

# Good Health

May 2013 \$6.95 INC GST

YOUR 38-PAGE  
**COSMETIC  
SURGERY**

SPECIAL



HEALTH  
BOOK

*How  
emotionally  
intelligent  
are you?*

Take our QUIZ



**WHAT THE  
DIET GURUS  
WISH YOU  
WOULDN'T DO**

*"I got a second  
opinion and it  
SAVED MY LIFE"*

3 women tell



**GREAT  
SKIN**

**GUARANTEED**

The foods  
that make you  
*beautiful*

**Kristy  
Hinze**  
"I'm a  
complete  
yoga nut"

LEARN  
TO

**Meditate**

IT'S EASIER THAN YOU THINK!







# Don't

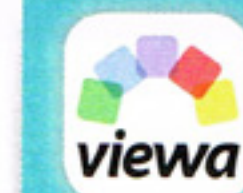
## 1. RELY SOLELY ON ADVERTISING

While they might point you in the right direction, advertisements are not a reliable recommendation for a surgeon or practitioner. Always check any potential practitioner's credentials and ask to see their before and after work. Make your

final decision based on how comfortable you feel with the person and their level of expertise in the area of treatment you are seeking.

## 2. GO WITH SOMEONE JUST BECAUSE YOUR FRIEND GOT GREAT RESULTS

While this is certainly a good recommendation, it's essential to check credentials and to feel comfortable with a particular doctor.



**WATCH** DR WILLIAM MOONEY EXPLAIN WHAT IT'S LIKE TO VISIT A COSMETIC SURGEON FOR THE FIRST TIME. Download

the free **viewa** app then select the *Good Health* channel and hold your phone or tablet over this page to watch the video.

## 3. SMOKE FOR TWO WEEKS PRIOR TO SURGERY

Smoking restricts circulation and can put you at greater risk of complications while you are under anaesthetic. Reputable practitioners will not perform surgery if you have been smoking in the lead-up to your procedure.

## 4. DRINK ALCOHOL 48 HOURS PRIOR TO SURGERY

Your system must be completely free from alcohol before you undergo any form of surgery that requires a general anaesthetic.

## 5. TAKE ASPIRIN IN THE WEEK LEADING UP TO SURGERY

Aspirin has a thinning effect on the blood and as such can lead to bruising, and may slow post-operative healing time. ⚠

# For more information

- Australian Society of Plastic Surgeons  
1300 367 446  
[www.plasticsurgery.org.au](http://www.plasticsurgery.org.au)
- The Australasian College of Cosmetic Surgery  
1800 804 781  
[www.accs.org.au](http://www.accs.org.au)

- Cosmetic Physicians Society of Australasia  
[www.cosmeticphysicians.org.au](http://www.cosmeticphysicians.org.au)
- Australasian College of Aesthetic Medicine  
[www.aestheticmedicine.org.au](http://www.aestheticmedicine.org.au)
- Inner Sydney Dermatology  
[www.innersydneydermatology.com.au](http://www.innersydneydermatology.com.au)

- Clarify Clinic  
[www.clarifyclinic.com.au](http://www.clarifyclinic.com.au)
- Plastic Surgery Hub  
[www.plasticsurgeryhub.com.au](http://www.plasticsurgeryhub.com.au)

Need financial help? Contact Mediplan on 1300 1300 12, [www.mediplan.com.au](http://www.mediplan.com.au), or MacCredit on 1300 884 355, [www.maccredit.com.au](http://www.maccredit.com.au).



## STILL TRENDING: CLEAR + BRILLIANT BY SOLTA MEDICAL

### WHAT IS IT?

A gentle laser that refreshes skin with little or no skin reaction or discomfort.

**WHO IS IT FOR?** Those experiencing early or mild signs of ageing and photo-damage, such as increased pore size, mild brown spots or the onset of fine lines. Anyone looking for improved skin quality without the downtime of traditional laser treatments.

