



At Assure Cosmetic Centre, our experienced team of specialist plastic surgeons, cosmetic nurses and dermal therapists provide a premium range of surgical and non-surgical cosmetic and anti-ageing solutions for people who want to enhance their appearance and need to know they are in safe hands.

CONTENTS

4 All about injectables
Our cosmetic nurses answer the most common questions about cosmetic injections.



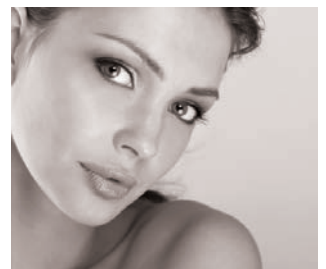
6 Breast implants
Dr Brigid Corrigan discusses what you need know about breast augmentation surgery.



8 Anti-ageing skin care
Dr Vij Vijayasekaran shares his advice on the best way to combat skin ageing.



9 Fractional RF skin rejuvenation
Breakthrough treatment to stimulate your body's production of new collagen.



Confidence is key

No matter what cosmetic treatment or procedure you may be considering, you should feel 100% confident in your choice of surgeon and clinic.

Assure Cosmetic Centre is owned and operated by the seven leading specialist plastic surgeons who run the State's largest private plastic surgery practice, the Western Australian Plastic Surgery Centre.

Our specialist plastic surgeons are supported by a highly trained and experienced team of cosmetic nurses and dermal therapists.

Our clinic is a state-of-the-art facility and we only offer procedures, treatments and products that are medically endorsed and have clinically-proven outcomes.

In choosing us – the cosmetic experts – you benefit from the highest level of experience, skill and care.



Dr Anthony Williams, Dr Brigid Corrigan, Dr Lip Teh, Dr Rohan Page, Dr Mark Hanikeri, Dr Vij Vijayasekaran, Dr Nathan Stewart (absent).

Do you know the difference?

Specialist Plastic Surgeon vs Cosmetic Surgeon

If you are contemplating cosmetic surgery, the most important decision you will make is your choice of surgeon. It is important to check they are a specialist plastic surgeon and a member of both the Royal Australian College

of Surgeons (RACS) and the Australian Society of Plastic Surgeons (ASPS).

At Assure, all our surgeons are specialist plastic surgeons and fully accredited members of RACS and ASPS. By comparison, there is not the

same level of accreditation and training for doctors calling themselves 'cosmetic surgeons'. In Australia, any doctor can perform surgery and call themselves a cosmetic surgeon. Consequently, their training, skills and experience can vary greatly.

Read more about this important fact by visiting the 'Why Choose Us' page of our website, assurecosmeticcentre.com.au

How we can help



Cosmetic and anti-ageing procedures – whether surgical, non-surgical or a combination – can provide aesthetic, functional, self-esteem and quality of life improvements.

At Assure, our consultation process is friendly, relaxed and allows you to ask questions and discuss all options available.

Feeling comfortable and confident during this process best enables you to make informed choices.

Cosmetic Consultations

Surgical Procedures

If you are considering breast augmentation, breast lift or breast reduction surgery, we offer a free initial consultation with a cosmetic breast nurse.

For all other surgical procedures, an initial consultation with one of our specialist plastic surgeons will cost approximately \$180 and take around 40 minutes. A Medicare rebate may be available depending on your potential procedure, providing you have a written referral from your GP or specialist.

At your consultation, we will give you an indication of the likely procedure costs, which will typically include your surgeon's fee, anaesthetist's fee, and hospital and theatre fees.

You can view approximate pricing in the FAQs of each surgical procedure on our website, assurecosmeticcentre.com.au

Non-Surgical Treatments

We offer free cosmetic consultations without obligation for:

- Injectable treatments – book for a free initial consultation with a cosmetic nurse injector.
- Non-surgical skin treatments – book for a free professional skin assessment and consultation with a qualified dermal therapist.

