

da vinci *news*

PLASTIC SURGERY CLINIC

SPRING HERALDS RENEWAL

and rejuvenation - face and body included. Not just a season to refresh the home, but also an opportunity to consider cosmetic and reconstructive procedures, and to plan appearance medicine treatments before the flurry of the Silly Season arrives.

Spring is also a time for celebration, and last month we were thrilled to host the 50th anniversary of the New Zealand Association of Plastic Surgeons (NZAPS) in Christchurch. Read more below.

With a hot, dry summer predicted, now is the time to take stock of your skin. October is Melanoma Awareness Month, so don't forget to pencil in a skin check before summer arrives.

Season to renew and restore

Step into Spring
bright-eyed and
bushy-tailed



Spring into shape

SCULPTING, redefining and removing excess skin from the stomach and lower abdomen before Christmas may be within reach.

The cooler temperatures across the spring months may help make the post-operative period more comfortable and assist with managing swelling, while allowing incisions to heal. Abdominoplasty can flatten, reshape and smooth the abdomen, but it is not a weight loss procedure. Patients are advised to be as close to their healthy weight as possible before undergoing a tummy tuck.

NZAPS celebrates its 50th year



The New Zealand Association of Plastic Surgeons 2026 Annual Scientific Meeting was co-convened by our cosmetic and reconstructive plastic surgeon, Dr Adam Bialostocki, who shares his thoughts on this special event.

The NZAPS inaugural meeting was held in 1976. What do you imagine the founding members would have thought of this year's event?

They would have been quietly proud. From a gathering of 10 surgeons to a meeting of more than 100 participants - including plastic surgeons, registrars, junior non-training staff and visiting colleagues from Australia - the scope and growth of the specialty has been remarkable.

The programme was deliberately designed to honour the history of the association while

addressing the challenges and opportunities facing the specialty today. Having Gary Duncan speak on the early years of training, alongside contemporary talks on diversity, leadership and cutting-edge research, created a natural bridge between past and present.

What were some of the key topics discussed?

The programme spanned head and neck reconstruction, breast reconstruction, abdominal and perineal surgery, innovations in nerve surgery, education and training, and a session titled "Who Are We Now?", which examined the identity and future direction of the specialty.

The evolution of free flap microvascular surgery, the rise of oncoplastic techniques and the expanding role of fat grafting were all prominent themes.

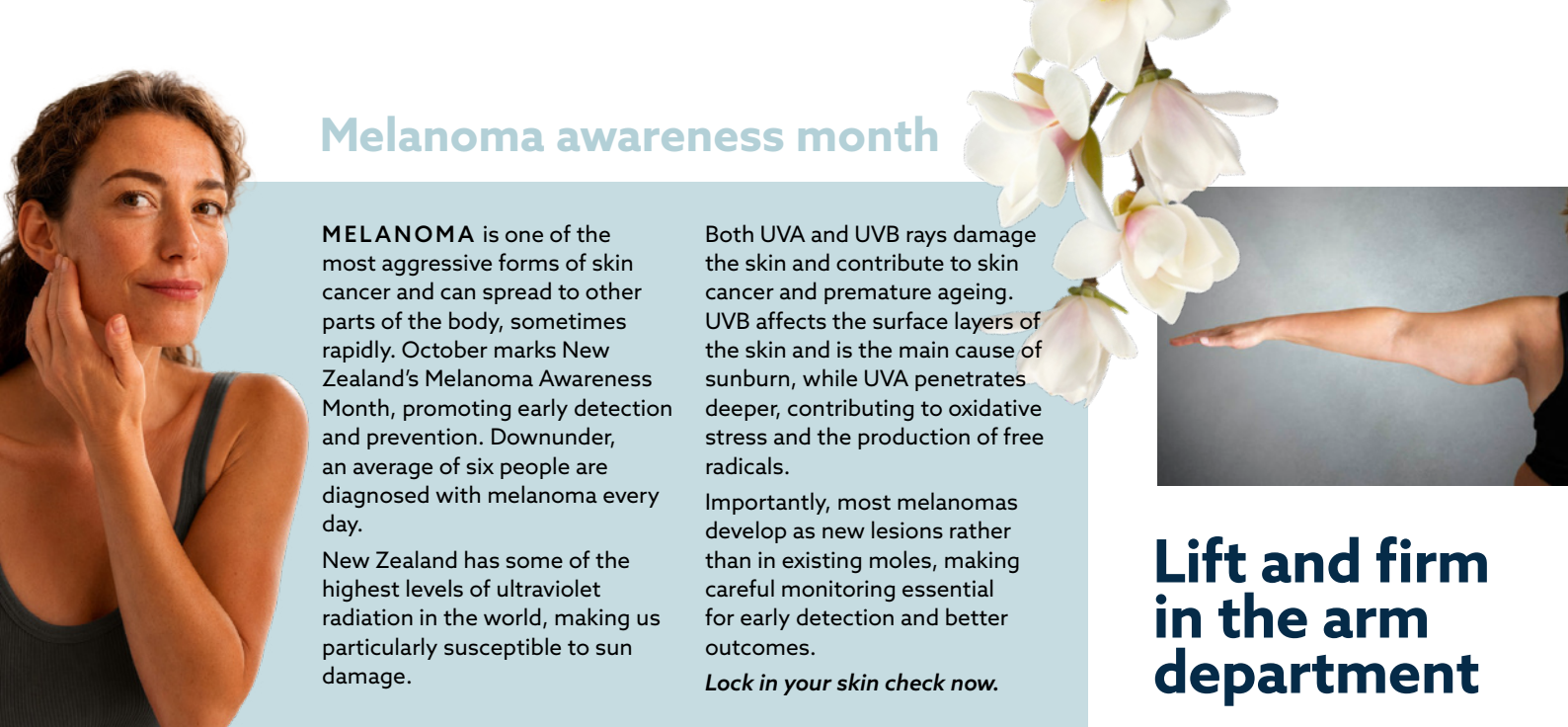
What do you hope the next generation of NZAPS surgeons will preserve going forward?

