

# Silkwood Medical Newsletter



SILKWOOD  
MEDICAL

Issue One , Summer 2005

Specialist practitioners, dedicated to enhancing the appearance of your face and body

## In this Summer's Newsletter -

### Dermal Debate: Which Dermal Filler Do I Choose?

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With the advent of the next generation of dermal fillers, the question often arises: "Which filler do I choose?" Marilyn Cassetta takes up the debate.

### What is IPL?

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Intense Pulsed Light (IPL) is the new buzzword in the appearance medicine industry. It is based on the same principle as laser but emits a broad spectrum of pulsed light to reach several layers of the skin at once. How can it help you?

### Practitioner profile

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Ginelle Kelly is a registered nurse specialist and aesthetician and has worked in skin care for over 13 years.

### Refreshing Peels: The Next Step

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The way forward to a lustrous complexion, with a quick and light salon peel, light medical peel, or a medium depth peel.

### Benefits of Pre-Treatment for a CosMedix Treatment

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We list a few reasons why pre-treatment will enhance the peel treatment and ensure the best possible result for the skin.

### Get ready for Summer... special offer!

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Fantastic Pre-Summer offer! Recieve 20% off IPL, Rejuvenation Treatments and Laser Hair Reduction.

## DR. NETTLE SPREADS THE WORD...



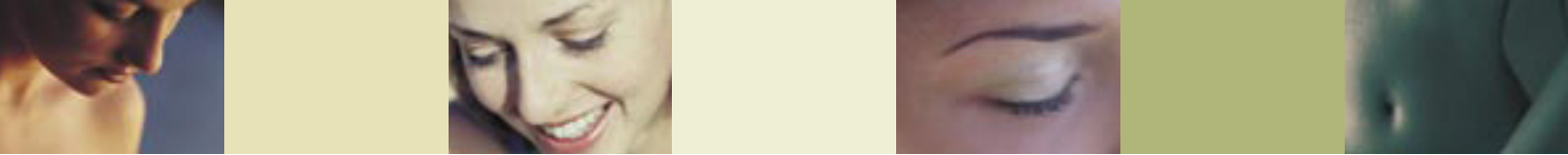
*With a reputation as an excellent speaker and presenter at medical conferences throughout Australia and internationally, it was with great pleasure that Dr Warwick Nettle agreed to speak again at "The Annual Hormone and Women's Health Update and Education Day 2005" held at the University of New South Wales.*

This annual update program enjoys the attendance of over 1000 general practitioners with a special interest in women's health issues. Sessions cover such broad topics as menopause management, gynaecological issues, weight, metabolism and insulin resistance, and ever increasing in popularity, the looking good and feeling good component of the program.

Dr Nettle captivated his audience by explaining, in depth, the genetics and science of the aging process and the futuristic direction that anti-aging medicine is taking. He also described the science behind such popular newer treatments such as cosmetic injections, wrinkle and lip enhancement and IPL laser treatments. Dr Nettle then introduced Marilyn Cassetta RN, our Aesthetic Nurse Specialist, who went on to present a thorough overview of dermal fillers, chemical peeling agents, microdermabrasion and sclerotherapy.

They received quite an ovation, and it was said that the program coordinators saved the best for last!

[www.silkwoodmedical.com.au](http://www.silkwoodmedical.com.au)



# Dermal Debate: Which Dermal Filler Do I Choose?

By Marilyn Cassetta, RN, Aesthetic Nurse Specialist

I began as an Aesthetic Nurse Specialist almost 20 years ago. At that time, life was a lot more simple: there was only one dermal filler. As baby boomers continue to age, the demand for alternative dermal fillers continues to increase.

We now have temporary, semi-permanent and even permanent dermal fillers. Have you heard about dermal stimulators? How is one to make sense of it all?

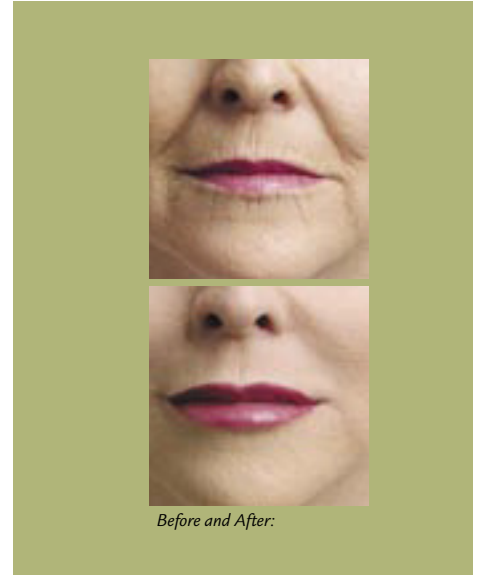
Basically, some dermal fillers tend to fill wrinkles or etchings in the skin best, replacing "like with like". These fillers are also excellent for defining lip borders. However, because they are proteins a test patch is required 4 weeks prior to treatment (only 3 in 100 people will be allergic).