Ask our staff for a copy of our non-surgical price list or visit the Pricing page of our website assurecosmeticcentre.com.au

Surgical Procedures

Breast

Breast Augmentation
Breast Lift
Breast Reduction
Breast Reconstruction
Breast Revision

Body

Liposuction
Tummy Tuck (Abdominoplasty)
Body Contouring
Brachioplasty (Arm Lift)
Labiaplasty
Male Breast (Gynaecomastia)

Face

Facelift
Browlift
Necklift
Eyelid Surgery
Nose Surgery
Ear Surgery

Non-Surgical Procedures

Injectable Treatments

Wrinkle Relaxers
Dermal Fillers
Lip Enhancement
Collagen Stimulators

Skin Rejuvenation

IPL Skin Rejuvenation
Fractional RF Rejuvenation
Medical Skin Needling
Chemical Peels
Microdermabrasion
Photonlite LED Therapy

Other Dermal Treatments

IPL Permanent Hair Reduction
Vasculyse
Beau Visage Skin Analysis

Medical-Grade Skincare

Obagi
SkinCeuticals
Medik8
ZO Skin Health
Mesoestetic
Jan Marini Skin Research
DNA EGF Renewal
Jane Iredale Mineral Make-up

All about injectables

Cosmetic injections represent the fastest growing non-surgical treatment option.

Injectables are highly popular for those who want to preserve and enhance their appearance, without cosmetic surgery. The treatment is perfect for today's busy lifestyles, as it is quick and there is minimal or no downtime.

At Assure, we provide our clients with a full range of injectable treatments administered by our registered nurses Robyn Hindmarsh and Elizabeth Cusack. Robyn and Elizabeth have a combined 18 years' experience with these treatments and are supervised by our team of specialist plastic surgeons.

Here, they answer the most common questions about cosmetic injectable treatments.

Are they painful?

Cosmetic injections are tolerated very well by most patients. Any discomfort is minimal and brief. Before some of our injectable treatments, we give a local anaesthetic, apply numbing cream to the area, or ice the area prior to treatment.

Minimising pain is a priority to make treatments as comfortable as possible. Some minor swelling may occur immediately after, but this should settle within 24 hours for most injectable treatments.

Will the results look natural?

Yes, providing you aren't over-treated. Most people don't look at themselves in the mirror when they are laughing and talking. But it is when your facial muscles are moving that over-treatment with wrinkle relaxers can make your expressions look unnatural or give a frozen or startled appearance, which is definitely to be avoided. The objective with wrinkle relaxers is to soften the muscles without removing all movement in an area. This will achieve a more natural-looking result.

For optimum and safe results, it is essential that any injectable treatment be administered by a fully-trained cosmetic professional.

How much do they cost?

At Assure, we offer (without obligation) a free initial consultation. We will assess your skin, discuss your goals and can devise a treatment plan to achieve a very natural result.

We only use premium brands at the correct specified dilution rates and our pricing is based on the number of units used, ensuring you only pay for what you require.

Ask our staff for a copy of our non-surgical price list or visit the Pricing page of our website assurecosmeticcentre.com.au



