

TATTLER®



BEAUTY
& *cosmetic*
SURGERY
GUIDE 2012

*Everything you
need to know about going
under the knife*



face

THE FIRST SIGNS OF AGEING

THE SOLUTION Designed with 25 to 40-year-olds in mind, **Clear + Brilliant Laser** works to prevent dullness, loss of firmness and fine lines creeping in around the face – think of it as a way of freshening up skin before you need to hit the Botox. The laser works its magic by causing trauma in the epidermis. As the area repairs itself, dead cells are shed and new ones are created, revealing a more youthful-looking complexion. Pre-treatment, skin is slathered with anaesthetic cream and left to numb for half an hour. Then the laser (a small, handheld tool that resembles a glue gun) is slowly drawn across your face in lines, starting at the chin and finishing at the hairline, with special attention paid to the nose and upper lip. The process is then repeated in the opposite direction up to three times in a neat little grid formation that ensures every millimetre is treated.

PAIN FACTOR Definitely not comfortable, but bearable – the sensation is prickly and becomes increasingly hot with each pass across your face. Bony areas such as the nose, temples and

jawline are especially wince-worthy. Treatment done, the skin is plastered with ice-cold cloths and left to cool – blessed relief!

DOWNTIME Skin feels tight straight away, slightly sore (it's not dissimilar to a bad case of sunburn) and looks red for up to 12 hours – depending on your natural skin colour, be prepared for anything from a rosy flush to full-blown beetroot (our tester's medium-toned skin looked rather pink, like she'd had a hard session in the gym). For the next four to five days, your face is sandpaper as cells begin to flake, so stick to a simple skincare routine and avoid heavy foundation or self-tan which will cling to any rough patches.

RESULTS Our tester noted a reduction in pore size, increased radiance and visibly softened lines on the forehead after just four sessions – it's also marvellous at taking the sting out of any spots brewing beneath the surface, as it speeds up the healing process. Upon completion of the course, skin will be more sensitive, so try to avoid the sun for the next month or so, and stock up on SPF50.

WHO TO SEE Dr Tracy Mountford at the Cosmetic Skin Clinic, 10 Harley Street, W1 (cosmeticskinclinic.com or 01753 646660). Four to six sessions, two weeks apart, are recommended, depending on skin condition. From £350 a session.

ET VOILA.
EXCELLENT
SIGHT FOR THE
REST OF YOUR
LIFE. ISN'T THAT
AMAZING?

BLURRY VISION

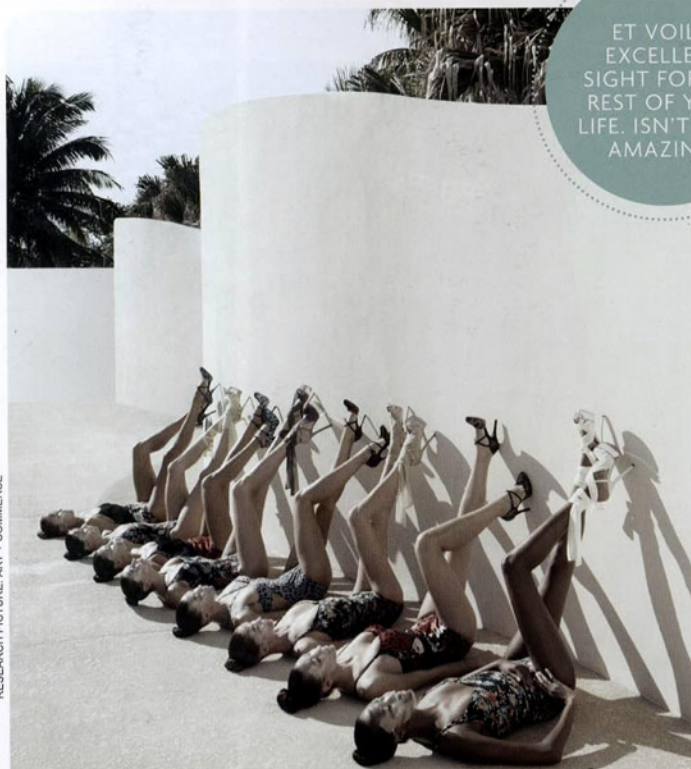
THE SOLUTION If you can't read the back of your box of Crème de la Mer without glasses, and then need another pair of glasses to find the first pair, it's time to think about a permanent fix. Never mind Botox and fillers – there is nothing more ageing than not being able to see. In standard corrective-vision surgery, the lens strength is decided before you get operated on. With **Light Adjustable Lens Implants**, your natural lenses are replaced with plastic ones that can be adjusted *after* surgery with a laser so it can be as close to perfect as possible. The doctor puts drops in your eyes to anaesthetise them and dilate the pupils, which, under a light beam, blurs your vision so that you can't see what is going on – thank goodness! He then liquefies (barf) the original lens with a laser and inserts the plastic one. You can have one eye done first and the other the following week. Allow the lenses to settle down for two weeks and, when you go back, the surgeon adjusts your sight with the laser and locks it in – et voilà. Excellent sight for the rest of your life. Isn't that amazing?

PAIN FACTOR Hardly any. The worst bit is the anaesthetic, but it's nothing compared with root-canal surgery. The operation takes barely 10 minutes and is more weird than uncomfortable. Your eye is so drugged up that all you see are flashing lights, a brief creepy moment of blackness – when the natural lens is removed and you think, 'I'm blind! I'm blind!' – and then more flashing lights and whirring sounds.

DOWNTIME It's not a general anaesthetic, so although you might feel a bit woozy, you could go out for dinner that night if you didn't mind the hideous plastic eye patch you have to wear for the first 24 hours. It's more about the fuff factor – four weeks of eye drops and a list of forbidden activities, including no bending down, no exercise and no sex. And you have to wear protective glasses all day, every day – even in the shower – until the lenses are locked.

RESULTS 10/10. And 20:20 vision – really. No more glasses, no more contact lenses. Our tester can see properly for the first time since she was a teenager. And the best bit is that, unlike a facelift, it lasts forever. When you're 85, you may not remember what you're looking at, but it will be pin-sharp.

WHO TO SEE Bobby Qureshi at the London Eye Hospital, 8–10 Harley Street, W1 (londoneyehospital.com or 0800 612 2021). From £6,240 a lens, depending on the nature of the correction required. ▷



Best for fillers



DR TRACY
MOUNTFORD
COSMETIC DOCTOR

Fillers are Mountford's forte – she

uses Juvéderm to give softer results and Restylane to lift older faces with slacker skin. She favours a multi-puncture technique (which means lots of small jabs) that provokes a wound/heal response, stimulating more collagen. Her newest offering is Restylane Lip Refresh, an injection that gives thinner

lips some subtle oomph while hydrating them in a way that no lipbalm ever could. The clientele at her discreet Buckinghamshire practice includes London A-listers who don't want to be papped in town and the odd Eton mother making a furtive detour on the way home from the school run.

Consultation, £120; Restylane Lip Refresh, from £250 (cosmeticskinclinic.com or 01753 646660).