Dermal fillers of a gel-like nature are

carbohydrate based and therefore do not require a patch test, allowing treatment to begin at the 1st consultation. These fillers attract water and create an increase in volume. They are best used for lifting curves and contours or augmenting lips, however, their ability to lift wrinkles is more limited.

The newest product in this family of injectables is a dermal stimulator. When placed into the deep dermal/subcutaneous border, it starts a process of dermal stimulation causing one's own collagen-making cells to increase their production resulting in a fuller volume to the face.

If you are interested in any of these non-surgical rejuvenation techniques, our trained practitioners can assist you in making the right choice for your particular needs.



## What is IPL?

*Intense Pulsed Light (IPL) is the new buzzword in the appearance medicine industry.*

It is based on the same principle as laser but emits a broad spectrum of pulsed light to reach several layers of the skin at once. Australia's beach culture has created a society where sun damage is rife and hair reduction popular. IPL systems are generally considered more effective in treating these areas than older style lasers. This is because they can be used to treat a larger area and are not as invasive so treatments can be done in a lunch hour. Plus there is no downtime and no burning of the skin.

The Syneron ELOS Aurora system delivers the latest technology. US and international medical experts have publicly stated that they are safer and more effective than the light-only machines. The combination of electrical and light technologies allows for more effective removal of light and fine hair compared with light-only systems. The Electro Optical Synergy (ELOS) Advantage or Fotofacial RF is the next generation of the old photofacial system. Importantly the ELOS Advantage system is approved for use on dark skin types, is less painful for patients and causes no downtime.

### Skin Rejuvenation

Non-invasive (non-ablative) skin rejuvenation using broad-spectrum light sources has become one of the most popular cosmetic procedures. With the Aurora, a series of five or more full-face treatments is usually performed at three or more week intervals. The visible improvement in the appearance of skin, coupled with the ease of treatments, low risk of complications, rapid results and no patient recovery time has made this technique highly popular amongst patients seeking better looking skin.

Silkwood Medical is one of the few practices in Australia to have the special Skin Rejuvenation (SR) handpiece. With this handpiece pigmentation, facial vessels and diffused redness are able to be treated effectively; it is basically a colour corrector. The advantage over other technologies is that consistent texture results can be achieved. The electrical current in ELOS technology stimulates the formation of new collagen. This handpiece is safer than most other pulsed light systems and can be used on darker skin types as well as passive tanned skin

### Hair Reduction

The machine also doubles as an effective hair reduction device. Hair reduction methodologies based purely on photo epilation have shown excellent results on the optimal hair reduction candidate with light skin and dark hairs.

The Aurora simultaneously delivers two types of energies, optical and electrical to the tissue. The unique combination of energies allows the treatment of all skin types and hair colours without compromising safety or efficacy.

Blonde, red, grey and very fine hair can be treated effectively but they may require more treatments.

These procedures have become very popular with a wide variety of patients, from younger patients desiring more attractive skin, to middle-aged patients who desire to look better without surgery and aesthetic surgery patients who want to enhance their surgical result. It is popular for patients to refer friends and family members for skin or hair removal treatments or to add other areas such as the chest, hands or forearms because of the ease of treatments and degree of visible improvement seen.



## Refreshing Peels: The Next Step

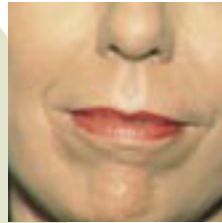
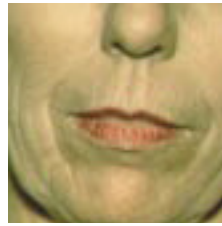
You've been hearing about AHAs or fruit acid peels for years now, so what's the next step?

Most salon peels include several different combinations such as a lactic or salicylic acid peel with microdermabrasion. These are excellent for a quick and light freshening up of the skin. There is no down time and in two or three days your face has a lustrous glow.

A 70% glycolic 'no-sting' peel will achieve an epidermal penetration and may have a very fine peeling action for several days, achieving a very smooth and refined texture result. These are considered light medical peels and should only be

performed in doctors' rooms.

The next step is a TCA medium depth peel. This is a bit more involved, requiring a week off work or social activities. A true peeling of skin takes place on the 4th day after the peel and continues through the 7th day. This peel penetrates to a superficial or mid-dermal level of skin, removing or minimising blotchy/splotchy pigmentation, fine wrinkling, or sun-damaged texture in one week. This peel is best performed in autumn or winter, as you are required to protect the treated area from direct sun for several months.



Before and After:

## Benefits of Pre-Treatment for a CosMedix Treatment

CosMedix recommends minimum of two weeks pre-treatment for all skin types prior to peels to ensure the best results from treatment and the least chance of complications post treatment.