What are they?	How can they help?	How long do they last?
Wrinkle Relaxers		
<p>Dynamic lines are expression lines caused when facial muscles move. They can become 'static' over time, so even when there is no muscle movement, the lines remain. If left untreated, lines deepen as we age and appear as wrinkles.</p> <p>A wrinkle relaxer is a purified protein injected with a very fine, short needle to temporarily relax the muscle. It blocks the nerve impulse that allows the muscle to contract. This controlled weakening reduces muscle movement, which softens and reduces wrinkles.</p>	<p>When correctly administered, wrinkle injections can create a smooth, rejuvenated and more youthful appearance. They are used to reduce:</p> <ul style="list-style-type: none"> • Crow's feet around the eyes • Frown lines • Forehead wrinkles <p>They can also be used to prevent wrinkles from forming.</p>	<p>Wrinkle relaxers take effect between three and seven days, but the full effect is normally only evident two weeks after the initial treatment.</p> <p>Treatment is usually recommended every three to four months.</p>
Dermal Fillers		
<p>Another side effect of ageing is that collagen levels in the skin decrease and the skin loses its fullness and elasticity.</p> <p>A dermal filler is a substance similar to what occurs naturally in our skin and combines with the skin's existing collagen and elastin to help improve structure, elasticity and volume.</p>	<p>Dermal fillers can enhance and augment certain areas of the face, giving a natural-looking result. They are used to:</p> <ul style="list-style-type: none"> • Treat lines and wrinkles • Disguise depressed scars • Enhance cheekbones • Add volume to the mid face • Restore facial symmetry • Treat hollowing under eyes or tear troughs • Smoothen a sagging jawline 	<p>Dermal fillers provide an instant result, usually seen after a few days when swelling settles.</p> <p>Results can last from between 6 and 24 months, depending on the type of product used and the area treated. Gradually, over time, the product breaks down and reduces in the tissue.</p>
Lip Enhancement		
<p>Lip enhancement injections are a type of dermal filler that work by adding volume, definition and hydration to the lips. The product binds with water which gives fullness to the injected area and assists with skin hydration.</p>	<p>Lip enhancement injections are used to:</p> <ul style="list-style-type: none"> • Enlarge lips or increase volume/fullness • Enhance lip definition • Reduce lip lines or 'smoker's lines' • Minimise 'lipstick bleed' • Improve lip hydration and softness • Reshape or rebalance uneven lips • Correct downturn of the corners of the mouth • Create a 'cupid's bow' shape 	<p>A lip filler treatment can last from 6 to 12 months.</p> <p>Patients generally return for further treatment when the filler starts to reduce in the lips, which varies between individuals.</p>
Collagen Stimulators		
<p>A collagen stimulator works by restarting the natural process of producing collagen. Collagen stimulators injected into the skin's tissue can gradually stimulate the skin to rebuild its own collagen, producing a gradual and very natural-looking result.</p>	<p>Collagen stimulators generate new volume and structural support for the face, gradually leading to a tighter skin appearance and improved volume to sunken areas. A great option for gradual, long-lasting results. They are used to treat:</p> <ul style="list-style-type: none"> • The mid face • Lower face • Temple areas 	<p>On average, three to four treatments are required, no sooner than four weeks apart.</p> <p>Results appear gradually from around four to six weeks and improvement continues for up to six months, creating a very natural appearance. Results can last up to two years.</p>



So you're thinking of getting breast implants?

by Dr Brigid Corrigan MBBS FRACS (Plast)

There is certainly a wealth of information out there on this topic, but who can you really trust and what is it really going to be like for you?

Your questions answered

I've put together some of the most common questions our patients ask us when they are thinking about breast augmentation surgery. Remember, this is a general guide only. To find out what is best for you as an individual, you should come in for a consultation.

What's involved?

Breast augmentation is usually done either as a day case or with one night in hospital. The operation is performed under general anaesthetic. Usually an incision is made in the fold under the breast and a pocket for the implant is created. It is important that this is done accurately to ensure that both sides are the same and that the pocket is the right size for the implant. Incisions can also be placed around the areola or in the armpit.

What sort of implants?

Usually silicone implants are used. Saline implants are available but are much less commonly used these days, as they are more likely to produce a rippling or wrinkling appearance.

Silicone implants can be textured or smooth and either round or teardrop in shape. Your surgeon will discuss the best implant choice for you based on your desired result, preoperative breast shape and chest dimensions.

What size implant should I have?

As part of your initial consultation your surgeon will discuss your goals, examine you and take a number of measurements of your chest dimensions. For a natural look, the right size implant for you needs to complement your chest dimensions. For example, a 350cc implant will look very different on someone who is 180cm tall with a broad chest than on a petite, 155cm-tall girl. This means requesting the same implant your girlfriend had is not necessarily the right choice for you.

What cup size will I be?

Contrary to popular belief there is no such thing as a 'D' cup implant. A lot depends on your chest dimensions, as well as how big your breasts are to begin with. Add to this, the big variation between different bra brands and it can be difficult to predict your final cup size. An experienced plastic surgeon however, can usually give you a good idea of the likely size you will be after your surgery and will take your desired size into consideration when recommending an implant for you.

How long do breast implants last?

There is no set lifespan of breast implants, but you may have to change or remove them at some stage during your lifetime. The risk of problems or rupture is very low, however follow-up after breast implant surgery is very important. If you notice any changes in the shape or feel of your implants, it is important to get this checked by your surgeon.

