

SKIN CARE TREATMENTS - REPORT

Skin is our body's largest organ. It serves as a protective barrier between our insides and the rest of the world. Skin exists in a constant state of growth, with old cells dying as new cells are forming. It is affected by every aspect of your life, from what you eat to where you live. Proper skin care is vital if you're concerned about your physical appearance. Unhealthy skin tends to appear sallow and dull, whereas healthy skin appears full and vibrant. However, no matter how much care one takes of their skin, there is sometimes a need for intervention in the form of treatments. We at 'Cosmetic Surgery Pakistan' offer many treatments and solutions to many of the skin problems of today. For your convenience, and to help you make a well-informed decision, we've included details about the various treatments that we offer:

- A) Green peel
- B) Botox
- C) Fillers
- D) Scar Reversion
- E) Tattoo Removal
- F) Microdermabrasion/ Anti-Aging Treatment
- G) Dark Circle Treatment
- H) Oxygen Facial
- I) Chemical and Herbal Peels
- J) Skin Rejuvenation
- K) Skin Whitening
- L) Pigmentation / Dark Spots
- M) Mole Removal
- N) Nimue Treatment

A) Green Peel / Herbal Peel:

What is green peel-herbal deep peeling treatment? How does it work?

The Herbal Deep-Peeling is a medically developed skin regeneration process which involves only pure natural plant ingredients, all of which have received worldwide recognition and have been proven as highly safe. The preparation is a compound of natural herbs without any chemical additives. It increases the blood circulation, intensifies metabolism and induces the regeneration of the skin by the production of new cells and collagen fibers.

What problems of the skin does green peel cater to?

- ✓ Impure oily skin, disturbed pores
- ✓ Sagging face contours, wrinkled, sun-damaged skin (atrophy, elastosis) Scars
- ✓ Slack abdominal wall, thighs, Upper arms
- ✓ Cellulite
- ✓ Aged hands (sagging wrinkled skin, spots)

Why Choose Green Peel herbal treatment?

GREEN PEEL- herbal deep peeling treatment consists of a blend of natural herbs. In contrast to other exfoliating creams it does not contain any chemicals or synthetic peeling agents. It is perfectly safe and has no side effects, effective the herbal preparation should inadvertently come into contact with the eyes, it will not cause them to sting or water. It is convenient and allows you the luxury to continue with your daily activities. The success of the herbal deep peeling treatment can be compared to the results of chemical peelings, the abrasion of the skin, or lengths application of vitamins A acid (retin-A) preparation.

The reason we claim GREEN PEEL to be a better treatment than many is simple: **It's natural.**

B) BOTOX:

If early signs of aging like frown lines, crow's feet or other facial wrinkles are bothering you then you should consider Botox. It is one of the most common cosmetic procedures worldwide to treat signs of aging. Often, the results are dramatic and cosmetic surgery can be deferred for a reasonable time. Botox treatment can be used in conjunction with other cosmetic surgeries as well

What is BOTOX?

It is an extract from an organism named Clostridium Botulinum. This actually is a toxin, which temporarily paralyzes the muscle, of facial expression. In this way, the impact reduces frown lines and other wrinkle is due to aging. Botox is the brand name of

Botulinum toxin type A from Allergan Corp..Dysport is another brand of Botulinum toxin type A from UK by IPSEN.

Is it safe?

Botulinum toxin has been used by millions of people worldwide. It is safe as it temporarily paralyzes the targeted muscles, which cause frown lines and other wrinkles.

Is it painful?

A very small dose is used for the injections and the pain is minimal. A numbing cream can be used prior to injections, which can make the procedure very comfortable.

Is it expensive?

The results are good for some early signs of aging compared to some creams or other products of unproven efficacy. Botox treatment is actually inexpensive.

How long does the result last?

The results usually last four to six months, but individual variations are possible, and the effectiveness may be longer or shorter for different individuals.

What are the other uses of Botox?