The sense of professional community. Preserving standards rather than protecting territory. That distinction matters enormously for the long-term credibility and relevance of the association.

Being involved in organising the conference, what did you come to appreciate most about the association?

How much effort goes into sustaining something like this year after year, and how important that is. The association is not just a vehicle for scientific exchange; it is a community, and that community is what keeps standards high and supports surgeons throughout their careers.





Melanoma awareness month

MELANOMA is one of the most aggressive forms of skin cancer and can spread to other parts of the body, sometimes rapidly. October marks New Zealand's Melanoma Awareness Month, promoting early detection and prevention. Downunder, an average of six people are diagnosed with melanoma every day.

New Zealand has some of the highest levels of ultraviolet radiation in the world, making us particularly susceptible to sun damage.

Both UVA and UVB rays damage the skin and contribute to skin cancer and premature ageing. UVB affects the surface layers of the skin and is the main cause of sunburn, while UVA penetrates deeper, contributing to oxidative stress and the production of free radicals.

Importantly, most melanomas develop as new lesions rather than in existing moles, making careful monitoring essential for early detection and better outcomes.

Lock in your skin check now.

Lift and firm in the arm department

AS WE AGE our upper arms lose firmness and contour.

Fortunately, there are both surgical and minimally invasive cosmetic procedures to slim down and tighten the upper arms.

Brachioplasty - An upper arm lift is best suited to those experiencing significant upper arm laxity. Surgery involves an incision at the back of the arm or inside of the arm. Fat is removed via liposuction, underlying tissues are repositioned, and the remaining skin is smoothed over the new contours.

Liposuction and Renuvion - This dual surgical procedure is especially suited to those who have minimal loose skin and who want to enhance liposuction with minimal incisions. The procedure involves strategic incisions under the skin, through which excess fat is removed. The Renuvion wand is then placed through those incisions, contracting the skin tissues from within to tighten the lax skin.

PREPARE NOW relax later



BOOKING your facial rejuvenation treatments before Christmas can give you the freedom to relax and unwind once holiday mode kicks in. Some cosmetic appearance medicine treatments can provide results that continue through the summer and beyond, including:

Sofwave: Using **SUPERB™ Synchronous Ultrasound Parallel Beam** technology, Sofwave non-invasively targets the deeper layers of the skin to stimulate collagen and elastin production. A full-face treatment takes approximately 45 minutes, with no downtime required. Results continue to develop over time

and can last for 12 months and beyond.

TCA Chemical Peel: A **Trichloroacetic Acid (TCA)** peel removes dead skin cells and stimulates new skin growth. Treatment takes approximately 30 minutes, with four-to-six weeks between peels generally recommended.

Botox can smooth and soften the appearance of lines and wrinkles. Treatment can be completed in approximately 15-to-30 minutes, with no downtime required. Results develop over the following two weeks and typically last three-to-six months.

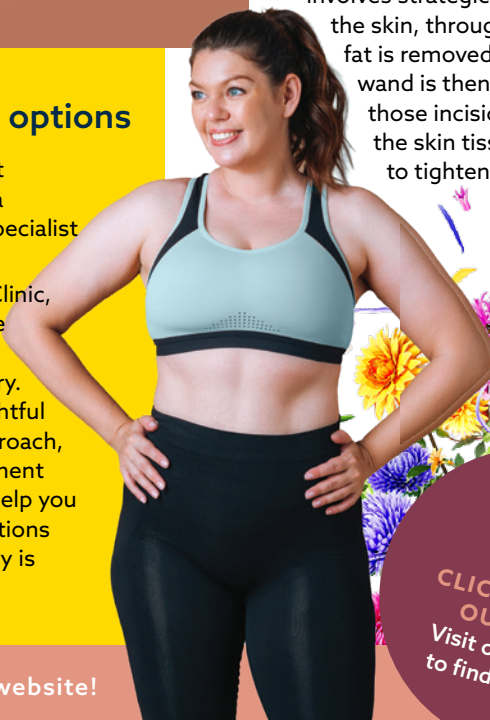
Breast revision • Understanding your options

BREAST REVISION surgery may be considered for a variety of reasons, including changes in breast size, asymmetry following previous surgery, pregnancy, breastfeeding, significant weight loss, or concerns relating to breast implants and the surrounding tissue.

Depending on your individual circumstances, treatment may involve implant replacement or removal, a mastopexy (breast lift), fat grafting, or a combination of procedures.

If you are considering breast revision, consultation with a qualified and experienced specialist plastic surgeon is essential.

At Da Vinci Plastic Surgery Clinic, our surgeons have extensive experience in cosmetic and reconstructive breast surgery. They take a personal, thoughtful and medically informed approach, providing individual assessment and professional advice to help you understand the available options and whether revision surgery is right for you.



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