

Embrace the Cool –

- DON'T CURB IT!

Welcome aboard!



- DR NICOLA ABBOTT
DERMATOLOGIST

Dr Nicola Abbott returns to her home town of Tauranga after years spent training and working in New Zealand and abroad. She specialises in paediatric dermatology, skin cancer and surgery, rashes and hair and nail diseases. Upon completing her studies at Otago Medical School, she worked at both Tauranga and Queensland hospitals, before commencing the study of naevi (moles) at the Dermatology Research Centre. She also trained at three Brisbane hospitals and spent six months as a consultant dermatologist on the Gold Coast before journeying back to the Bay of Plenty. The greatest reward of her vocation? Improving symptoms and optimising the management of skin conditions for her patients, and making inroads to treating chronic skin conditions.

ROBYN – RECEPTIONIST

Every day brings reward for our Da Vinci receptionist, she loves seeing the differences occurring in our patients lives because of the care and expertise they receive at our clinic. You'll find Robyn greeting patients, scheduling appointments, processing referrals – and she always goes the extra mile when coordinating specialist and patient requirements.



Another winter is upon us, but don't settle for hibernation. This issue we look at why you should relish the cooler months to hone in on procedures that freshen, lift and restore. And, for those considering abdominoplasty or breast surgery, we touch on why winter harnesses the greatest rewards.

There's never an excuse to slow down around here – or keep things under wraps – we welcome new faces to the Da Vinci team and we send Brandon and Adam across the ditch for 2019's Plastic Surgery Congress.

We heart winter!



JANENE – NURSE

A passion for people is what drew Janene to a career in medical service. She began her career over 30 years ago in the plastic and burns unit at Middlemore Hospital, and served 18 years at Grace Hospital before joining the Da Vinci team. Most days you'll find Janene in our clinic attending to pre and post-op care for Mr Adams, including wound healing and dressings.



REJUVENATE

DON'T EXASPERATE THIS SEASON

This winter, take some time out to get to know you. Stand in front of a mirror in a well-lit room and truly look at all your features. Question what you would really like to change. Whatever your concerns, we've got you covered.

Lower facial jowling or sagging neck? A facelift – or rhytidectomy – corrects sagging facial skin to restore harmony, enhance jawline and re-establish fullness in your cheeks.

Wrinkles popping up in places? Botox® diminishes unwanted

A facelift, Botox®, dermal fillers, eyelid surgery – it can be hard deciding which is the right facial rejuvenation procedure.

wrinkles in targeted areas – including forehead furrows, crows' feet and frown lines.

Face looking gaunt or hollow?

As we age, we naturally lose fat in our faces – especially around eyes and cheeks. Soft tissue fillers can reduce fine lines and plump volume and fullness back into the face.

Skin feeling lack lustre or suffering from pigmentation? Facial peels are a great winter time option to reduce pigmentation and freshen tired skin after summer.



Dr Amy Stanway

Skin in focus

During winter, it's no time to play it cool when it comes to treating skin conditions. Dermatitis conditions of the skin – rosacea, eczema, psoriasis – can worsen when colder weather sets in, which is why seeking solutions – beyond antibiotics – that actively work is essential to minimise pain and discomfort, advise Da Vinci Clinic dermatologists *Dr Amy Stanway* and *Dr Nicola Abbott*.

"The supermarket shelf doesn't always fare well – dishing up solutions that are often ineffective long-term," explains Nicola. "A dermatologist will look at a face and immediately recognise if the skin is inflammatory or the non-inflammatory type – something many of us can't tell."

So, what are few acne treatment options a dermatologist might recommend?

"Topical retinoids – derived from Vitamin A, these unclog and regenerate skin cells faster," says Amy. "Also Niacinamide – a fantastic B Vitamin – which has hit headlines of late as it decreases inflammation and improves skin texture."

Don't settle this season

Get tough on your chin this winter and brace for summer minus the extra baggage. **Belkyra®** injections permanently remove fat in this delicate area minus the invasiveness of surgical procedures. This synthetic form of a deoxycholic acid – which our bodies naturally produce – melts away fat for good, and healing is quick.



ACROSS THE DITCH

Our plastic and cosmetic surgeons, *Dr Adam Bialostocki* and *Dr Brandon Adams* are skipping the country this month and heading to Plastic Surgery Congress in Melbourne, hosted by the Australian Society of Plastic Surgeons. Amidst a strong line up of internationally acclaimed surgeons and specialists, they'll hear expert analyse on topics across the board, including: '*Changing the implant paradigm in reconstructive and cosmetic Breast Surgery: a new implant generation based on a scaffold guided tissue engineering concept*,' delivered by Tim Sebastian Peltz, '*Body lifting with minimal undermining and associated manoeuvres that make it simple and reproducible*,' from Carlos Roxo and '*Optimising aesthetic outcomes in microsurgical breast reconstruction: the aesthetic subunit principle*,' from Eric Santamaria.



FLATTEN OUT THIS WINTER

Aiming for greater tummy confidence this summer?

Or maybe breast fullness or added lift? Winter is the best season to target those treatment areas with abdominoplasty or breast augmentation. Why? The cooler months tick all the boxes. Extra layers enable discreet recovery, and shorter days and reduced sun rays means controlled healing temperatures. And, winter definitely provides the necessary means to cover up and cuddle up on the couch for a bit of rest and recovery!

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