

THE WAY TO GLOW ON YOUR WEDDING DAY

BROW LIFTING THE LESS INVASIVE OPTION

TOP 5 PROCEDURES MEN ASK FOR

THE BUSINESS OF BEAUTY IN SINGAPORE

HEALTHY AGING DIET & LIFESTYLE

TEETH WHITENING WHAT'S RIGHT FOR YOU?

WEIGHT LOSS SUCCESS

LOVE YOUR HAIR IN 12 MONTHS



WHAT THE RADIOLOGIST SAW HAZARDS OF BREAST AUGMENTATION IMPLANTS

THE MAPACS REPORT OF EVENTS AND FAT TRANSFER

KNIVES UP RESTORING DEFICIENCIES & MUSCLES

WHAT WERE WE TALKING ABOUT



Plastic surgeon Dr. Leslie Kook says that "Singaporeans have become more open-minded in the last 10 years... plastic surgery is no longer viewed as taboo here. The perception here is that it's just talking."



Dr. Leslie Kook, a leading plastic surgeon in Singapore says: "While there is no denying there are good surgeons all over the region, I think people continue to come to Singapore because our high standards of service, quality of results and safety records remain unparalleled around Asia."



Dr. Tan Ying Chien, consultant plastic surgeon at The Sloane Clinic Plastic Surgery Centre, reveals that the creation of double eyelids, or upper blepharoplasty, is by far the most common plastic surgery procedure requested by Asians, especially those in their late teens and early 20s.



Dr. Low Chai Ling, medical director with The Sloane Clinic, says: "Aesthetics will no longer be about correcting deformities or improving a plain looking face."



Dermatologist Dr. Joyce Law says, "In recent years we have met with an increasing number of patients who are interested in non-invasive or minimally-invasive skin rejuvenation treatments."

THE MOST POPULAR PROCEDURES

So, given this surge in popularity, what are the most common surgical procedures offered here in Singapore? According to many, the answer to this question varies according to race.

Dr. Tan Ying Chien, consultant plastic surgeon at The Sloane Clinic Plastic Surgery Centre, reveals that the creation of double eyelids, or upper blepharoplasty, is by far the most common plastic surgery procedure requested by Asians, especially those in their late teens and early 20s. He explains, "Many Asians do not have double eyelid creases, which results in upper eyelids that are bulging and taut from the eyebrow to the eyelashes. The presence of an upper eyelid crease, or double eyelid, helps to uncover a portion of the natural eye contour, which makes the eyes appear slightly bigger and rounder, exposing more of the eyelashes. It also helps to make the eyelids more amenable to makeup."

However, he also shares that older patients of all races, usually those in their 40s and beyond, often opt for upper and lower blepharoplasty in order to correct droopy eyelids and eye bags. "The eye area is usually the first place on the face to show the signs of aging," he explains. "That's why most people notice changes in this area first. Droopy eyelids and eye bags can make people look tired and haggard. Surgery helps reverse this and can shave five to 10 years off your face."

Also popular with the Asian population, rhinoplasty continues to be a highly requested procedure. Dr. Tan continues, "The oriental nose can have a low contour problem such as a flat or low bridge, or may be wide in shape. Some patients complain that their nose has a fat or flat tip, which they feel

lacks projection. As a result, many of our patients undergo rhinoplasty to address these problems."

Breast augmentation also continues to be popular here in Singapore, and many women undergo surgery in the hope of obtaining fuller breasts, creating a balance in shape and size, or restoring breast volume after pregnancy and breast feeding. Dr. Tan says, "Breast augmentation using implants remains the most reliable and effective means of enhancing the chest area. If a one-time procedure that gives permanent results, improving not only the size but also the shape, especially if the doctor uses the latest teardrop silicone implants, which give a much more natural result compared with traditional round implants. They are safer, easier and more reliable."

Tummy lifts are also growing in popularity here in Singapore. Patients referred to as the "sandwich lift," but sutures are inserted under the skin and used to literally pull back the brows, eyelids, nasolabial folds, the jaw

line or neck, depending on the patient's requirements or aging neck tissues. This surgery is especially popular because it can shave years off the face. Dr. Kook explains, "This is an extremely elegant procedure. No scars are produced and there are no limits as to how many times you can have it done."

Slightly less common but prevalent nonetheless, many patients in Singapore are choosing to undergo a tummy tuck, otherwise known as abdominoplasty. During this operation, a long incision is made across the lower abdomen, and a second incision is made around the belly button to free from the abdominal tissue. The skin is separated from the abdominal wall, and the vertical abdominal muscles are repositioned and stitched into place. Once this has been done, the excess skin is stretched and removed. In the past, this highly invasive procedure has been widely regarded as a female reserve, however, the number of male patients who elect to have a tummy tuck is on the rise.



The writer enjoying a skin rejuvenation treatment at The Sloane Clinic with Dr. Low Chai Ling.

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KNEES UP



Interior of The Sloane Clinic in Singapore.

NEW AND IMPROVED

Despite the continuing widespread use of operations such as those, one new procedure is fast gaining in popularity in Singapore. Cosmetic surgeons from all over the city state are reporting an increase in the number of fat transfer procedures they are performing.

