



DAI DAVIES, ONE OF THE UK'S LEADING COSMETIC SURGEONS, ANSWERS YOUR QUESTIONS



plastic fantastic



1 DESPITE HAVING NEVER SMOKED, I HAVE FINE LINES AROUND MY MOUTH. A BEAUTY THERAPIST RECOMMENDED MICRODERMABRASION TO ME, AND REGULAR FACIALS, BUT IS THAT ENOUGH TO PLUMP THE SKIN OUT A BIT MORE? LUCY, 42

There are two main reasons for the development of fine lines as we get older: firstly, facial movement and skin ageing, and secondly, loss of bulk/tissue around the mouth. Microdermabrasion involves projecting a fine jet of micro-crystals onto the skin surface to carry out delicate peeling. It stimulates the skin's natural regenerating process and re-surfacing the skin with new, smooth and even tissue growth. Your beauty therapist is right to think that this could help initially but such resurfacing attempts are not overly effective as they do not go deep enough into the skin. I believe the best approach to this situation would be to use fillers to increase the bulk of the lip and reduce the appearance of these lines. This could be done via a fat injection into the main body of the lip or injecting Restylane into the creases themselves. Restylane is a crystal-clear, biodegradable NASHA (Non-Animal Stabilized Hyaluronic Acid) gel, which is injected into the skin in tiny amounts with a very fine needle. The result is instantaneous, producing a long-lasting, natural enhancement that is gentle and safe for your skin.

2 WHAT'S THE BEST WAY TO LIMIT MY SUN DAMAGE FROM 20 YEARS SPENT SUNBATHING IN FACTOR 4? I DON'T DO IT NOW, BUT AM WORRIED I'VE STORED UP TROUBLE FOR THE FUTURE. LISA, 36

While today we are only too aware of the effects of the sun, this was not always the case and people are starting to wonder what they can do to address the consequences of the golden tan they slaved over each summer in years gone by. There are some simple steps that can be taken to minimise further sun damage. These include using a sunblock of more than factor 40, staying out of direct sunlight between 12pm and 3pm and wearing a hat and sunglasses when out in the sun. If you are considering a more proactive approach to

dealing with the effects of the sun, the use of Retin-A, a topical cream, can help reduce the damage already done.

3 I'VE ALWAYS WANTED A BREAST ENHANCEMENT FOR MY 32BS, BUT I'M WORRIED I'LL END UP WITH THE POSH SPICE, 'STUCK ON' LOOK. HOW CAN I BE ASSURED OF A NATURAL SHAPE? EMMA, 29

An obvious breast augmentation often comes about when a woman is misadvised at the consultation stage by her surgeon. The most likely reason for the 'stuck on' look would be due to the implants being inserted in front of the breast muscle rather than more appropriately behind it. Another factor that can cause an unnatural effect with breast augmentations is scarring around the implant which can lead to the formation of a hard fibrous shell – which contracts and squeezes the implant into a round ball rather than a flat, smooth effect.

Ideally, a surgeon makes an incision either in the armpit, around the areola, or beneath the breast. The implant is placed preferably behind the muscle and this has an impact on the subsequent shape of your breasts. The standard incision is 5cm long. By using saline implants, which are inserted empty and filled once in place, the cut need only be 2cm long and can be carried out using endoscopic-assisted surgery under general anaesthetic. It can be difficult to correct this problem, therefore it is advisable to choose a surgeon who is a member of the British Association of Aesthetic Plastic Surgeons, as well as the British Association of Plastic Surgeons and listed in the General Medical Council's Specialist Register.

■ Dai Davies is a Cardigan-born cosmetic surgeon and co-founder of Plastic Surgery Partners. He practises in Harley Street and holds a fortnightly clinic at BUPA Hospital, Cardiff, where all of these procedures can be carried out (0208 735 6060, www.plasticsurgerypartners.co.uk). They are also available at selected clinics and salons around Wales. Make sure you check a practitioner's credentials thoroughly before agreeing to any treatment. Email your queries to Dai at wm@wme.co.uk