Behind or in front of the muscle?

This needs to be individualised and there are pros and cons to both techniques, which your plastic surgeon will discuss with you. If you are slim, you may have limited soft tissue in the upper part of your breast to cover an implant if placed in front of the muscle. Better coverage of the implant may be achieved by placing the implant under the pectoralis muscle. There is also evidence that the risk of capsular contracture (hardening of the implants) is lower when implants are placed under the muscle. Sometimes there are also good reasons to place the implant in front of the muscle. These include women who have good volume in the upper part of their breast to cover the implant and

women who do a lot of weightlifting or body building. In these women, animation or distortion of the implant with pectoralis contraction may be a problem with a sub-muscular implant.

Are there risks?

As with any surgical procedure, complications can happen. The best way to minimise risk is to ensure your surgery is performed by a fully-qualified and experienced specialist plastic surgeon. It is also important your surgery is performed in an accredited hospital with a specialist anaesthetist and qualified nursing staff. Your surgeon will discuss these considerations with you further, so you are fully informed in your decision making.

The decision to have cosmetic surgery is a major one and your choice of surgeon and clinic is of absolute importance. So, before jumping on a plane, book a free consultation with our cosmetic breast nurse to discuss your options.

What is the recovery time?

You will usually be discharged from hospital on the day of your operation or you may spend one night in hospital. For the first few days after your surgery you will usually have some discomfort and will be prescribed painkillers. You will have a post-operative consultation with your surgeon five to seven days after surgery to check you are healing well. Most women can return to their usual routine within two to three weeks, although you will not be able to do vigorous exercise or heavy lifting for six weeks. The time you require off work depends on the type of job you have. Usually between one and three weeks is required for a sedentary job such as office work. For a more physical job, you may need between four and six weeks off work. Your surgeon will discuss this with you at your consultation.

Can I breast feed afterwards?

Yes. There is no evidence that breast implants interfere with breastfeeding or pose any risk to your baby.

Do I need a breast lift as well?

This is a common question and depends on the amount of sagging or drooping in your breasts. As a general rule, young women with good skin elasticity and minimal drooping will not need a lift (mastopexy). In older women, where there is significant sagging of the breast and nipple after breastfeeding, a lift in combination with an implant may be the best option.

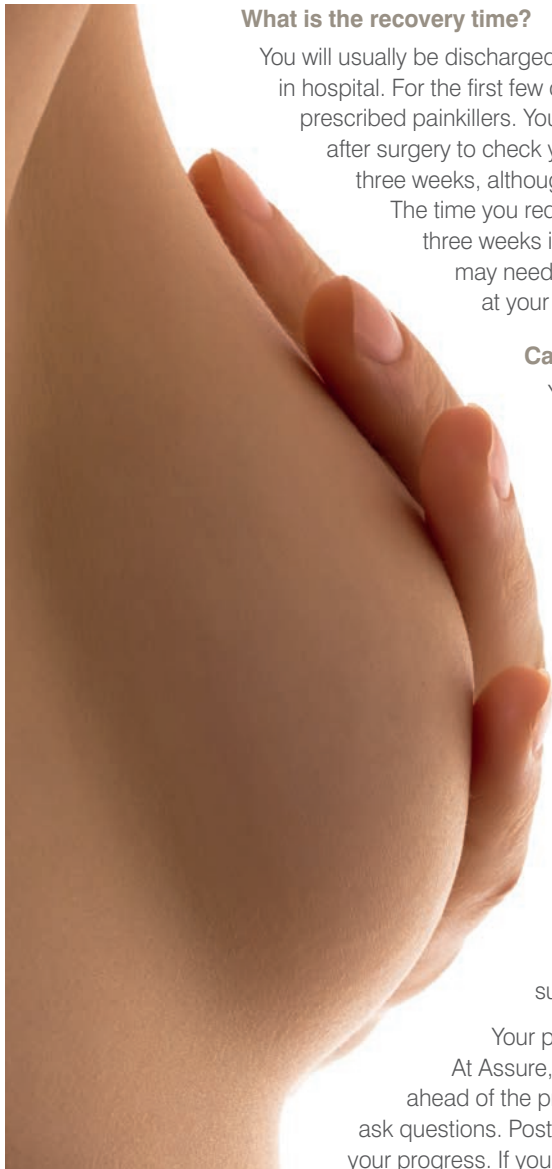
Local or Overseas?

