



AGING GRACEFULLY

Time takes its toll on the human body in different ways and skin is no exception. In fact, the effects of excessive exposure of fair skin to the harsh Australian sun compounds the effects of aging.

Initially, the changes are noted on the surface as blotchy, pigmented marks and fine blood vessels on the face. Later, skin begins to thin and sag due to collagen in the dermis (deeper part of skin) losing substance and the thinning of the fat layer beneath the skin.

Facial Rejuvenation is now well established, using skin care and protection as well as lasers and surgical methods as the basic building blocks.

Skin care is a must and refers to adequate moisturising of skin and avoidance of the use of drying agents including some soaps and cosmetics. Skin protection is the use of suitable clothes and sunblocks and the avoidance of overexposure to the sun.

"PhotoThermoLysis" (photo=light/thermal=heat/lysis=destroy) is the principle by which lasers work to rejuvenate skin. Both "skin peeling" and "non skin peeling" methods are available and PhotoThermoLysis

produces new collagen, with a resultant increase in skin tone (firmness) and a decrease in the sagging of skin. In addition, the skin looks and feels better too.

"Dermal Fillers" are injections used to place synthetic collagen in the dermis and are appropriate for softening facial lines and grooves; in effect, this temporarily reproduces the effects of the laser treatment.

There are various grades of fillers used in different parts of the face:

Subcutaneous Fillers are "heavy duty" fillers which are used beneath the skin to improve contour defects in the face and the rest of the body. The effect is

very significant due to the volume and the nature of the filler used. Anti-wrinkle injections are also used to soften facial lines by partial paralysis of superficial facial muscles.

Surgical methods of facial rejuvenation have become more sophisticated over the years, with the emphasis more on restoration rather than removal and/or tightening. In a facelift operation, where previously skin removal and tightening were the mainstays, now there is much less removal and much more restoration of tissues to the original site, reducing the effects of sagging and stretch.

Plastic Cosmetic & Laser Surgery



Cosmetic Surgery

Facial Cosmetic Surgery

Face and neck lifts
Nose and eyelid surgery

Body Contour Surgery

Abdominoplasty
Liposuction
Brachioplasty
Post massive weight loss surgery

Breast Surgery

Augmentation
Reduction
Lifting

Injections and fillers

Dr Chandran Arianayagam FRCSEd FACCS

Corresponding Member

- American Society of Plastic Surgeons
- American Society for Aesthetic Plastic Surgery
- American Academy of Cosmetic Surgery

A highly qualified Specialist Plastic & Cosmetic Surgeon offering professional service and aftercare

Laser Surgery

- **Co2 Laser**-facial rejuvenation and resurfacing
- **Intense Pulsed Light (IPL)**-sun damaged skin, facial capillaries, excess hair
- **Q Switched Nd-YAG Laser** - tattoo removal

Expert Management of Skin Cancers

Assessment of skin condition • Total body check
Appropriate treatment including:

Carbon Dioxide Ablation Excisional Surgery

(Frozen Section Control available)



Actual Patient Photographs

"No need to travel far when the person with the experience and expertise to help you achieve the best results is so close to home"

Suite 3 The Scarba Centre - 18-20 Scarba Street, Coffs Harbour
Duke St Medical Centre - 9 Duke St, Grafton
213 Rusden Street, Armidale
Barton Lane Medical Practice - 121 Johnstone St, Tamworth

W pclscoffsharbour.com.au
E info@pclscoffsharbour.com.au

Call or email the team today
6651 5611