

ISSUE 4

# COSMETIC

enhancement and anti-ageing biannual

## ANTI-AGEING SPECIAL

AN INSIDER'S  
GUIDE TO THE  
LATEST TRENDS

## BOUNCE BACK

THE NEW  
BACK PAIN FIX

## FAKE FILLERS

HOW TO SPOT  
A COUNTERFEIT  
INJECTABLE

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# inside LOOK

*Dr Bryan Mendelson  
extends a personal  
welcome to this guide.*



Dr Bryan Mendelson,  
FRCSE, FRACS, FACS,  
guest editor and head of  
the expert advisory board

Welcome to the fourth biannual cosmetic enhancement and anti-ageing guide, which I am honoured to be guest editing.

People often ask, "What advice would you give someone considering an aesthetic facial procedure?" My answer is simple: "Focus on quality." Your face is too important for anything less than the best. There are many surgical, non-surgical and skincare products, as this guide shows. Do your homework and ask: "What do I really want from this procedure or product?" You probably did a lot of research and checked out many houses before buying one; it makes sense to do the same for the face.

I'd like to propose a different way of thinking about surgical maintenance. My suggestion is to think incrementally about facial ageing, or, to put it another way, to align your specific facial ageing with "small steps" surgery. I'll explain what I mean. Faces tend not to age at the same rate all over. Most probably, your eyes will age first or your jawline, and often they age well before any other area.

Modern surgical methods now allow people to correct just one area, such as those early-ageing upper eyelids, in a subtle and natural manner, and to retain that degree of benefit over future decades. For some people, it may be all they ever need.

You may be thinking, "Yes, this is a good idea but what is so new about it?" The new part is the surgery itself. Modern, quality surgery is quite different because it takes place in the support layers of the face, which lie beneath the skin, because this is where ageing occurs. People will think you are simply "ageing well", which is the optimal outcome.

Please enjoy this guide, and always remember, the time you spend researching procedures and looking for quality will be reflected in your happiness in the years ahead.

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# smiles AHEAD

*Perfect pearly whites can now be a reality thanks to advances in technology.*

Anyone who has not been to the dentist for a while will be greatly surprised by the advances in technology shown in the level of sophistication of treatments now on offer. What impresses them even more is the fact that they are able to have pain-free dental treatments, says Dr Yvonne King from Cosmetic & Laser Dentistry Centre in Caulfield, Victoria.

One of Australia's most highly trained cosmetic dentists, Dr King holds a Masters in aesthetic dentistry from King's College London and is the first point of call on the latest ways to achieve the perfect smile. But before any cosmetic dentistry is performed, Dr King ensures her clients have healthy teeth and gums with an initial risk assessment and a long-term dental plan.

Then a range of cosmetic treatments can be considered, such as cosmetic resin veneers – shells of composite material bonded to the front of the teeth. Now better quality and with more longevity, these veneers can cover poor alignment, misshaped teeth or permanently stained teeth. Composites now require regular polishing, which keeps them looking more realistic, and often they can be placed without the need for any preparation.

Porcelain veneers are another option to cover severe poor alignment or misshaped teeth. Previously teeth had to be ground significantly for this treatment, but

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now porcelain veneers can be bonded directly to teeth with ease.

Tooth whitening offers the quickest smile improvement, especially for an ageing face. Look out for Smile Bar at major shopping centres – it delivers a walk-in teeth whitening treatment and take-home treatments as well. These are peroxide-free, so sensitivity after treatment is rare. If the discolouration or staining is more severe, you may require a laser tooth whitening treatment from a dentist.

Other treatments you might consider include laser gum contouring to treat receding or damaged gums and Botox to treat a high lip line or for tooth grinding, the latter is usually performed by a cosmetic doctor.

Dental implants are probably the dental treatment that has made the greatest difference in the quality of life of the patient as there are no more gaps or false teeth to take out at night.

Dr King says successful smile makeovers have a huge impact on the level of confidence of her patients, as well as a huge impact on how they view their life generally.

For more information about the services offered by Cosmetic & Laser Dentistry Centre, visit [www.cldc.com.au](http://www.cldc.com.au).

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