While the idea of a holiday in an exotic location whilst you recover from your surgery may sound great, the reality can be quite different. There are many risks and pitfalls that are not well known.

It is important to make sure your surgery is performed by a fully-qualified specialist plastic surgeon in an accredited hospital. Whilst Australia has stringent standards, this is not necessarily the case in other countries. It can also be hard to find the essential information you need to know before you book for surgery overseas.

Your preoperative and post-operative care is an extremely important part of the process. At Assure, your surgeon will see you for a consultation to discuss your surgery in detail well ahead of the procedure. This gives you plenty of time to think about what's right for you and to ask questions. Post-operatively you will be seen regularly by your surgeon for follow-up to monitor your progress. If you do have any problems, your surgeon will be available to look after you.

Any surgical or invasive procedure carries risks. Before proceeding, you should seek a second opinion from an appropriately qualified health practitioner.





Anti-ageing skin care

by Dr Vij Vijayasekaran (AM) MBBS FRACS (Plast)

The ageing process occurs in all organs but is most obvious in the skin.

There are two processes responsible for how our skin ages. 'Intrinsic' ageing relates to genetic makeup and varies between individuals. 'Extrinsic' skin ageing relates to external factors and can be altered by reducing exposure to those factors.

Our harsh sun is the main extrinsic factor, with up to 80% of skin ageing attributed to sun exposure. This is known as 'photo ageing.'

Other extrinsic factors include smoking, alcohol and poor nutrition.

Photo ageing occurs most prominently in highly exposed areas such as the face and chest. The appearance of photo-aged skin includes freckles, wrinkles, hyper-pigmentation (darkening), patchy hypo-pigmentation (lightening), loss of tone and elasticity, skin fragility, areas of purpura (purple or red discolourations) and the appearance of benign skin lesions such as keratosis, telangiectasia (spider veins) and skin tags.

Tackling photo ageing with good skin care

There are three clinically-proven treatments that can protect the skin against premature photo ageing:

Sunscreen (SPF 30+)

Avoiding the sun is impossible in Perth, so using sunscreen with the highest available SPF factor is a critical part of your daily skincare regimen.

Topical Vitamin A (Retinoids)

Clinical trials have shown retinoids can improve photo-aged skin. There is evidence retinoids can also improve intrinsically-aged skin.

Topical Vitamin C

This is a potent antioxidant that helps protect skin from harmful environmental stressors by neutralising free radicals before they cause damage.

A long-term skincare regimen using these treatments in combination will help reduce the effects of photo ageing, and importantly, may also reduce the incidence of benign skin cancers.

Our dermal therapists provide free skin consultations and can provide you with a skincare regimen tailored to the specific needs of your skin.

Fractional RF skin rejuvenation

At Assure, we offer fractional radio frequency (RF) as an advanced skin rejuvenation treatment designed to address sagging skin, photo-ageing skin, fine lines and wrinkles, and acne scarring by encouraging the production of new collagen.

The treatment uses a state-of-the-art electronic device called the 'Infini'. It bypasses the epidermis to deliver RF energy deep into the dermis where collagen and elastin are generated. This energy stimulates the body's natural healing in response to the controlled damage, thereby rebuilding collagen and internal structure.

