

Looking Good With Botox® And Fillers

In recent years, botulinum toxin (or Botox® as most people are familiar with) and dermal fillers have gained much popularity locally among women and even men, especially those in their 40s.

As a result of age, stress, damage from the sun, gravitational effects and other environmental factors, our face begins to develop lines and wrinkles. Botox® and dermal fillers are thus a blessing to those who desire to improve their appearance in a 'quick-fix', painless, effective and relatively affordable (as compared to surgical methods) manner. However, with any treatment, there are side-effects as well.

Keen to try out these treatments? Here's a quick guide on Botox® and dermal fillers.

Botox®

What is Botox®?

Botox® is the trade name for a highly purified preparation of botulinum toxin type A that is used to cosmetically remove wrinkles and treat some muscle conditions, such as spasms. It has been used by patients worldwide for more than 15 years.

Botox® to Treat Wrinkles

Botox® is used mainly to eliminate or reduce wrinkles in the forehead and area around the eyebrow as well as crow's feet around the eyes.

Botox® injections are administered into the muscles that are causing the frown lines to relax them and reduce the appearance of wrinkles. The injections are done using very small needles and they usually do not leave any marks, so patients can resume work straight away. However, there may be some bruising or very mild swelling. The entire procedure usually takes about 10 minutes.

The effect of Botox® injections usually kicks in within 3 to 10 days. The benefits of each treatment usually last for 3 to 6 months. Generally, patients return for a review when the full effect has taken place in about 5 days to a week later. Some top-up may be necessary.

Side-effects of Botox®

The most common side effects include headache, respiratory infection, flu syndrome, temporary eyelid droop and nausea, lasting a few weeks usually to months in some cases.

In rare cases, pain in the face, redness or slight bruising at the injection site and muscle weakness may occur. These are usually associated with the injection and occur within the first week after treatment up to three weeks.

Other Uses of Botox®

Besides being a form of wrinkle treatment, Botox® has extended its use to control of excessive sweating and body odour, slimming down big calves and reducing square jaws.

Dermal Fillers

What are Dermal Fillers?

As our skin age, it gradually loses some of its collagen and fat that prevents sagging of the skin.

Dermal fillers are non-surgical treatments that smooth facial lines, wrinkles, and scars by replenishing the natural collagen support layer beneath our skin. When injected beneath the skin, these soft-tissue fillers plump up creased and sunken areas of the face, and add fullness to the lips and cheeks.



Most temporary fillers last between 8 months to a year. The amount each patient needs depends on the severity of the defect to be filled. Fillers usually come in packages of 0.75ml or 1ml. Top-ups are done every 6 to 8 months but may be more frequent if the first treatment was not adequate or if the person loses weight drastically.

Types of Fillers

The commonly used types of fillers include Restylane, Perlane, Matridex, Matridur, Hyaloform/Hyalofom Plus, Teosyal and Aquamid.

Side-effects of Fillers

Nowadays, most of the fillers are hyaluronic acid and these are polysaccharides and not proteins, so they do not cause allergic reactions which animal derived collagen may cause.

Most common side effects are swelling, bruising and lumpiness, which usually last a few days. Rare side-effects include infection, abscesses, open sores, skin peeling, scarring and prolonged lumpiness.

Between Botox® and Fillers

Botox® and fillers are complementary and can be done together when used appropriately for the correct indications. Your doctor will be able to advise you on this.

Who is Suitable for Botox® and Fillers?

Anyone between 18 and 65 years old and in good health may undergo these procedures. However, they are not recommended for pregnant women or if you have muscle dystrophy, muscle weakness, uninvestigated neurological problems, and areas of infection or general bacterial or viral infection.

Before starting any treatment, you should speak to your doctor about your health condition, any medication that you are taking and previous experiences with these procedures, including allergic reactions. It is also important to go to a qualified and reputable doctor who is experienced and carries out the procedures personally.

NUH AESTHETIC PLASTIC SURGERY CENTRE OFFERS ONE-STOP CONVENIENT SERVICE

Our Aesthetic Plastic Surgery Centre opened its doors to patients in February this year. The new centre houses three consultation rooms, a consultation and treatment room, a mini operating theatre, a patient recovery area and a waiting lounge.