Botox has been effectively used for the following conditions:

- ✓ Sweaty Underarms (Axillary Hyperhidrosis) - Staining of clothes and odor are socially embarrassing situations in people who suffer from excessive sweating of the armpits. Botox can effectively treat this problem for up to nine months.
- ✓ Sweaty Palms and Foreheads - Sweaty palms and foreheads are deterrent to social interaction. Botox is quite effective in the treatment of these conditions, and can restore self confidence.

Are there any potential Complications?

Yes, there are possible complications from the injection of Botox, but they are minor in nature and improve over the passage of time. They can be corrected with other medications, if necessary.

C) Fillers:

The fillers these days are considered an important aspect of cosmetic surgery. There are a variety of fillers available. Most of the commonly fillers used have a limited effect and usually last from about four to six months. There are however, some long term fillers, which may last up to two years or longer, but they may have some potential side effects. There are even some permanent fillers but they are also not without problems. Hyaluronic acid, collagen and body fat are commonly used short term fillers.

Who is a candidate?

Fillers are mostly used for facial and body contouring. Hyaluronic acid or fat can be used, for enhancement of the facial features. Body fat can be removed from the areas where it is not desired and then it can be transferred to those areas where enhancement is needed, for example, Calves and Buttocks. Fat, however, is not recommended for enlargement of the breasts.

Procedure Description:

Minor facial enhancements can be performed in an office setting under local anesthesia. For larger areas, regional or general anesthesia may be required so the procedure has to be performed in a hospital. Other than fat, the fillers come pre-prepared in a syringe ready to be injected. Fat, however has to be first removed from some area of the body, for example abdomen or thighs, prepared, and then injected where it is needed.

How long does the procedure take?

Minor enhancements of the face, which are performed in the office, can take a few minutes. On the other hand, larger areas which require the procedure to be performed in the hospital may take anywhere from one hour to two hours.

Recovery Time

This depends on the nature and the extent of the procedure. Minor facial enhancements practically do not require any recovery time and are essentially a walk-in procedure. Enhancements performed in the hospital may require two to four days of recovery.

How long does the result last?

As mentioned earlier, most of the short term fillers only last from four to six months and then they need to be repeated. Fat injections can last longer, though the exact length of how long it will stay cannot be predetermined.

Is it painful?

Facial or body enhancements are not very painful, particularly enhancements of the face. Some bruising, swelling and discomfort is to be expected.

Are there any complications?

Minor complication includes asymmetry and irregularity. The Major ones may include a complication like infection, bleeding or scarring. These however are very uncommon.

Cost:

The cost includes surgeon fee, hospital charges, anesthesia fee. And it also includes free consultation, free follow up for life time and additional discount's for future surgeries.

D) Scar Revision:

Who is a candidate?

Anyone with wide, thick, depressed, or unsightly scars is a candidate for Scar Revision.

Intended Results:

A scar that is less noticeable (flatter, thinner, smoother, etc.).

Procedure Description:

Scar revisions are usually done under local anesthesia. If the scars are large or if the patient prefers, the procedure may be done under sedation and local or general anesthesia. The old scar is removed, and one of several plastic surgery techniques is used to repair the incision. The surgeon will use whichever technique will allow the best chance of obtaining an improved or excellent scar. The extent of surgery, time off from work, and recovery time have to be determined on an individual basis. The expected results also vary from patient to patient. Actually, outcome of scar revision is difficult to predict. Most of the patients are expected to get good results, but in some patients the end results may not be as satisfying.

E) Tattoo Removal:

Sometimes, people want their tattoos to be removed. There are a variety of ways to remove tattoos. Q-switched Nd-YAG is effective lasers of for dark, blue-black and India ink tattoos. Tattoos can be removed with Alexandrite and CO2 lasers as well. Other methods include dermabrasion.

How does the laser work?

The laser energy is absorbed by the pigment of the tattoo. When sufficient energy is applied, large pieces of the pigment in that tattoo burst into tiny particles like an explosion and then these particles push through the surface of the skin and disperse in the air.

Is tattoo removal permanent?

Once a tattoo is completely removed, the change is permanent.

How many sessions are required?

The numbers of sessions vary from one patient to other, and they depend upon the depth, density in the age of the tattoo and whether it was done by a professional or by an amateur. It may vary from one to two sessions or may require many sessions. Most of the patients however improve with three to five sessions.

