

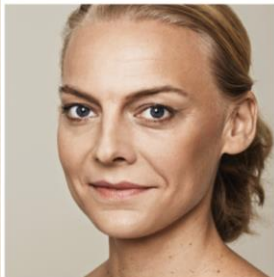
Premature Aging Skin

Premature aging skin is the development of early signs of skin aging as a result of unprotected exposure to the sun's harmful UV rays. UV rays break down elastin and collagen fibers in young healthy skin leading to wrinkles, loosened folds, dark spots, permanent skin darkening and leathery skin texture. Some lifestyle choices, such as smoking, also cause premature aging of skin.

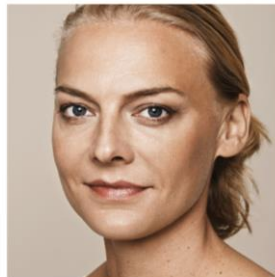
When you present to the clinic, your doctor examines your skin and designs a suitable treatment plan.

There are many less-invasive procedures that tighten, smoothen wrinkles and improve your overall complexion. Your doctor may suggest dermabrasion or chemical peels, which remove the outer layers of the skin, allowing a new layer of skin to grow and replace the treated skin. Your doctor may also use skin fillers to fill in wrinkles and restore a smoother looking skin.

BEFORE



AFTER



Our skin therapist Leling has worked for plastic surgeons for many years and comes with impressive technological skills and experience. After graduating in the pharmaceutical science, she continued to train in health science, including a Bachelor of Health Science (Clinical Dermal Therapies). These studies have given her a deep understanding of cosmetic chemistry, nutrition and the use of medical grade therapeutic skin care products. Leling practices a wide range of modern skin care techniques including Intense Pulsed Light, medical microdermabrasion, medical Microcurrent therapy, high and lower level laser, chemical peels and diathermy. Her particular interest is the medical skincare of common skin problems like acne, rosacea, sun damage and age related changes. As skin care has become increasingly medical and technological, Leling is well placed to bring all the latest advances to the surgery. Her skills will be particularly beneficial to surgical patients and those wanting the best procedures for skin rejuvenation. In addition, her interest in sun damaged skin will be appreciated by many patients – UV radiation damage is the most common skin problem in Australia and new techniques to reduce damage are at the forefront of skin care.



Medical Grade Skin care



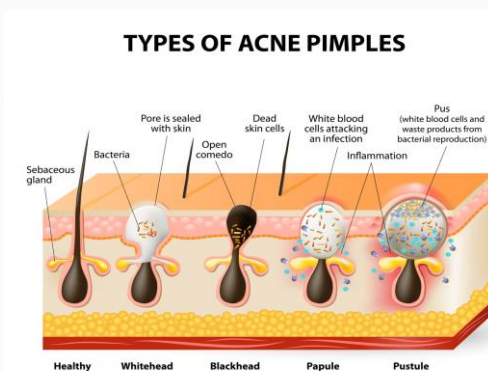
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Acne & Acne Complications

Acne is a common problem of the skin's oil glands present at the base of hair follicles. Commonly seen during puberty, acne is not a dangerous disorder or permanent, but can result in scarring. Acne scars are reddish or brownish marks left behind on the skin after a pimple/acne lesion heals. It is commonly seen in teenagers, but many adults can also suffer from this problem. Acne scarring can be appreciated better, if we trace the development of acne.

The method used to treat an acne problem plays an important role in minimizing scar formation and also managing it. There are several dermatological procedures that help minimize scars and are recommended by your doctor based on the severity of the scars. Some of the treatment procedures that your doctor may choose include: Soft tissue fillers, dermabrasion, chemical peels, Laser beam & Microdermabrasion etc.



Sun-damaged Skin

Choosing to protect against sun damage, you could still have plenty of sun damage left over from your youth. Unfortunately, sun damage isn't only skin-deep. UV radiation alters the actual DNA of your skin cells, causing lines, wrinkles, discoloration, and even cancer. You can reverse the damage. Whenever you start protecting yourself from the sun, you will stop the process of additional damage and start to reverse. Throw in this two-step treatment, and you are well on your way to some serious skin recovery.

EXFOLIATE THE RIGHT WAY

You want to smooth your skin to create brightness and luster, and chemical exfoliation is the best way to do just that. Exfoliation actually helps the hydroquinone work better by allowing it to better penetrate the skin.

ARM YOURSELF WITH ANTIOXIDANTS

We recommend nightly use of antioxidant-rich topical creams. Antioxidants help protect the skin's DNA to prevent cancer while also protecting the collagen and elastic tissue from free radicals that can cause wrinkles and sagging skin. Though eating antioxidant-rich foods is important, you should also apply creams and serums, like **Vitamin C Serum** with additional antioxidants that the skin can absorb directly. Vitamin C-based antioxidants are best for reducing uneven brown pigmentation, but you can't go wrong with any type of antioxidant, And since antioxidants won't do dead skin cells any good, follow step 1 and exfoliate!



Rosacea Skin

Rosacea is a chronic inflammatory skin condition which primarily affects the face. Initially it presents as facial redness then gradually red pimples and pus filled bumps will appear. Rosacea may appear on the nose and cheeks where small blood vessels become visible and the condition is called rhinophyma. Rosacea may also affect the eyes and cause conjunctivitis and/or blepharitis. Rosacea is more common in adults and is more common in women and fair skinned people. It is also referred to as acne rosacea. It is not contagious and is a progressive disease. Your doctor will suggest some practices to avoid exposure to triggers and prescribe treatment for the lesions. These treatments may include:



- Medications
- IPL/Laser treatment
- Chemical Peels
- Anti-Oxidants Peels