



Are your lines and wrinkles getting you down..? Don't worry help is at hand...

Most people are aware of the dental treatments that are available nowadays and that, basically, if you want a dental problem fixed there are now various solutions that you can have, other than dentures. Also people seem to be aware that whitening is a treatment that is relatively quick and painless that can take quite a few years off your face.

Not so many people are aware of the risk free treatments that come under the heading of **Facial Aesthetics**, these being muscle relaxants, fillers, microdermabrasion facial peels and IPL (intense pulsed light). These are a few of the solutions to the age old problem of ageing that don't involve costly and invasive surgery or months of recovery time. However, don't wait until the day before you go to a wedding or other event, plan ahead, so you can go to your event with maximum results and have people wondering how you keep so youthful!

Regarding stories that you read in papers and magazines: telling you 'how it all went wrong', generally this will only happen if you go to untrained people working in unsuitable establishments. Make sure your treatment is undertaken by a suitably qualified person that has the necessary training (and insurance) and that will be there next week and the week after – make sure you are happy that they are genuine and know what they are doing, this way you will be happy with the results you achieve, like the thousands of people in the UK every day that undertake these treatments.

Most of these treatments will have your friends and colleagues asking if you have been on holiday, they give you back that youthful glow and smooth skin that is associated with being younger and more carefree.

Muscle relaxants have been around for years in the medical industry. They have been used to help people who suffer with tics and muscle spasms etc. So taking them one stage further and using them to soften frown lines and crows feet was an easy process. There are various types of muscle relaxants on the market today, they all do a similar job, some are natural and others are man-made, your clinician would be able to advise you on what they have on offer. Usually you would have a course of treatments over a year, then the clinician would advise you on the level of upkeep that would be necessary. Providing these treatments are undertaken sympathetically you will achieve fantastic results.

Where you have lost a lot of elasticity in your skin we can use injectables such as **Restylane™, Hydrafil™, Juvederm™, or Teosyal™** to plump out your deeper lines and lift areas that have dropped, creating a fresher more youthful appearance. You can also have your lips enhanced to make them fuller and more luscious. These fillers are all versions of hyaluronic acid, a substance that is naturally found in the skin which deteriorates as we get older. It holds water and gives young skin its 'dewy' glow. You would expect the results to last for 6-18 months.

Microdermabrasion is a fantastic non invasive treatment and is very useful for sun worshippers and people with problem skin, it can reduce the effects of sun damaged skin, fine lines and wrinkles, age spots, acne scarring, scar reduction, blackhead removal, hyperpigmentation, oily skin and dry or patchy skin. There are various grades of microdermabrasion and most good clinics (medical) will offer the medical grade microdermabrasion, unfortunately most beauticians cannot offer this level of treatment. Essentially microdermabrasion is a very thorough and deep exfoliation, usually you need to have about 5 treatments spaced apart by a few weeks, then a refresh treatment every 6 months or so. This can be seen as an alternative to facial peeling.



Forest Road, Binfield, Berkshire, RG42 4HL
Tel: 08443 756 332 Fax: 08712 214 903

CBX II, 376 Midsummer Blvd, Milton Keynes, MK9 2EA
Tel: 08448 151 410 Fax: 08712 214 904



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Facial Peels can come in a range of strengths. Our beauty therapist can provide a light peel, which will leave your skin feeling 'scrubbed clean'. This would be a little red for a day or so, and is helpful for improving general skin tone. A stronger peel can be provided by our dentists. This will remove the top layer of skin and you would need 5-7 days down time. This can be very useful for softening fine superficial lines and wrinkles and removing pigmentation and acne scars.

IPL (intense pulsed light) is another non invasive treatment that is fantastic if you want to reduce unsightly hair or if you suffer with skin problems including rosacea and acne. Various treatments may be necessary to ensure you achieve the results you require; however, you can usually see a difference after just one treatment. IPL is good for the whole body not just the face – men in particular like it to reduce unwanted back hair. Women with facial hair generally find IPL it a much better treatment than waxing or shaving and after a few treatments start to feel more 'normal', thus reducing unnecessary stress. IPL can also be used to reduce pigmentation and red veins in the face.

Combination treatments can be really effective at targeting specific areas, such as décolletage, neck, nose and cheeks.

With all these treatments, it's about what you want to achieve and what you feel you require, because, at the end of the day you are the one that looks in the mirror and is happy or not with what you see. These treatments will have you smiling.

Profile of the author -

Dr Teresa Day graduated from Guys Dental Hospital in 1980. Teresa is one of the earliest members of the Association of Dental Implantologists and her main interests in dentistry are Implants, Orthodontics (straightening teeth) and Cosmetic Reconstructions. Established since 1990 and with locations in both Milton Keynes and Binfield Berks, Appledore provides orthodontics including Invisalign, dental implants, full mouth reconstruction, veneers and smile enhancement. Appledore also offer the Cerec one day crown and painfree injection. Teresa is a member of:

- The British Dental Association – BDA (1980)
- The British Academy of Aesthetic Dentistry – BAAD (1998)
- The Association of Dental Implantologists - ADI (1990)
- The International Team for Implantologists – ITI (2007)
- The British Periodontal Society (2004)
- The Faculty of General Dental Practice (2006)
- The Clinical Foundation of Orthopaedics and Orthodontics (1982)
- Fellow of the International Congress of Oral Implantologists - ICOI (1998)
- Founder member of the Functional Orthodontics Support Group –FOSG (2005)