The reasons for this are:

1. Set down /prepare retinol receptors on the cell for better absorption of peel treatment.
2. Ensure that oil and impurities on the surface of the skin are thoroughly cleansed prior to ensure maximum benefit and result.
3. Important to be well exfoliated to deliver the best penetration with least amount of trauma to the skin.
4. Reduces the chance of inflammation response due to Chirality.

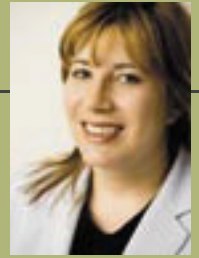
5. Less risk of bacteria on the surface of the skin causing complications.
6. Ideal test for allergy or chances of quick up take of product as we are testing it at reduced strength.
7. Lightening vital for some skin types to ensure safe treatment with least possible risk of post inflammatory pigmentation.
8. Education on effective maintenance of the skin.

These are just a few reasons why pre treatment will enhance the peel treatment and ensure the best possible result for the skin.

## Get ready for Summer... special offer

Fantastic Pre-Summer offer!  
Recieve 20% off IPL, Rejuvenation Treatments and Laser Hair Reduction.

### Practitioner Profile...



Ginelle Kelly  
Dip. App Sc  
(Nurs) RN

Ginelle is a registered nurse specialist and aesthetician and has worked in skin care for over 13 years. She started working in theatre where she was exposed to cosmetic surgery. She chose to use her artistic approach and specialise in cosmetic enhancement.

Ginelle uses almost exclusively non-permanent fillers to treat wrinkles, fine lines, hollow grooves, scars and for lip enhancement. She also employs muscle relaxants to treat various facial wrinkles.

Specialising in facial rejuvenation, Ginelle uses the latest medically proven technology (Elos IPL/Laser) to treat fine lines, wrinkles, scars, skin pigmentation, texture, pores, capillaries and hair removal. She also uses a range of chemical peels including Glycolic, Salicylic, Jessner and Microdermabrasion.

Please call (02) 9387 3900 to make a booking with Ginelle Kelly.



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## Contact Silkwood Medical...

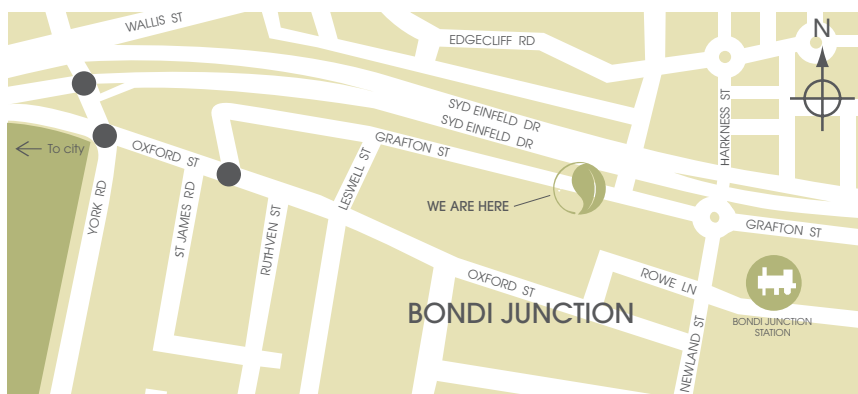
### Need to contact us?

Level 4, 75 Grafton St,  
Bondi Junction NSW 2022

Phone: 02 9387 3900

Fax: 02 9369 5683

[www.silkwoodmedical.com.au](http://www.silkwoodmedical.com.au)



## YOUR FEEDBACK IS VALUABLE...

Complete this Customer Survey and return to the address provided in the next 6 months and receive your choice of 10% off your next treatment or a free microderm. (Limited numbers available.)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please tick the most appropriate answer:

	yes	no	maybe		yes	no	maybe
Have you had one or more treatments at our clinic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Would you consider having additional treatments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you been satisfied with your past treatments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have you or would you recommend Silkwood Medical to your friends/family/colleagues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate if you would like to receive further information on:

Dermal Fillers	<input type="checkbox"/>	Intense Pulsed Light (IPL)	<input type="checkbox"/>
Pre-Treatment for CosMedix Treatment	<input type="checkbox"/>	Skin Peels and Microdermabrasion	<input type="checkbox"/>
Dermal Fillers and Muscle Relaxers	<input type="checkbox"/>	Laser Hair Reduction	<input type="checkbox"/>
Skin Rejuvenation and anti-ageing treatments	<input type="checkbox"/>		

Please cut out and return this survey to: Level 4, 75 Grafton St, Bondi Junction NSW 2022

You will then be eligible for one of the above special offers. Call (02) 9387 3900 to make your appointment. Terms and conditions apply.\*