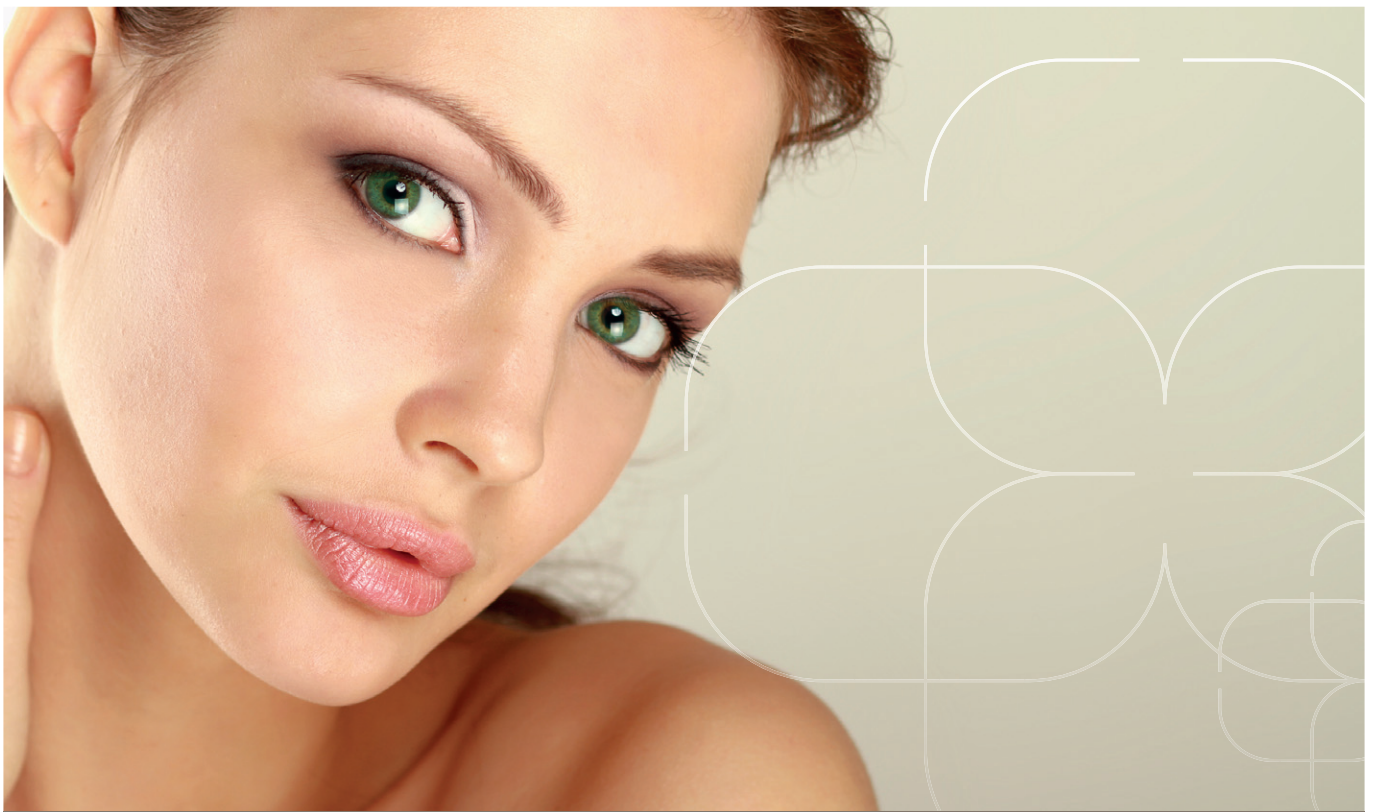
For optimum results, an initial course of fractional RF involves three or four treatments at intervals of three to four weeks.

At Assure Cosmetic Centre, our skin rejuvenation and skincare plans are administrated by our dermal therapists, Caitlyn Miller and Anna Robinson. Caitlyn and Anna are fully qualified and have a combined 15 years' experience in dermal therapy.

They both believe that fractional RF skin rejuvenation has been an excellent addition to our non-surgical treatment options, with Anna explaining: "The treatment is best suited for clients aged between 40 and 65. We have been seeing some very good results, such as tightening of the jowls, lower face and neck, and a reduction in fine lines and wrinkles around the eyes and mouth".

"The treatment requires minimal downtime and recovery which is a big positive. We are always upfront with all our clients as to whether they are a good candidate for the treatment, or whether they need to consider other options."

To view an online gallery of before and after photos, please visit the Infini website - bit.ly/assure-infini



Non-surgical skin rescue

Addressing concerns you have about your skin need not involve surgery or downtime, nor does it need to be painful or expensive.

Advances in skin technology have provided exciting new ways to treat skin problems. Here, we list some of the most common skin concerns, with possible solutions.

