



## Spring forward with a renewed sense of self

Spring is a welcome addition to the calendar year and gifts opportunity to hit the refresh button across the board – not just the house and garden, but the mind, body and soul too. Tis the season to hone in on key procedures to rejuvenate in time for summer: think appearance medicine treatments like Botox, dermal fillers, TCA peels and Sofwave; to support those journeying through challenging times – this month is Breast Cancer Awareness month; and to enhance with a naturally attuned vision – fat grafting may be on your radar. Warmer days and longer nights are beckoning, spring forward with us!

### October is Breast Cancer Awareness Month

#### Spotlighting breast reconstruction

We all know someone who has had or who has breast cancer. This month we spread words of support, remember those who have passed and focus on restorative measures, like breast reconstruction following a mastectomy. Breast reconstruction techniques are individually focused and include using tissue from a woman's own body, such as the abdomen to form a breast, or inserting an implant, or combining an implant and tissue (fat grafting). Not all reconstructive procedures have to be carried out immediately following a mastectomy, it can be performed months, even years, following breast cancer treatment. Reconstruction can aid the healing process and restore normalcy and confidence. Greater awareness for breast reconstruction ensures all women know their options and can access support, expertise and guidance. The breast cancer journey is one we should not endure alone.



## Naturally attuned

### FACIAL REJUVENATION

Natural beauty always comes out tops – regardless of age. And, today's modern approaches to plastic surgery and appearance medicine treatment support 'natural' more than ever before. Nowadays, there's greater emphasis on embracing the maturity of our skin and facial features, working with them, not erasing. If you're aiming for a little more lift but don't want to undergo general anaesthesia, a Temporal Lift – where the brow is lifted at the corners of the eye – can be carried out under local anaesthetic. In terms of injectables, careful use of Botox® and dermal fillers can soften wrinkles and volumise in key areas of the face, like the nasolabial folds around the mouth, the 'elevens' in between our eyes and crow's feet. Book a consultation with one of our specialists to go over your options.



## Summer protection



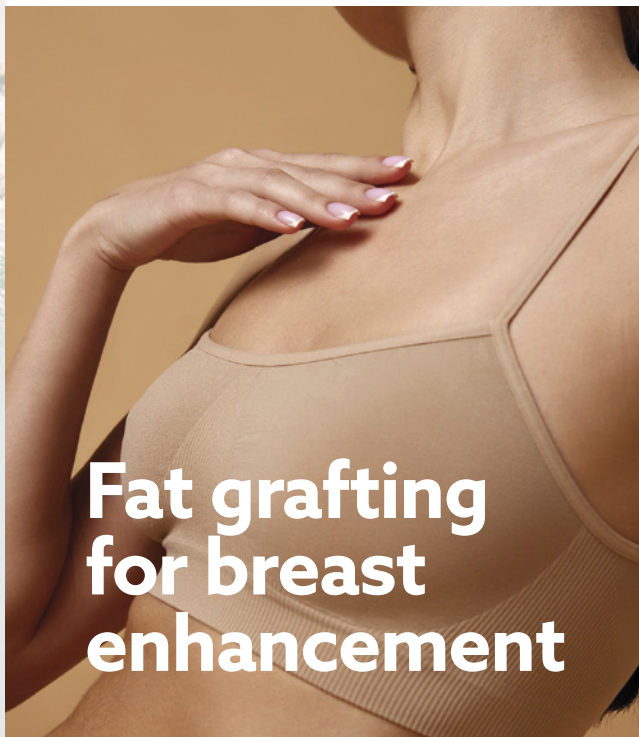
*There's plenty to smile about with summer just around the corner, however make sure your lips and skin stay protected and hydrated this season with IS Clinical's sunscreen and lip balm. These unique products not only keep UVA/UVB rays at bay, they are also antioxidant rich and gentle in their approach.*

### IS ECLIPSE SPF 50+

This broad-spectrum sunscreen provides maximum protection against harmful UV rays. Suitable for those with sensitive skin, this sunscreen won't inflame or irritate. Engaging Extremozyme® skin DNA protectants and powerful antioxidants, to enhance protection against UV-related damage, it works to prevent photoaging and sun damage, all with transparent and non-greasy coverage.

