

# A-Z

## OF MEDICAL AESTHETICS

*ENABLING A POSITIVE AESTHETICS JOURNEY*

Disclaimer: The information provided is not exhaustive and does not replace professional medical advice. Aesthetic treatments may carry risks and suitability varies – please consult a licenced healthcare professional for personalized assessment and full details.

# Welcome to the **A-Z** OF MEDICAL AESTHETICS

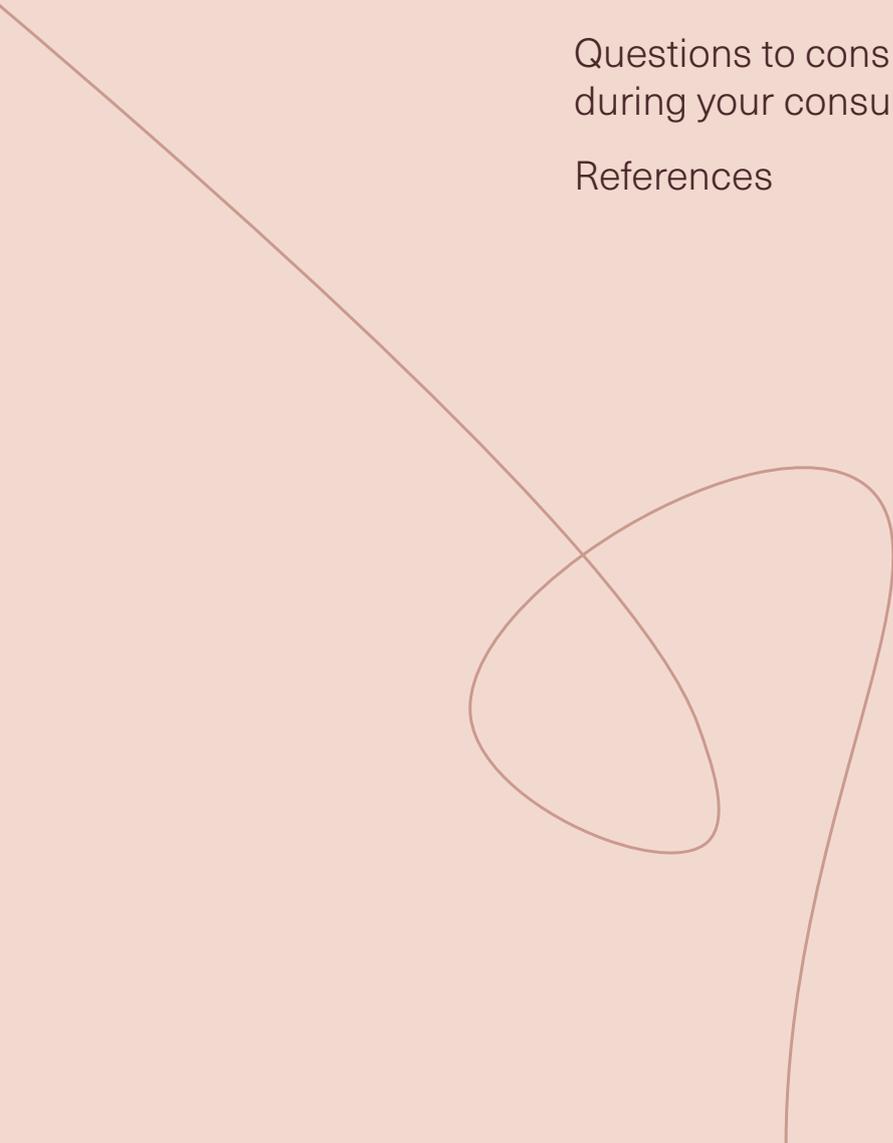
On the following pages, you will find short definitions of various terms you may hear during discussions about aesthetic treatments with your healthcare practitioner. These are conveniently grouped by treatment areas-skin, facial, and body procedures-and are designed to support you during your consultation and beyond.

A qualified health care practitioner should always be consulted prior to any treatment to help find an approach that suits your needs and preference.

If you have any questions about anything covered in this booklet, please speak to your health care practitioner who will be able to support you at the beginning and throughout your aesthetics journey.