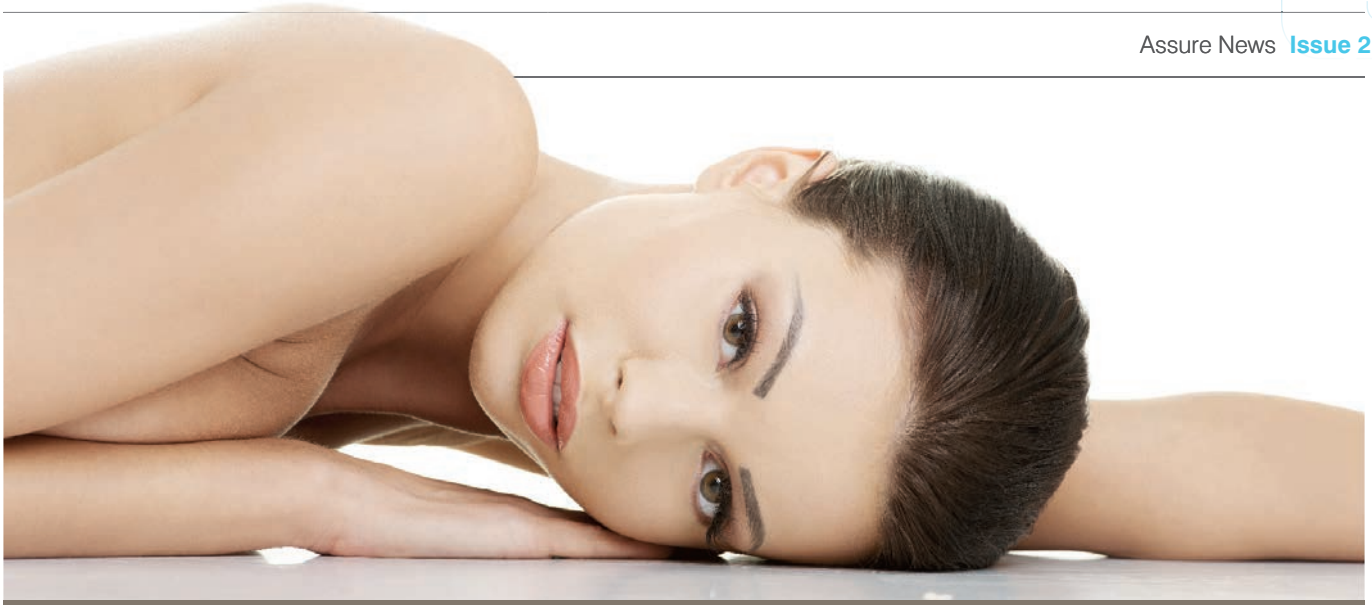
Everyone is different though, so we can recommend the most effective option for your individual skin. For a professional assessment, we provide a free initial skin consultation with

a qualified dermal therapist. This involves a complimentary analysis using our advanced skin imaging system, Beau Visage, where we view up to 2mm beneath the skin's surface, enabling a proper diagnosis of your skin concerns.

