

shape up

With summer weather here, Perth cosmetic surgeon **Dr Glenn Murray** is seeing more people wanting to get ready to hit the beach. Gillian Samuel reports.

Perth cosmetic surgeon Dr Glenn Murray says he is seeing more patients than ever in the run-up to summer and is happy to be able to offer them effective, relatively inexpensive new treatment options that involve little discomfort or down time.

In warmer weather people become more body-conscious and seek treatments to help them look their best in more revealing clothing. 'Before summer the big thing people are looking for is a great shape for the beach. Tumescant liposculpture is the newest method for body contouring and works really well for targeting stubborn fat deposits.'

He says the procedure can be used to treat any area from the cheeks to the ankles but the most popular are the outer thighs, abdomen and the arms in order to look better in short sleeves.

'A lot of people come after they have had lap banding surgery to lose weight, if they still can't shift some areas of fat, as well as people who are just looking for spot reduction,' he says. 'Liposculpture is much less invasive than banding and there's much lower risk involved with procedures that don't need general anaesthetic.'

Tumescant liposculpture is a walk-in, walk-out day surgery procedure performed under local anaesthetic injected in a biocompatible solution so only light sedation is needed. Dr Murray says minimal discomfort is involved and most patients are able to return to office work in three to four days after treatment.

'Other benefits are that it is economic in terms of costs and it can be combined with fat transfer to rejuvenate the face.' Fat transfer is a predictable method for adding volume and filling facial lines and creases. Dr Murray says it has also been noted in recent research that stems cells

in transferred fat can contribute to improved quality of skin texture in the face, giving an even better result than manufactured dermal fillers.

Breast augmentation

Dr Murray says he has also seen a surge in demand for breast augmentation. ‘There’s been a lot of demand for breast implants. The word is spreading about the day surgery implant method.’

This breast augmentation procedure, which has been described as ‘bloodless’, involves a significantly faster recovery time than traditional surgery and is reported to be less painful, allowing a more rapid return to normal activities.

‘Before summer people are looking for a great shape for the beach’

The approach is similar to tumescent liposculpture in that the breast is numbed with an injected mixture containing local anaesthetic and adrenaline to reduce bruising and bleeding.

‘Post operatively, patients have been amazed by how little discomfort they experience because this method reduces the need for treatments to limit bleeding,’ Dr Murray explains. ‘Because it is performed as day surgery, no hospital stay is required and patients can recover at home faster because sedation is used rather than general anaesthetic (an anaesthetist is still needed). Hospital fees are less so the overall cost is more comparable to getting implants overseas but without the need to travel or the risks of undergoing surgery in a third world country.’

This procedure is more convenient, with a faster return to work and less discomfort than traditional surgery.

‘Patients now have more choice of implant style than ever with the new high profile implants that give more lift and the softer, more natural-feeling implants now available in Australia,’ Dr Murray says.

Refreshing the face

‘As soon as summer comes along people notice sun damage on the face and the décolletage in the form of fine lines, pigmentation and redness. The new Pixel fractional laser is fantastic for improving the appearance of skin damage without the down time of full resurfacing laser treatment.’

He says a fractionated laser treatment provides complete skin rejuvenation with very little down time and only a 24-hour recovery period.

This 15-minute procedure involves making precise microscopic punctures in the skin by the laser to stimulate the skin healing function. The after effects are some redness and swelling for a couple of days but recovery is fast and makeup can be worn soon after treatment, he says.

‘It’s very good for sensitive areas such as the neck and

décolletage and the backs of the hands. Typically an excellent result can be obtained with two to four treatments.’

He says people who don’t have time for facelifts or ablative skin resurfacing can achieve a complete facial rejuvenation by combining this treatment with thread lifts using one of the two types of new dissolvable threads now available.

‘These are very nice efficient procedures for achieving rejuvenation results with very little discomfort involved. The new dissolvable threads have little cones on them and give improved lift compared to previous versions,’ he says. The threads are inserted in the hairline in order to lift the jowls, cheeks and forehead.

Looking ahead

Dr Murray says new developments overseas mean that completely absorbable threads will soon be available in Australia. Another product he is looking forward to using is a large molecule dermal filler which can be used to enhance breasts and rejuvenate the décolletage area. **acsm**

Case study 1



Case study 2

