr Ingrid Tall

The innovative InMode combines the most current non-surgical technologies – IPL, radio frequency and diode laser – into a single platform. Aesthetic treatments available through the system include: Fractora for improving skin tone and texture; Lumecca for treating pigmentation, photo damage, superficial blood vessels and skin texture; BodyFX for helping reduce

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fat and cellulite; Forma and Plus for treating wrinkles, stimulating collagen and improving elasticity on the face and body; and Diolaze for laser hair removal.

Each InMode modality can be tailored to suit the needs of the individual client.

#### MONALISA TOUCH

**Expert** Dr Anh Nguyen

The MonaLisa Touch is a revolutionary laser used on the vagina to stimulate collagen in the area and restore blood supply, helping women suffering from vaginal atrophy.

Symptoms of this condition can affect women of any age and may also occur following menopause, childbirth or cancer treatment.

The laser is now also being used to help treat mild urinary incontinence and often surgical procedures may be avoided following treatment.

MonaLisa Touch is relatively painless, with little to no downtime. Each session takes about five minutes and, in most cases, only three treatments, spaced between 40 and 60 days apart, are required.

#### ULTRASHAPE POWER

**Expert** Kanika Kapoor

The UltraShape Power is a non-invasive body-shaping treatment. Its pulsed delivery of focused ultrasound energy precisely targets fat cells, without heat and without damaging the surrounding tissue, blood vessels and muscles. The procedure also increases

blood circulation and boosts lymphatic system activity so that released contents of the broken-down fat cells are naturally cleared by the body.

Three UltraShape Power treatment sessions are usually recommended. Results are expected to be long-lasting, provided you maintain your weight with a healthy diet and exercise, and maximum results are usually seen about one month following treatment.

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#### SKINCARE

**La Prairie**

**Expert** Belinda Besant

Whether you're considering a surgical or non-surgical treatment, Belinda Besant, La Prairie's national training and events manager, says it's essential to prepare your skin properly beforehand. According to Besant, if your skin is in the best possible condition and well hydrated both

before and after a procedure, then it is able to recover faster and results may be improved.

It's no secret that moisturisers help keep skin hydrated. Besant suggests that when "applying body cream, use a gentle massage technique to help increase circulation and flush away toxins".

As for her hero product, Besant recommends La Prairie Skin Caviar Luxe Souffle Body Cream, which she describes as "a skin transforming, lavish body treatment". The best time to apply body cream is after a bath or shower, to lock in moisture and enhance its benefits.

## the experts



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