Dr. Cienfa explains, "In this procedure, fat is harvested from unwanted areas such as the tummy, thighs and back. The fat is then injected into wherever you see the patient requires it. It can be used everywhere from the face and lips to the hands and buttocks. It has witnessed an increased demand for Brazilian butt lifts using fat transfer in recent years, however it seems to be most popular for breast enhancement."

According to Dr. Kauri, the treatment is extremely attractive to many patients because it uses their own body fat. This means that the longest times regarding allergic reactions, infections or capsule bumps that may occasionally have been seen with artificial fillers simply are not present. Similarly, patients who have concerns about foreign materials such as breast implants also find this a very attractive option.

Dr. Cienfa concurs, "The advantage of fat transfer is that as the patient's own tissue is used, therefore there is no chance of it being rejected by the patient's body. Most people are able to return to work a few days after the procedure."

DERMATOLOGICAL AND AESTHETIC PROCEDURES

While the number of people willing to go under the knife in Singapore is clearly on the rise, many doctors believe non-invasive dermatological and aesthetic procedures are a 'hyper growth industry' for the time being. In today's world, women in Asia are more willing to spend time, effort and

money on grooming and enhancing their physical appearance. Liberty influenced not only by the models and celebrities that grace the pages of global fashion magazines, but also more beauty conscious societies within the region, such as Korea, Taiwan and Japan. Women are also more concerned about aging gracefully, so they tend to embrace anti-aging treatments at an earlier age in today's society. However, they tend to prefer more conservative methods of achieving this than in previous decades.

Ten years ago, patients around the world often turned to highly invasive cosmetic surgery such as facelifts as the gold standard in reversing the aging process and correcting skin flaws. Today, however, doctors are seeing a significant increase in demand for non-invasive treatments such as the use of lasers to remove pigmentation, acne scars and minimise pores; and the use of fillers to plump up the skin.

Dr. Low elaborates, "In the past, I tended to see patients with dermatological conditions seeking a cure for, for example, acne or eczema. I also saw many patients who wanted to transform themselves from plain to pretty. Nowadays, I see patients who are already gorgeous who want to look even better. They want to transform themselves into 'hyper beauties'. This just shows that the bar has been raised for the general population as a whole."

So, what are the treatments that are most popular with patients looking to improve their beauty here in Singapore? According to Dr. Low, the answer to this is simple. "In recent years we have seen with an increasing number of patients who are concerned to non-invasive or minimally-invasive skin rejuvenation treatments."

The continuous "Botox, which helps to smooth out lines by preventing the muscles from contracting into a wrinkle, continues to be a very popular option." Typically used to improve one's forehead wrinkles and lines on the face, Botox can also be used for facial slimming. Many patients now seek to achieve a slimmer and more attractive facial shape by reducing the size of hyperactive masseter or jaw muscles. This is achieved via tiny Botox micro-injections to relax the muscles, resulting in slimming of the jaw area. It also happens to be an effective treatment for chronic teeth grinding in afflicted patients.

Standard fillers such as Voluma or Sculptra also continue to be widely used. Fillers help restore facial volume to the cheeks by plumping the weakened areas on one's face where lines and deep folds develop, however they can also be used to enhance facial features such as the chin and nose. Made from a natural hyaluronic acid gel that closely mimics the body's own hyaluronic acid, they are a safe and highly effective treatment.

Some clinics also report an increase in the number of patients asking for a procedure called a Restylane hydrofill, which replenishes the skin's natural hyaluronic acid for skin rehydration and hydration. By replenishing the natural hyaluronic acid naturally present, the skin feels more plump and lifted after the procedure, giving an overall "facelift" appearance without the need for surgery.

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"Furthermore, Singaporeans are very concerned about prevention, and as such anti-aging aesthetics is a growing market locally. This explains why many patients don't think twice about investing in good skin care, skin firming lasers or even line-preventing Botox treatments to help them slow down the hands of time."



Dr. Low's clinic, showing a modern waiting area with orange chairs and a reception desk.

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The number of fat transfer procedures being done in Singapore has increased in recent times.

Dr. Low has also seen a huge surge in patients asking for their Mesobotox Jawline Lift, which uses microinjection of botox to improve the definition of the jawline. She smiles, "This gives a nice effect to the jawline and is especially popular with celebrities. Their jawline looks much more defined, especially in profile photographs, and the procedure can take a couple of years off their appearance."

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Revitalift is another popular treatment

that utilises tiny drops of hyaluronic acid infused into the skin and distributed evenly via a series of microinjections to hydrate, improve fine lines and brighten dark eye circles. Over the few weeks following the procedure, patients notice a gradual improvement in skin tone and elasticity, subtle facial lifting, and smoothening of fine lines and rough surface texture. Dr. Low smiles, "The great thing about a Voluma high-definition lift is the longevity of the effects - its youth enhancing benefits tend to last for more than 12 months in most patients."

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Dr. Low, medical director of The Sloane Clinic based in Singapore, explains, "In recent years, patients have started to realise that the true potential for improvement with non-invasive procedures is so great that these have become their main treatment options. One of my patients underwent Voluma high-definition lift and Ulthera with us, and her friends thought she'd had a facelift. This shows that simple procedures in combination can work synergistically to give dramatic results.

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