



Cutting back

Cosmetic surgery continues to offer huge transformational powers to those wanting to start the year with a break from the past, but surgery isn't the only option

In Dr Cristina Mures Bautista's native country of Spain, cosmetic surgery is a big thing. In fact, Spain has the third highest number of doctors with specialist qualifications in cosmetic surgery in the entire world. This means that as the latest edition to *The German Clinic's* staff, Bautista can speak with authority when she says, with cosmetic surgery, there can be too much of a good thing.

Bautista argues that modern medicine is increasingly moving towards solutions that avoid putting patients 'under the knife'. "When people talk about the future of cosmetic medicine nowadays they talk 'regenerative and genetic medicine': genomic, proteomic and mother cells are all going to be central to aesthetic and cosmetic medicine," she explains. As with many modern developments, this reflects the need to reduce hospital costs and long recovery periods. Also, it is clear that consumers in the aesthetic market are increasingly gravitating towards treatment options and methods that are less invasive than before.

Citing the example of liposuction, Bautista argues that there is no quick fix

when it comes to cosmetic medicine and obesity. "Liposuction is not a fast treatment to get slimmer," she reasons. "First you have to be on a diet and exercise your self, and then the liposuction can be a complement treatment to this problem, if you really need it." If you have to lose weight for the surgery, she reasons, then you may as well keep going and lose weight for the benefit of your health. "Regular sporting activities, aesthetic medicine and a disciplined diet will get give you the body you want, and also keep your cardiovascular and musculoskeletal health," she says. "Before going to the surgery room you can try to get slimmer and reshape your body with an aesthetic and cosmetic doctor."

That's not to say that full plastic surgery is not an option, however. Indeed Bautista is quick to point out that, as a discipline, cosmetic surgery is becoming more specialized in each anatomic area. "It's just that a high percentage of our patients are starting to choose non invasive procedures instead of going 'under the knife'," she says. "We can find striking results with several procedures, through surgery, but we can do the same without the same level of risk as ▶

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However, Bautista also points out that it would be misleading for any practitioner of aesthetic medicine to present non-invasive treatments as a ‘low-risk’ option. Naturally, any procedure that avoids the necessity for a general anesthetic is going to have fewer risks of serious complications – but there are no certainties. “In medicine there is always going to be a risk,” she says. “We can not really say that every procedure is 100%, but we can really minimize it.”

Since joining the clinic, Bautista has been involved in a wide variety of procedures and has already seen a number of patients benefit

from aesthetic and cosmetic procedures – but there are no such things as miracles, she warns. “Success depends on the patient, the age, the quality of the skin and the quality of life they are having.”

Still, there are certain treatments that have universal appeal. “For example, the ‘mesolift technique’ is a treatment that acts globally and biologically on cutaneous ageing and it’s causes,” she says. “The technique consists of multiple injections carried out in the superficial dermis with a very fine needle. In a few months, with this treatment and under the control and protocol that we give to our patients, we can really see a difference in the

dullness, dehydration, cutaneous relaxation, loss of density, loss of tonus, loss of suppleness and the sun-over exposure.”

As well as the physical benefits of the treatment, Bautista argues that the treatment can have a positive impact on an individual’s emotional and physical state. “Patients become really happy,” she says. “You can really see a very good result and it takes around one hour to do each treatment, without pain and without recovering time.”

A similar option for those looking to make a change in the new year, but without wanting to get on the operating table, is the ‘mesopeel technique’. “That consists of applying a medical chemical peel,” she

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explains. A chemical peel might sound like a pretty unforgiving treatment – even for a non-invasive procedure. But, done right, the

treatment can be extremely effective, says Bautista.

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eliminating the superior layers of the epidermis in a controlled way. This medical peel will help in the fine lines and wrinkles, the pigment spots and anomalies, lesions due to sun exposure, matt and blurred complexion, skin irregularities, loss of elasticity and acne. After the peeling the doctor will apply a cocktail of different anti-aging substances to increase all this effects. The result starting from the second session is very good and impressive. The skin becomes smoother and pores are tightened.”

Both treatments are proving popular, says Bautista, but it is not surprising given what they have in common. “For both treatments the risk is very very low,” she insists. “The patient can have a small bruise because of the needle, but is not the normal thing, as we are doing the ‘napagge technique’ where we just apply a very low pressure. And with the peeling we just use superficial risk free controlled peelings – in other words, depending on the protocol we use and the concentration of the peel (depending on the skin’s stage of the patient), the worst that will happen is a slight redness, temporary dryness or superficial desquamation may occur during or after the procedure. These will diminish progressively and disappear completely within 3 days. These reactions are totally normal.” ■



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