### IS LIP PROTECT SPF 30

Specifically formulated for the lips, this broad-spectrum balm delivers antioxidant-rich protection, with active ingredients like Vitamin E and coconut oil, to condition and minimise the visible effects of photoaging. Linoleic acid and elderberry extract combine to combat environmental effects – delicate and powerful all rolled into one!



## Fat grafting for breast enhancement

**Breast enhancement isn't just centred on breast implants to volumize and reshape. Globally, breast augmentation with fat grafting instead of an implant, continues its rise in popularity.**

Fat grafting is especially suited to women seeking subtle results, who have smaller or asymmetrical breasts, or who are experiencing volume loss due to ageing, weight loss, pregnancy or breastfeeding.

Fat grafting won't deliver a dramatic boost to breast size but it can:

- Restore volume and smoothen out breast asymmetries to balance and proportion.
- Fill out the upper part of breast to minimise gapping when wearing bras and tops.

Fat grafting is typically combined with a breast lift to lift the nipple, lift sagging breast tissue and better position the breasts on the chest wall.

Recovery following the procedure spans two-to-12 weeks, with compression garments worn for a week or two, and a return to work within two-to-fourteen days.

*To learn how fat grafting can help you achieve your breast goals reach out to book a consultation with one of our specialist cosmetic and reconstructive plastic surgeons.*



## Let's bring back the balance

A sculpted jawline and smooth neck can be balanced and rejuvenated with surgical and appearance medicine treatments.

- A surgical neck lift removes excess skin and fat under the chin, with the skin then redraped.
- Dermal fillers enhance the structure of the jawline, sharpening the lower face.
- Sofwave, with its revolutionary non-invasive ultrasound technology, gently lifts and tightens the jawline, and improves sagging to enhance definition and youthfulness.

*Speak to our team of plastic surgery and appearance medicine specialists to discuss your options.*

# Jaw dropping?





## Are you sporting loose, saggy skin?

### MEET RENUVION

The cosmetic surgery world is constantly evolving and innovating. And, one of its latest developments is the minimally invasive skin and tissue tightening procedure, *Renuvion*.

*Renuvion* can be performed alongside body contouring plastic surgery procedures, like liposuction and abdominoplasty, to further tighten and improve tissue elasticity. It's also effective when engaged with liposuction in facial areas, including the chin, to provide additional tightening of bands and strengthen lift, and when combined with a deep plane facelift to further improve elasticity.

*Renuvion* engages radiofrequency and helium plasma in unison, delivering precisely controlled heat beneath the skin - 85°C to be exact - before rapidly cooling. This dual thermal effect causes contracture of subdermal tissues, with minimal thermal spread. Results are immediate and continue to unfold across several months. You'll notice an improvement in skin tone, texture and elasticity. To learn how *Renuvion* can help you achieve your body and face goals, speak to our team of cosmetic and reconstructive plastic surgeons.



## Peel back the layers pre-Christmas

This season has skin refresh written all over it, so a TCA facial peel is just the ticket. Our gentle peels engage trichloroacetic acid to remove dead skin cells and stimulate new cell growth, improving tone and texture. Peels can also help to improve skin conditions like acne scarring and melasma, and reduce discolouration, freckles and age spots. Undergoing a gentle TCA peel in spring, means there are fewer harmful UV rays touching down on our skin which can quickly damage healthy and regenerated new skin, and result in the accumulation of sun damage - like brown spots, tan lines and heat rashes. Aim for clear and settled skin come summer, book in your TCA peel now.

# Skin tightening

## Why is Sofwave the word on the street?

Move over skin tightening therapies of the past, there's a new ultrasound technology in town - Sofwave. Unlike older skin tightening technologies that have limited temperature control and only generate a single concentrated thermal hotspot, Sofwave heats soft tissue more precisely and safely. This revolutionary non-invasive device uses advanced SUPERB™ Synchronous Ultrasound Parallel Beam technology to deliver multiple parallel cylinders of heat at a depth of 1.5mm within the skin, targeting the cells responsible for producing collagen and elastin.

But wait there's more! It also features real-time skin temperature monitoring, engaging Sofcool™ active cooling to protect the outer and middle layers of the skin from damage.

As for results? They keep on giving. Sofwave is suited for all ages and skin types, especially those experiencing mild-to-moderate laxity of the skin. It gently lifts and tightens the face and neck, permanently restoring precious collagen, with results unfolding naturally across the next few months as part of the collagen regeneration process.



Book in  
YOUR FREE  
SOFWAVE  
consultation!