Is it painful?

There is mild discomfort, like snapping of a rubber band and some burning. Most of the patients tolerate the procedure well and if necessary a numbing cream can be applied to ease the discomfort and pain.

Are there any possible complications?

Complications in this procedure are rare. The laser energy is absorbed by the tattoo without harming the skin. If over treated, there could be some damage to the skin, not come from the laser itself, but from the particles of the pigment which are heated up and explode through the skin.

F) Micro Dermabrasion:

Controlled MICRODERMABRASION with the skin peeler is a modern technique for treating the skin gently and successfully. The range of applications is very broad because the skin peeler can quickly and safely repair many different problems related to the biological regeneration of the skin.

MICRODERMABRASION is ideally suited in treating the following indications:

- ✓ Atrophy and aging skin
- ✓ Before any active agent and general skin regeneration treatment
- ✓ Horny layers
- ✓ Pigmentation disorders and age spots
- ✓ Acne/skin impurities and acne scars
- ✓ UV light and sun damage

- ✓ Body treatment for stretch marks and cellulite

The success of controlled MICRODERMABRASION lies with the functions of the skin peeler. Through the flow of aluminum oxide peeling crystals, the upper skin layer is removed in a controlled and gentle manner. The targeted abrasion of the upper skin layer leads to increase the growth in young functional skin cells in the basal cell layer. These cells migrate to the upper layers, gradually replacing the damaged Tissue.

- ✓ The treatment is gentle and pleasant.
- ✓ Results are immediately visible and improve with every treatment.
- ✓ Due to the gentle treatment process, the renewal process of the skin is greatly increased
- ✓ Treatments can be matched exactly to the special needs of the skin.

The Effects

- ✓ Stimulation of the cell renewal in the epidermis
- ✓ Significant increase in the thickness of the epidermis and the dermis.
- ✓ Increase in local blood circulation of the skin.
- ✓ Significant increase in the absorption of externally applied active agent deep into the skin.

G) Dark Circles Around the Eyes:

This special treatment is for the delicate eye area. The skin around the eyes is especially sensitive. The Eye Care Treatment cares specifically for the special needs of this area. Active agents for smooth care for a balanced skin metabolism. The moisture depots are filled and the eye area gains a new freshness and lightening effect.

H) Oxygen Facial:

Oxygen facial is a special treatment for the increase of the oxygen binding capacity of the skin cells. This leads to optimal cell metabolism. Free radicals, which destroy the cell membrane, are neutralized. The skin becomes soft, rosy and smooth with a youthful appearance. Suitable for all skin types, ideal for mature, light-damaged skin, smokers' skin and balanced stressed skin, Oxygen treatment is an excellent rejuvenation treatment for the skin and can be carried out a weekly basis if required.

I) Chemical Peeling:

What is Chemical Peeling?

Chemical peeling is a technique used to improve the appearance of the skin. A chemical solution is applied to the skin which causes it to separate/peel-off and allows new skin to regenerate. The new skin is smoother and less wrinkled than the old skin and may also be more even in color.

What can a chemical peel do?

- ✓ Chemical peeling is used to treat fine lines especially under the eyes and around the mouth. Wrinkles caused by sun damage, aging, and hereditary factors can be reduced or even eliminated with this procedure. However sags, bulges and more severe wrinkles don't respond to peeling and may require other kinds of cosmetic surgical procedures.
- ✓ Mild scarring and certain types of acne may also be treated with chemical peels.
- ✓ Pigmentation of the skin in the form of sun spots, age spots, liver spots, freckles, blotchiness due to taking birth control pills, and skin that is dull in texture and color may be improved with chemical peeling.
- ✓ Areas of sun-damaged skin and scaling patches may improve after chemical peeling as well.

How are chemical peels performed?

The procedure may be performed on the face, neck, chest, hands, arms and legs. Superficial, medium or deep chemical peels may be used to improve damaged skin. As a rule, the deeper the peel, the longer will be the recovery time. The beauty therapist will recommend the best peel for your skin problems.

