



da vinci

PLASTIC SURGERY CLINIC

news



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SUMMERTIME CELEBRATIONS ARE IN ORDER!

It's hard to believe we've spun full circle to December: festive tunes are being hummed down supermarket aisles, Christmas Trees for Sale signs are decorating roadsides, and mental to-do lists are rapidly building. Amidst the Christmas madness – as so many of us can attest to – carving out quiet moments to reflect, acknowledge and pencil in a little 'me time' in the face and body department, is essential to preserving sanity and looking and feeling fabulous across summertime – and beyond! It certainly is a most wonderful time of the year at Da Vinci Plastic Surgery Clinic. We are excited to introduce our clients to the latest and greatest in skin tightening

technologies, Renuvion – *Dr Adam Bialostocki dives into the details of this helium plasma and radio frequency treatment;* we hone in on surgeries – upper blepharoplasty and temporal lift – to subtly enhance; Dr Brandon Adams has recently returned from the Australasian Society of Aesthetic Plastic Surgeons (ASAPS) conference in Sydney – *we share his insights from this leading event;* and we touch on appearance medicine treatments and body contouring procedures to ring in the New Year.

We wish you and your families and friends a very merry Christmas and happy holidays!

SUBTLE IS THE NEW BLACK

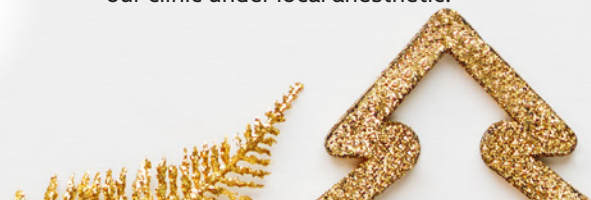
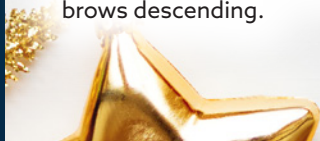
Facial plastic
surgery
procedures
with a minimal
mindset



Gone are the days of drastic facial surgical intervention that resulted in 'the pulled back look.' Nowadays, less really is more when it comes to subtly enhancing, restoring facial features and correcting asymmetries. An upper blepharoplasty or browlift have the eyes and forehead in focus. Both rejuvenate the upper face, working with natural contours to gently reposition, sculpt and lift. Whilst these are two separate surgeries, both need to be discussed in unison in order to achieve the right results.

If you are experiencing upper eyelid sagging, it could be a result of the brows descending.

In this instance, repositioning the brows can put the eyelids back into place and open them up. In another instance, upper eyelid sagging can be the result of loose, sagging skin. Hooded eyes aren't just aesthetically off-balancing, in some cases they cause visual impairment. An upper blepharoplasty removes excess skin, fat and muscle, reducing hooding and restoring youthfulness. If those forehead lines and wrinkles are becoming prominent, a browlift – or Temporal Lift – reduces these horizontal wrinkles and frown lines between the eyes, and better positions the brows to reduce hooding of the eyelids and achieve facial harmony. Both procedures can be performed in our clinic under local anesthetic.





LOCK IN YOUR SKIN CHECK POST- SUMMER


Sun exposure and the risk of skin cancer is not age or skin exclusive. If you have been sunburnt to the point of blistering as a child, if you've used tanning booths, if you have fair skin, naturally blond or red hair, have certain types of moles or a family history of skin cancer, you are at risk of developing skin cancer.

Prioritising yearly skin checks with a trained professional ensures any new moles, skin lesions or unusual skin behaviours, can be monitored and treated. Skin lesions can be easier to examine once our summer skin behaviours – freckling and tanning – have settled down. Don't forget to book in a professional post-summer skin check with one of our skin cancer specialists.



Getting leggy with it

Our legs also experience the natural pull of gravity and wear the effects of genetics and weight loss. A thigh lift can treat loose, sagging skin on the inner and outer thighs to restore form and contour. This surgical procedure can also be combined with liposuction to remove fat deposits. This surgical duo is especially suited to those who have experienced a drop in skin elasticity. Our October blog [Achieving sculpted and contoured legs with a thigh lift](#) features the ins and outs of a thigh lift. If surgery is not something you are sure of, *Renuvion* may be another leg firming option available. You will find more information about this new procedure below.



RENUVION Taking skin elasticity to the next level

What is Renuvion and what makes it so innovative?

Renuvion is a helium plasma and radiofrequency device used to tighten skin by heating collagen precisely. It is used under the skin in surgery to treat the skin laxity that occurs after liposuction. It's also great for the lower face, jawline and neck, upper arms, abdomen and flanks to tighten tissues and improve contour.

What skin and body factors determine whether I am suitable for Renuvion?

It's best suited to people with mild-to-moderate laxity, who aren't ready for major surgery.

Is it safe for all skin types?

Subdermal tightening is broadly safe across all skin tones.

What kinds of skin improvements can I realistically expect to see?

Renuvion's targeted contracture of tissues firms and defines the jaw and neck, and softens facial lines. You'll also see more enhanced abdominal shape and contour than liposuction alone.

How do results compare to other resurfacing or tightening technologies?

Renuvion device is placed under the skin to deliver rapid, precise heating – providing more tightening than non-invasive devices (it complements liposuction particularly well). It does come with a bit more downtime and it won't replicate a surgical lift, but it can delay one!

What is the typical recovery timeline?