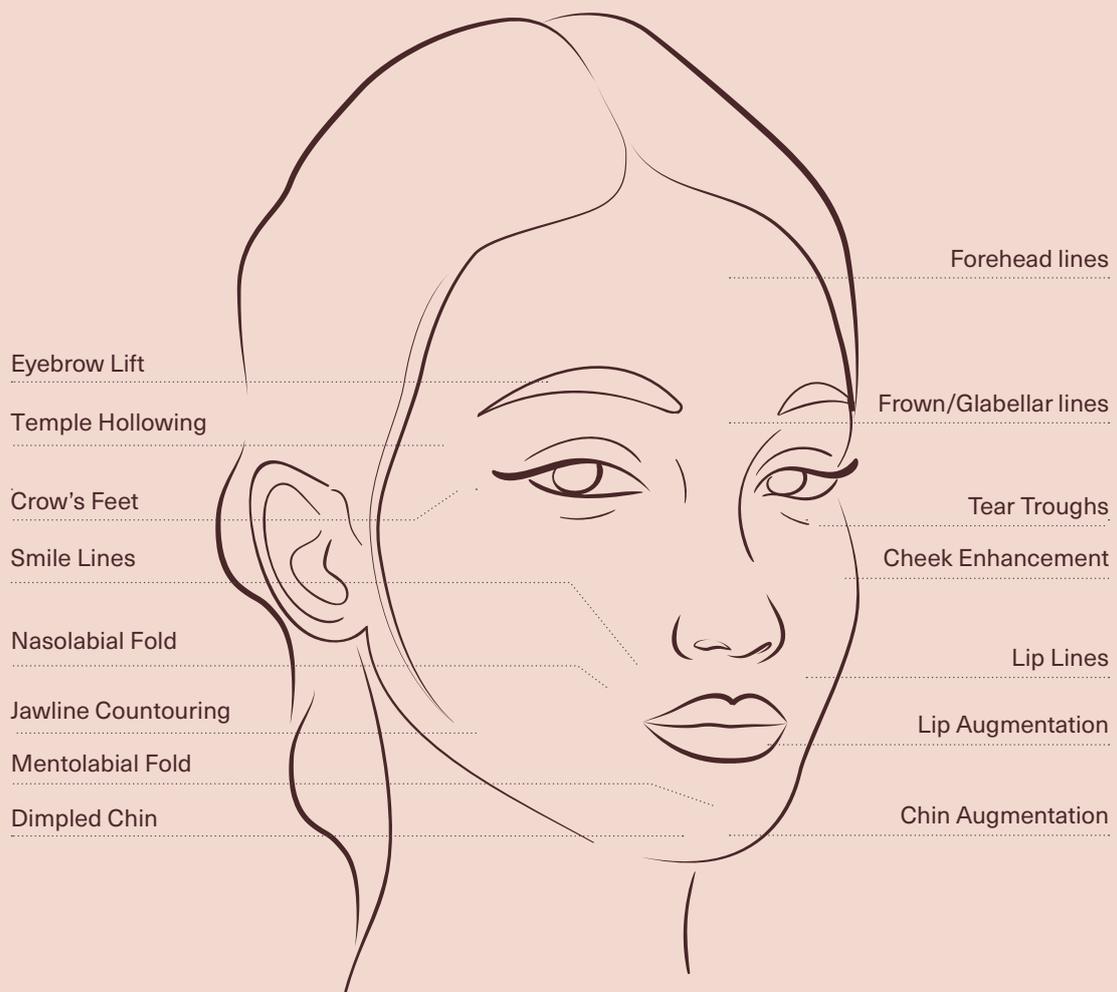
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# Face

The diagram below highlights the facial areas commonly addressed by various non-surgical aesthetic treatments.



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This section defines the products, treatments and techniques associated with facial aesthetics

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### Facial Contouring

Facial contouring changes the structural elements of your face. It is often used to adjust facial structures away from profiles which are either too convex (pronounced forehead and chin) or concave (recessed forehead and chin) towards what is known as a straight profile (forehead and chin are proportional to rest of face).<sup>1,2</sup>

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### Wrinkles

Wrinkles are visible folds in the skin especially on upper case (forehead, towards lateral side of eyes and glabellar) that appear as part of aging and are often associated with a tired, stressed, or older look.<sup>3</sup>

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### Skin quality

- Good skin quality is defined as skin that is healthy, undamaged, and youthful in appearance (appearing younger than a person's chronological age).<sup>34</sup>
  - **Skin tone evenness:** Skin color looks uniform and even all over, without noticeable dark spots or redness.<sup>34</sup>
  - **Skin surface evenness:** Skin feels smooth and consistent, without visible bumps, large pores, scars, or wrinkles.<sup>34</sup>
  - **Skin firmness:** Skin feels tight, elastic, and well-hydrated, bouncing back without sagging or looseness.<sup>34</sup>
  - **Skin glow:** Skin appears naturally bright, vibrant, healthy, and radiant, reflecting light beautifully and evenly.<sup>34</sup>
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### Dermal Fillers

Dermal fillers helps to create a smoother/ or fuller appearance on the face. They can be used for.