Prior to treatment, instructions may include stopping certain medications and preparing the skin with some preconditioning cream.

The skin is thoroughly cleansed with an agent that removes excess oils and the eyes and hair are protected. One or more chemical solutions such as glycolic acid, trichloroacetic acid, salicylic acid, or lactic acid, or carbolic acid(phenol) are used. The beauty therapist will suggest the proper peeling agent based upon the type of skin damage present and desired results.

During a chemical peeling, the beauty therapist applies the solution to various areas of the skin. The applications produce separation and eventually peel off layers of skin enabling rejuvenated skin to appear.

During the procedure, most patients experience a warm to hot sensation that may last about five to ten minutes, followed by a stinging sensation. A deeper peel may be more painful and require medication during or after the procedure.

What should be expected after treatment?

Depending upon the type of peel, there may be a mild to severe sun burning sensation. Superficial peeling usually involves redness, followed by scaling that lasts three to five days.

Medium-depth and deep peeling can sometimes result in swelling and blisters that may break, crust, turn brown, and peel off over a period of 7 to 14 days or longer.

It is important to avoid overexposure to the sun immediately after a chemical peel since the new skin is fragile and more susceptible to injury. The Beauty Therapist will prescribe appropriate follow-up care to help the skin heal.

What are the possible complications?

In certain skin types, there is a risk of developing a temporary or permanent color change. Birth control pills, pregnancy, or a family history of brownish discoloration on the face may increase the possibility of developing abnormal pigmentation. Persistent redness may also occur and can last for months.

Although very low, there is a risk of scarring after chemical peels. If scarring does occur, it can usually be treated with good results.

What are the limitations of chemical peels?

Chemical peels cannot remove loose or sagging skin since they cannot eliminate the gravitational forces which produce the loose skin. Facelifts, browlifts, laser/light-based skin rejuvenation, or other procedures may be required.

Chemical peeling does not remove deep scars. Dermabrasion, laser resurfacing or non-ablative laser therapy, punch grafting, punch elevation, scar excision, or soft tissue fillers may be much more effective for scars and should be discussed with your cosmetic surgeon.

While chemical peels cannot change pore size or remove broken blood vessels on the face, the procedure may improve the appearance of these conditions.

J) Skin Rejuvenation:

Skin rejuvenation treatment is the stimulation and regeneration of damaging skin. Hyperkeratosis is removed intensively and controlled. The skin cells receive an energy-push and the skin is much better able to absorb active agents. The skin becomes rosy, smooth and radiant. The effects are visible directly after the first treatment.

K) Skin Whitening:

Controlled whitening is a special treatment for the controlled lightening of age spots, pigmentation spots, pregnancy spots, freckles and etc.

Microdermabrasion is used to stimulate cell metabolism and remove hyperkeratosis. The skin produces new and lighter cells and pigmentation problem reduces with each treatment. Active agents are used to support this process. Many sessions are required for visible and good result.

L) Pigmentation / Dark Spots:

The Cosmelan de pigmentation programme is very versatile and adaptable to the needs of each patient and skin type. The main indication is the elimination of melanimic blemishes on the face.

The Cosmelan de-pigmentation programme has a variety of important advantages and benefits, when compared with other types of treatments currently being used. It causes a rapid clearing of the pigmentation without the problem of skin peeling. It is very efficient in all types of skin blemishes, the Cosmelan programme can be started at any time of the year.

By following the application guidelines correctly, the Cosmelan programme permits Sun exposure without the reappearance of the treated blemishes.

- ✓ The Cosmelan is compatible with any skin type.
- ✓ It has a very high safety margin (hydroquinone free).
- ✓ The treatment initiated in the first session at the clinic must be continued at home on a daily basis according to the guidelines provided by us.
- ✓ The treatment must continue uninterrupted as prescribed.
- ✓ Cosmelan treatment must not be combined with any other de pigmentation treatment.

At the end of Cosmelan treatment the blemishes disappear. Cosmelan laboratories continue their fight against the anti aesthetic skin blemishes with their continuous research in the field of skincare.

