

SKIN AWARE AND BODY BEAUTIFUL THIS SEASON

Embrace Summer

Staying Abreast

Christmas is nearing, trees are sparkling, kids are hanging out for the holidays and warmer weather promises more time spent outdoors – what's not to get excited about! We're equally excited to share our festive news! Spreading the word on the importance of skin checks, highlighting breast reconstruction awareness and nipple tattooing, honing in on rejuvenation for face and body, and Adam Bialostocki shares his findings from this month's Breast Master's Conference.

Enjoy!

Insights from 2018'S BREAST MASTERS CONFERENCE

From this year's 'hot topic' - BIA-ALCL - Adam Bialostocki shares what peaked interest and fueled thought at this inaugural event.



STAYING UP WITH THE PLAY

"I have been very interested in research focused on the use of topical tranexamic acid in breast surgery to reduce the post-operative ooze we may typically see in the drains," explains Adam. "Overseas experience suggests we may not need drains at all in routine cases, so I'm undertaking my own audit of this technique in my own patients to see if I can adopt this too."

KEY SCIENTIFIC RESEARCH

"Most of the scientific research presented was about BIA-ALCL – Breast Implant Associated Anaplastic Large Cell Lymphoma. BIA-ALCL becomes more of an issue with textured devices, as bacteria may be able to exist for longer periods within a textured surface, somewhat 'protected' from the immune reaction to them."

WHAT'S BEING CHALLENGED?

"I was trained using textured implants – an attempt to reduce the rate of capsular contracture after augmentation – however, newer implants have a nano-texture, and at this stage it appears they also have a very low capsular contracture rate," he says. "I really like the newer, smoother devices (Motiva Ergonomix) as they seem to be particularly durable as well."

Reconstructing our thoughts



Breast cancer has been at the fore of our thoughts and news in recent months, as we aim to further educate and strengthen those effected by this deadly disease.

Breast Reconstruction Awareness Day was celebrated worldwide on October 17th, spotlighting key benefits of breast reconstruction. Why? Because only a third of women who undergo a mastectomy undergo breast reconstruction. In New Zealand that number is only 10%. Why are figures so low? Because many of us don't know or understand the process. Nowadays reconstruction fosters an individual approach to achieve natural results. This can involve using tissue from a women's own body alongside implant use. And, reconstruction can be carried out months, even years, following breast cancer treatment.

TATTOOING A SENSE OF IDENTITY

NICKY

Dermatology & Plastics Nurse,
Specialist Injector



A Christmas star

INTRODUCING NICKY PEGDEN

The opportunity to work in a close-knit, supportive environment is what drew **Nicky** from Grace Hospital to Da Vinci Clinic five-years ago – and she's still as enthusiastic as ever!

"Working at Da Vinci has enabled me to find my niche in dermatology and plastics. In the past three years I've been training in appearance medicine and also micropigmentation – nipple tattooing for breast cancer patients."

What does a week look like for Nicky?

She is acting nurse to Dr Amy Stanway and cosmetic and plastic surgeon, Adam Bialostocki, assisting with wound care, biopsies, theatre surgeries and pre-operative and post-operative patient care. She also performs allergy testing, facial peels and CoolSculpting® treatments.

As our surgeons and nurses – like Nicky below – will attest to, nipple tattooing is a big step towards reclaiming a women's sexuality, her identity and her confidence following breast reconstruction surgery. So, it's important it's carried out with the utmost skill and precision. Our team are trained in blending the right pigment colours, to achieve an areola colour which best matches individual skin tone. The pigments are made from purified ingredients and are hypoallergenic. Tattooing is typically carried out three months post-surgery and can take between 1 to 3 hours to complete.

SWEAT

STOP THE

If excessive armpit perspiration, hyperhidrosis, is an ongoing issue for you – you are not alone. Approximately 3% of our population regularly suffer from this condition. Speak to our plastic injecting nurses and cosmetic surgeons, about Botox® injections. They'll guide you through all the details of this simple yet effective procedure.



Forget plumping – When it comes to your face, it's not about filling in the gaps. Accurate use of fillers softens lines and defines to restore a more youthful and natural look. Today's fillers are created using hyaluronan which is naturally present in our skin, so the process is less invasive and results last longer.



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For appointments call 07 578 5350. To enrol to our newsletter please email reception@davinciclinic.co.nz



ACC SURGERY

REJOICE



IN REJUVENATION THIS SEASON

- Whatever your summertime plans, embrace the season looking and feeling refreshed – minus skin worries. **CoolSculpting®**, **dermal fillers** and **Botox®** are just three of our appearance medicine procedures that are helping clients in more ways than one.



OUR FAT CELLS AREN'T CREATED EQUAL - Stubborn fat in areas like the thighs, stomach and hips have a higher density of alpha receptors – cells that are harder to shift. Freezing fat cells with FDA-cleared CoolSculpting® technology, not only destroys the cell, it rids it for good. Forget needles and incisions, this non-invasive treatment gently sculpts from the outside in.

Leave nothing to chance

Yearly skin checks by a trained professional – no matter your age – are essential Down Under.

Why? Because skin cancer doesn't just affect old people, in fact melanoma is one of the most common skin cancers in young people. The risk of dying from melanoma is intrinsically related to the depth of the cancer. The deeper the tumour growth, the greater the risk of spread. Melanoma can present itself on any part of the body and spread rapidly too, so our skin specialists are adept at examining all hidden areas.

CHRISTMAS HOURS

CLOSED from 12pm Friday 21st December
RE-OPEN Thursday 3rd January 2019



We also accept Visa and MasterCard