When used on its own (neck /lower face) expect three-to-10 days of swelling/ bruising and compression used for one-to-two weeks.

If you're looking for facial rejuvenation that keeps on giving this festive season – but you're short on time – look no further than *Softwave*. This non-invasive naturally attuned appearance medicine treatment uses revolutionary technology to stimulate collagen and elastin production in the face and neck. Treatment time begins at just 45 mins, with no downtime necessary. You'll start to see results within one week as the collagen regeneration process begins. Regeneration continues to unfold across several months and up to a year for some patients. You'll visibly notice a reduction in fine lines and experience greater lift and tightening. Reach out to our team of appearance medicine nurses to book in your free *Softwave* consultation.

Softwave for Christmas



When used for body contouring the recovery timeline is determined more from the liposuction, tummy tuck or arm lift surgery than the *Renuvion* treatment.

How long do Renuvion results typically last, and can the treatment be repeated if needed?

Tightening is long-lived (often two-three years plus) but varies with aging and lifestyle. Treatments can be repeated or combined (e.g., with lipo or *Softwave*) to maintain results as tissues continue to age and loosen naturally.

Are there any known long-term side effects or risks with repeat treatments?

Serious events are uncommon but can include burns, contour irregularity or scarring. Repeat treatments are fine but should have sensible spacing and settings between courses.





Facelifting, mastopexy and patient's needs — Highlights from ASAPS 2025

Our cosmetic and reconstructive plastic surgeon, **Dr Brandon Adams**, attended this year's *Australasian Society of Aesthetic Plastic Surgeons (ASAPS)* conference in Sydney. For over 45 years, ASAPS has been the touchstone for cosmetic surgery in New Zealand and Australia, representing more than 300 specialist plastic surgeons and serving as a key resource for patients seeking expert advice and world-class treatment.

What were the key topics in focus at this year's ASAPS conference?

The conference focused on advances in facelifting techniques and breast enlargement and lifting (augmentation mastopexy).

What were some insights highlighted by keynote speakers?

Brad Calabrace from the USA outlined trends in mastopexy augmentation, noting the US now has access to *Motiva* implants. We have used *Motiva* implants at Da Vinci Plastic Surgery Clinic for nine years.

There was support for single-stage mastopexy augmentation, though presenters acknowledged that - even in expert hands - breast aesthetic surgery may require revision. Multiple presenters reinforced the importance of high-quality implants and stabilising the infra-mammary crease for optimal outcomes.

Marc Pacifico from the UK shared his experience with deep plane facelifting and extended techniques, including submandibular gland resection for a more sculpted jawline. While celebrity-driven trends such as deep plane facelifting were discussed, expert panels agreed that tailoring surgery to patient needs remains paramount.

Was there standout information from Dr Kiya Movassaghi, president of The Aesthetic Society?

Dr Movassaghi discussed practice management, self-care and the value of

offering non-surgical treatments that support patient needs. These are services we have long provided at Da Vinci Plastic Surgery Clinic with *Softwave*, *CoolSculpting* and injectables.

Were any specific face and body techniques discussed in depth?

The deep plane facelift was covered extensively, with celebrity expectations compared against achievable results. The original 1980s technique by Sam Hamra was contrasted with refined methods such as High SMAS flaps, which offer independent lifting of skin and deeper tissues rather than the single vector of the classic deep plane lift. The overarching message was the importance of understanding patient goals and matching the surgical approach accordingly.

What were the key takeaways from the Motiva Mastopexy Masterclass?

The masterclass, hosted by Dr Craig Layt from the Gold Coast and Dr Brad Calabrace, reviewed current best practice in breast aesthetic surgery. It reinforced our approach at Da Vinci Plastic Surgery Clinic: using the highest-quality implants and listening carefully to patients to ensure outcomes align with their desired look - from subtle enhancement to a more noticeable appearance. Technique choice, implant positioning and meticulous surgery remain essential to consistent results.

Why is attendance at events like ASAPS essential?

Continual improvement in outcomes and safety is central to excellence. While many reliable techniques exist, we are always seeking ways to reduce complications, speed recovery and better meet patient needs. Conferences such as ASAPS allow us to reflect on current practice, absorb new ideas and engage with thought leaders - all in pursuit of excellent outcomes for our patients.



SKIN PROTECTION non-negotiable this summer

Ensuring you keep your skin protected and moisturised across the holiday season means investing in a trusted sunscreen. A sunscreen that slides on seamlessly with non-greasy coverage but delivers maximum broad-spectrum protection against UV rays.

We stock *IS Clinical Eclipse 50* and *IS Lip Protect SPF 30*, both are suitable for all skin types, even those who have sensitive skin and experience irritation and inflammation with other sunscreen brands. Packed with antioxidant rich ingredients and Extremozyme® skin DNA protectants, you'll love how this sunscreen and balm feel and enhance. Stop by the clinic to grab yours!



HOLIDAY HOURS

To ensure you secure your treatment across the summer season, take stock of our hours:

CLOSED from midday 24th December

OPEN 29th December 9am to 12pm

CLOSED 30th December to 2nd January

OPEN 5th and 6th January - 8am to 5pm

CLOSED 7th January to 9th January

NORMAL HOURS from 12th January

If you require urgent attention while we are closed, please see your GP or present at Accident and Emergency who will contact our surgeons Adam, Brandon or Dan. We will respond to your phone messages and emails during our operational hours.



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