M) Mole Removal:

At times some of the moles need to be removed. The reason may be cosmetic, or a suspicion that a particular mole may be a skin cancer. Other than taking a wider margin around the mole in cases of suspected skin cancer, the procedure is essentially the same.

Procedure Description:

A local anesthetic agent is injected around the mole and the lesion (mole) is surgically removed. The wound is then closed with sutures. It is advisable to send the specimen (mole) for pathological examination to know the exact nature of the lesion. Sometimes, in suspected skin cancers, if the removal is incomplete, the procedure may have to be repeated for the complete removal.

Side Effects:

The undesirable side effects are resultant scarring, possibility of recurrence, and sometimes keloid (raised, thick scar) formation. Though it is unpredictable that how a particular scar will heal, most of the scars heal well, without leaving a noticeable mark. Most of these procedures are done under local anesthesia in an office setting, requiring practically no time of work. Pain is also a very slight requiring mild analgesic.

N) Nimue Treatment:

Nimue's dedicated range of skin and body treatments offer sound solutions for specific problems for a variety of skin types. Nimue has a highly effective approach, with adherence to the application of skincare treatment protocols patients are able to experience excellence in skincare both in function as well in appearance.

Nimue's introduction of alpha hydroxy acids in correct combination, concentration and strength as well as vitamin A esters, antioxidants such as Alf lipoic acids, vitamin C Ester and vitamin E ester into the its products is considered one of the most significant breakthroughs in skincare this unique combination clears refines and renews the skin down to its deepest layers.

Our truly remarkable treatments are meant for patients of all ages, young and old alike but especially for people who lead busy lifestyles who want to see results without having to commit themselves to time-consuming treatments.

Nimue range of skincare protocol classifications includes all skin types and conditions.

The science and technology behind the efficacy of Nimue products is based primarily on alpha hydroxy acids. Unlike other products that claim to ensure a youthful appearance it is now possible for the first time to reverse the signs of skin aging by treating it with hydroxy acids and thus electively eliminating the effects of environmental damage one of the main culprit of which is the hour sun exposure. Although skin treatment with alpha hydroxy acids will eliminate sun damage treat acne light and hyper pigmentation and in the process ensure a better and permanent hydration as well as improved elasticity of the skin. If it must be noted however that deeper wrinkles around the mouth and eyes and the lines on the forehead will not improve much weight-alpha hydroxy acids alone. To treat these is the stubborn deep wrinkles a more aggressive but still save treatment with a combination of trichloro-acetic acid is said and alpha hydroxy acids are required.

This method is very successful the cause of the silage is the effects of the combined solutions.

Therapeutic effects of the Nimue alpha hydroxy acid complex

- ✓ Environmentally damaged skin

How Nimue effects skin layers?

A: Epidermis

- ✓ *exfoliation removes dead stratumcorneum
- ✓ *the skin looks and feels smoother as the cells overlap each other
- ✓ *the already thickened and stratum corn young returns to normal thickness
- ✓ *living epidermis becomes 25% thicker within eight weeks

B: Dermis

- ✓ Collagen formation is stimulated
- ✓ There is improvement in the function of elastic fibers.
- ✓ Skin is more elastic with fewer wrinkles

- ✓ There is increase in neo collagen formation and increased ability to hold water
- ✓ The dermis increases in thickness by about 30% within 28 weeks
- ✓ Oily secretions decrease.
- ✓ Skin pigmentation is evenly distributed.

Hyper Pigmented Skin

- ✓ Excess pigment from the skin is removed
- ✓ Due to bigger and healthy skin there is better tolerance to sun exposure and environmental chemicals
- ✓ Skin's natural health is restored
- ✓ Melanocytes are evenly distributed
- ✓ There is restoration of the balance of Melanin production

A Problematic Skin

- ✓ Nimue reduces thickness of stratum corneum of by weakening of corneocyte cohesion
- ✓ Opens sebaceous gland follicles
- ✓ Allows for drainage of glands without the effects of skin getting dried
- ✓ It can be used in inflammatory acne without skin irritation.
- ✓ It has beneficial effects on scarring and post inflammatory hyper pigmentation.