A convenient one-stop service centre, it provides services such as:

Aesthetic Surgery

- * Botox® and fillers
- * Face lifts
- * Eyelid surgery
- * Liposuction
- * Tummy-tuck
- * Breast enlargement / reduction / lift
- * Nasal augmentation or reduction
- * Laser surgery (e.g. removal of moles, tattoos, varicose veins & resurfacing)
- * Chemical peels and facial skin care
- * Radiofrequency treatment for aging skin, acne and large pores
- * Sweaty palms treatment
- * Other cosmetic procedures

Reconstructive Surgery

- * Breast reconstruction
- * Head and neck reconstruction

Correction of Congenital Abnormalities

- * Cleft lip and palate correction
- * Congenital craniofacial abnormality correction

Treatment of Cranio-maxillofacial Trauma

- * Facial trauma management
- * Cranio-maxillofacial surgery

The centre also serves as a regional training hub for medical specialists. Courses such as advanced aesthetic plastic surgery and laser surgery will be conducted to promote quality teaching and treatment protocols in aesthetic surgery.

The centre is part of our upcoming University Surgical Centre, which comprises the Departments of Surgery, Urology, Cardiac Thoracic & Vascular Surgery, and Paediatric Surgery.

Contact Us

For more information or appointments, please contact:

Centre	Location & Opening Hours	Contact Details	Our Plastic Surgeons
NUH Aesthetic Plastic Surgery Centre	Level 4, Kent Ridge Wing 2 Opening Hours: Mon-Fri: 8.30am - 5.30pm	Tel: 6772 2022 Fax: 6772 2336 Email: aestheticsurgery@nuh.com.sg	A/Prof Lim Thiam Chye, Senior Consultant and Head, Division of Plastic and Reconstructive Surgery Dr Jane Lim, Senior Consultant, Division of Plastic and Reconstructive Surgery

Dedicated Outpatient Oncology Services For Private Patients

With the opening of our **Cancer Centre @ Level 8, at Kent Ridge Wing 2**, patients can look forward to more personalised medical oncology and haematology services. The new facility houses private consultation rooms, a chemotherapy treatment suite, an oncology pharmacy, a venepuncture room and two visitor lounges.

Services at Cancer Centre @ Level 8 include:

- Consultation with specialists in medical oncology and haematology
- Treatment, such as chemotherapy, for solid tumours and blood disorders
- Oncology pharmacy (by mid-2006)
- Patient education and counselling by trained oncology nurses
- Clinical trials
- CancerLine, a hotline for cancer information



For appointments, please call The Cancer Institute's CancerLine at 6773 7888.

Evening Eye Clinic

For Greater Convenience

to provide our patients with greater convenience and accessibility to our services, our **Eye Clinic at Kent Ridge Wing 2 (Level 3)** has extended its operating hours.

Started since January this year, patients can now seek consultation and treatment with our eye specialists after office hours (**6pm to 8pm**) from **Mondays to Fridays** (except Public Holidays).

For more information or appointments, please call 6772 2002.

SMS Notification

Of Shuttle Bus Service Timing

patients and visitors can now receive the timing of the next NUH shuttle bus service via SMS. This SMARTime system allows them to receive the timing of the next three shuttle bus services plying between Buona Vista MRT Station, and NUH Main Building 1 and Kent Ridge Wing (KRW) 2.

Instructions on how to use the system is available on-board the buses, and at the reception counters at both Main Building 1 and KRW 2.

Dedicated Services For Patients With Rare Cardiac Muscle Disorder

Since November last year, our Cardiac Department introduced a dedicated service for patients with Hypertrophic Cardiomyopathy (HCM), an inheritable, rare cardiac muscle disorder that is potentially fatal.

Currently the only provider of such a service in Singapore, our HCM clinic aims to be the referral centre for patients with this cardiac abnormality - providing diagnosis, long term follow-up and risk stratification, as well as screening for family members.

HCM clinic sessions are available by appointment at:

- Clinic H** - Tuesday afternoons
 - Cardiac Centre** - Wednesday mornings & Friday afternoons
- (Both are located at Main Building 1, Level 1)

For more information, please call our Cardiac Care nurses, Margaret Choong (6772 4081) or Michelle Koh (6772 2053).