Skin Concern	Non-Surgical Treatment Options
Ageing Skin	<p>Fine lines and wrinkles</p> <p>Wrinkle Relaxers – reduce crow's feet, frown lines and forehead wrinkles to create a smooth, rejuvenated and more youthful appearance (see page 4 to read more).</p> <p>Fractional RF Rejuvenation (Infini) – advanced electronic device which bypasses the epidermis to deliver RF energy deep into the dermis to stimulate new collagen production (see page 9 to read more).</p> <p>Medical Skin Needling (Microneedling) – a microneedling pen is rolled over the skin creating controlled 'micro-injuries' in the dermis. This triggers the healing and repair process leading to the production of new collagen and elastin, softening the appearance of fine lines and wrinkles. Microneedling is a milder alternative to Fractional RF Rejuvenation.</p> <p>Medium-Depth Chemical Peels – medium-depth chemical peels penetrate more deeply than superficial peels and produce more dramatic results. A medium-depth peel removes the outermost layer of dry and damaged skin cells, with little downtime.</p> <p>Deep lines and loss of fullness</p> <p>Dermal Fillers – instantly enhance and augment areas of the face, including cheeks and lips, to address deep lines and volume loss (see page 4 to read more).</p> <p>Collagen Stimulators – stimulate the skin to rebuild its own collagen, producing gradual and natural-looking results (see page 4 to read more).</p> <p>Skin sagging and jowls</p> <p>Fractional RF Rejuvenation (Infini) – see above and page 9 to read more.</p>
Pigmentation	<p>Pigmentation, freckles, sunspots, age spots</p> <p>IPL Skin Rejuvenation – a non-invasive intense pulsed light treatment targeting red and brown pigmented areas of the skin, by heating and destroying affected cells without damaging the skin's surface. Suitable for most, but not all, skin types.</p> <p>Deep Chemical Peels – penetrate deeply resulting in shedding of damaged layers of the skin. Able to dramatically treat pigmentation abnormalities, as well as deep lines and wrinkles through increased collagen production during the skin's healing process. Some downtime involved due to skin shedding.</p> <p>Obagi Nu-Derm System – prescription-strength skincare range available only through specialist medical clinics to target age spots and pigmentation.</p>

Contact us to book your free consultation

9380 0380 | info@assurecosmeticcentre.com.au



Skin Concern	Non-Surgical Treatment Options
<p><i>Skin Blemishes</i></p>	<p>Skin tags, raised ruby points, milia, cholesterol deposits</p> <p>Vasculyse – a safe, non-invasive treatment for skin imperfections using precisely-targeted heat energy to remove skin blemishes instantly, without damage to the epidermis.</p>
<p><i>Acne</i></p>	<p>Active acne</p> <p>Photonlite LED Therapy – emits light into layers of the skin to stimulate cellular activity. Targets acne-causing bacteria, as well as treating inflammation and supporting healing.</p> <p>Light Chemical Peels – non-invasive salicylic treatment addressing clogged pores as well as clearing oily and congested skin, with little to no downtime.</p> <p>Obagi CLENZIderm System – clinically-proven prescription-strength product line containing active ingredients benzoyl peroxide and salicylic acid. Penetrates deep into the skin targeting acne-causing bacteria and helping to prevent new breakouts.</p> <p>Acne scarring</p> <p>Fractional RF Rejuvenation (Infiniti) – advanced electronic device which bypasses the epidermis to deliver RF energy deep into the dermis to stimulate new collagen production (see page 9 to read more).</p> <p>Medical Skin Needling (Microneedling) – a microneedling pen is rolled over the skin creating controlled ‘micro-injuries’ in the dermis. This triggers the healing and repair process leading to the production of new collagen and elastin, softening the appearance of fine lines and wrinkles. Microneedling is a milder alternative to Fractional RF Rejuvenation.</p>
<p><i>Preventative Skin Care</i></p>	<p>Microdermabrasion – non-invasive treatment using tiny crystals accelerated onto the skin’s surface to deeply exfoliate dead and damaged skin cells. Produces immediate results with no downtime. Popular when used in conjunction with a chemical peel to resurface the skin, clear congestion and brighten the complexion.</p> <p>Light Chemical Peels – non-invasive treatment using glycolic or lactic acid to remove the outermost dry and damaged skin cells. Produces a refreshed and brighter complexion with little to no downtime.</p> <p>Medical-Grade Skincare – Assure stocks a complete range of medical-grade and prescription-strength skincare products, including Obagi, SkinCeuticals, Medik8, ZO Skin Health, Mesoesthetic, Jan Marini Skin Research and DNA EGF Renewal. We can also prescribe lightening creams and retinoids.</p>
<p><i>Hair Removal</i></p>	<p>IPL Hair Reduction – permanently reduces unwanted hair on the lip, chin and body using intense pulsed light. The light targets the dark pigment in the hair which converts to heat energy, destroying the hair follicle without damage to the skin’s surface.</p>



the cosmetic experts

assure 
cosmetic centre

St John of God Medical Clinic - Suite 216, 25 McCourt St, Subiaco WA 6008
T: (08) 9380 0380 assurecosmeticcentre.com.au