**How it works...** An anaesthetic gel can be applied 30 minutes before the treatment. The practitioner then uses the handset to treat the prescribed area. The laser energy creates millions of microscopic treatment zones in the skin, encouraging damaged skin to be replaced with healthy, younger looking tissue.

**Does it hurt?** It is very well tolerated, with little discomfort. Anaesthetic gel can be applied to reduce any mild discomfort.

**Downtime:** Patients can resume normal activities immediately after the treatment. When the treatment is done the skin appears flushed and looks like a mild sunburn, but this can be disguised with make-up. Redness usually disappears within 24 to 48 hours.

**Results:** Results are immediate but continue improving with time. Skin feels softer and looks brighter while pores are refined. The appearance of pigmentation is improved, there is less blotchiness and skin is more radiant and youthful looking.

**Cost:** About \$330 a session.

**For more information:**  
(02) 9999 1081, [www.solta.com](http://www.solta.com)

## HOT TREND: INJECTABLE RHINOPLASTY

—○ This first arrived on the cosmetic and plastic surgery scene in 2010, but was limited to a few practitioners. In 2013, it has become one of the most popular procedures for correcting and rebalancing nasal irregularities.

—○ Temporary or longer lasting fillers are used to correct asymmetry of nasal cartilages and minor tip abnormalities and to disguise a noticeable nasal bridge hump. The fillers camouflage the irregularities.

—○ A saline injection fills the area for 20 minutes, so the patient can see the end result before committing to a change that lasts up to two years with a temporary product, or about seven years with a longer-lasting filler.

—○ During a second appointment the filler is injected, targeting the irregularity at the surface of the nose, or the naso-labial angle (the mid line under the nose that leads down to the Cupid's bow).

**Downtime:** None. The procedure is relatively pain-free, aside from slight stinging at the injection site. Slight bruising is easily covered with make-up.

**Cost:** Expect to pay between \$500 and \$2000, depending on the filler used and your practitioner.

**For more information:** 1300 379 455, [www.rhinoplastysydney.com.au](http://www.rhinoplastysydney.com.au)

## STILL TRENDING: CHEMICAL BROW LIFT

### WHAT IS IT?

Muscle relaxants are injected into the muscles around the brow to create a lifted arch.

**WHO IS IT FOR?** Anyone with asymmetric brows or a drooped or hooded upper eyelid and heavy brow.

**How it works...** The muscles that keep the brow low are relaxed, allowing the brow to rise.

**Does it hurt?** There is some stinging.

**Results:** The brows take on a more arched look, the forehead is smoothed and the eyes appear less drooped. Results last up to four months.

**Downtime:** There is no downtime.

**Cost:** Expect to pay upwards of \$400.

**For more information:** [www.plasticsurgery.org.au](http://www.plasticsurgery.org.au); [www.accs.org.au](http://www.accs.org.au); [www.cosmeticphysicians.org.au](http://www.cosmeticphysicians.org.au); [www.aestheticmedicine.org.au](http://www.aestheticmedicine.org.au)

## STILL TRENDING: MECHANICAL BROW LIFT

### WHAT IS IT?

Temporary hyaluronic acid fillers create subtle elevation and a sculpted effect.

**WHO IS IT FOR?** Anyone experiencing a heavy brow and drooping eyelid.

**How it works...** The filler is injected into the hair-bearing part of the brow.

**Does it hurt?** Numbing gel is applied to relieve stinging.

**Results:** The brow is lifted upwards, opening up the eye area. Results last up to six months, but some may need a second treatment within four months.

**Downtime:** There is no downtime, but there may be moderate bruising.

**Cost:** Expect to pay upwards of \$300.

**For more information:** [www.plasticsurgery.org.au](http://www.plasticsurgery.org.au); [www.accs.org.au](http://www.accs.org.au); [www.cosmeticphysicians.org.au](http://www.cosmeticphysicians.org.au); [www.aestheticmedicine.org.au](http://www.aestheticmedicine.org.au) ►