- Augmentation (increase volume of) including Cheeks, Nasolabial folds, Chin, Lips etc
  - The restoration and correction of facial fat loss<sup>4</sup>
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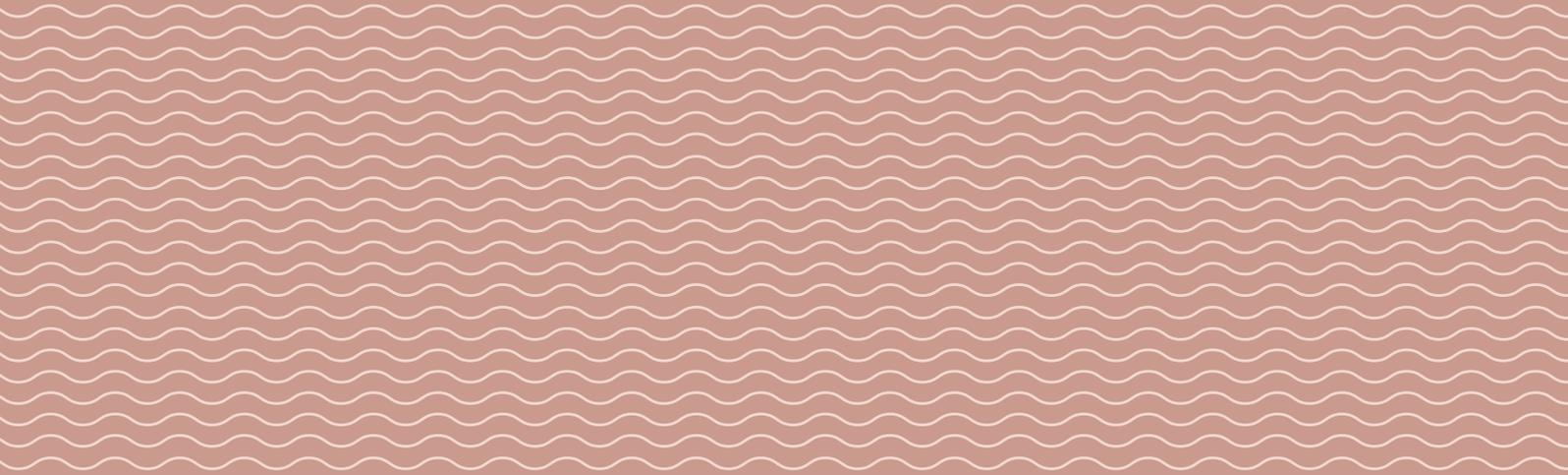
### Uneven pigmentation

Also called hyperpigmentation, an irregular darkening of the skin caused due to excess production of melanin (pigment responsible for skin and hair colour). It can occur in the form of patches or spots.<sup>5</sup>

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| <b>Anti Wrinkle Injection</b>                                  | A neuroprotein that temporarily blocks nerve signals to facial muscles, causing them to relax and reducing the appearance of dynamic wrinkles. <sup>6</sup>  |
| <b>Chemical peel</b>   | A treatment in which a chemical solution is applied to the skin, causing it to exfoliate and eventually peel off, revealing healthier skin from underneath. <sup>7</sup>   |
| <b>Dermaablading /<br/>Dermaplaning</b>                        | A skin treatment that uses an exfoliating blade to skim dead skin cells and hair from the face. It is sometimes also called microplaning or blading. <sup>8</sup>  |
| <b>Dermabrasion</b>  | A surgical procedure in which patient's upper layers of skin, scarred from acne, pox, or other causes, are frozen and then removed using a special rotating brush. <sup>9</sup>                                      |
| <b>High intensity focused<br/>ultrasound facial (HIFU)</b>     | Non-invasive treatment for skin tightening using ultrasound energy to encourage collagen production. <sup>10</sup>   |
| <b>Biostimulator or<br/>Collagen-Stimulating<br/>Treatment</b> | A type of treatment that stimulates natural collagen production in the body to promote firm skin that looks more youthful. While the results can take time, they are age-appropriate and long lasting. <sup>11</sup> |

# Skin



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This section defines the phrases and treatments associated with skin aesthetics.

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**Acne scarring**

Acne scarring is a result of your body trying to repair the damage caused by acne. The skin tries to repair these lesions by forming collagen. If too much collagen is produced while scarring, then raised (hypertrophic) scars appear. On the other hand, atrophic scarring is caused by the loss of tissue, which creates pits or indentations in the skin.<sup>12</sup>

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**Clogged Pores**

Build-up of dead skin cells, sweat, impurities, and sebum in the pores. If this build up is trapped in the pores, it can lead to blackheads, uneven skin texture and a dull appearance.<sup>13</sup>

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**Uneven skin texture**

Uneven skin texture refers to variations in the surface condition of the skin, causing it to feel rough, bumpy, or coarse to the touch, rather than smooth, soft, and supple.<sup>14</sup>

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**Dehydrated skin**

Lack of moisture in the skin, making it appear dry, and dull-looking.<sup>15</sup>

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**Hydration**

Infusing the cells beneath the skin's barrier with water to give an appearance of strength, elasticity and radiance.<sup>16</sup>

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**Radiance**

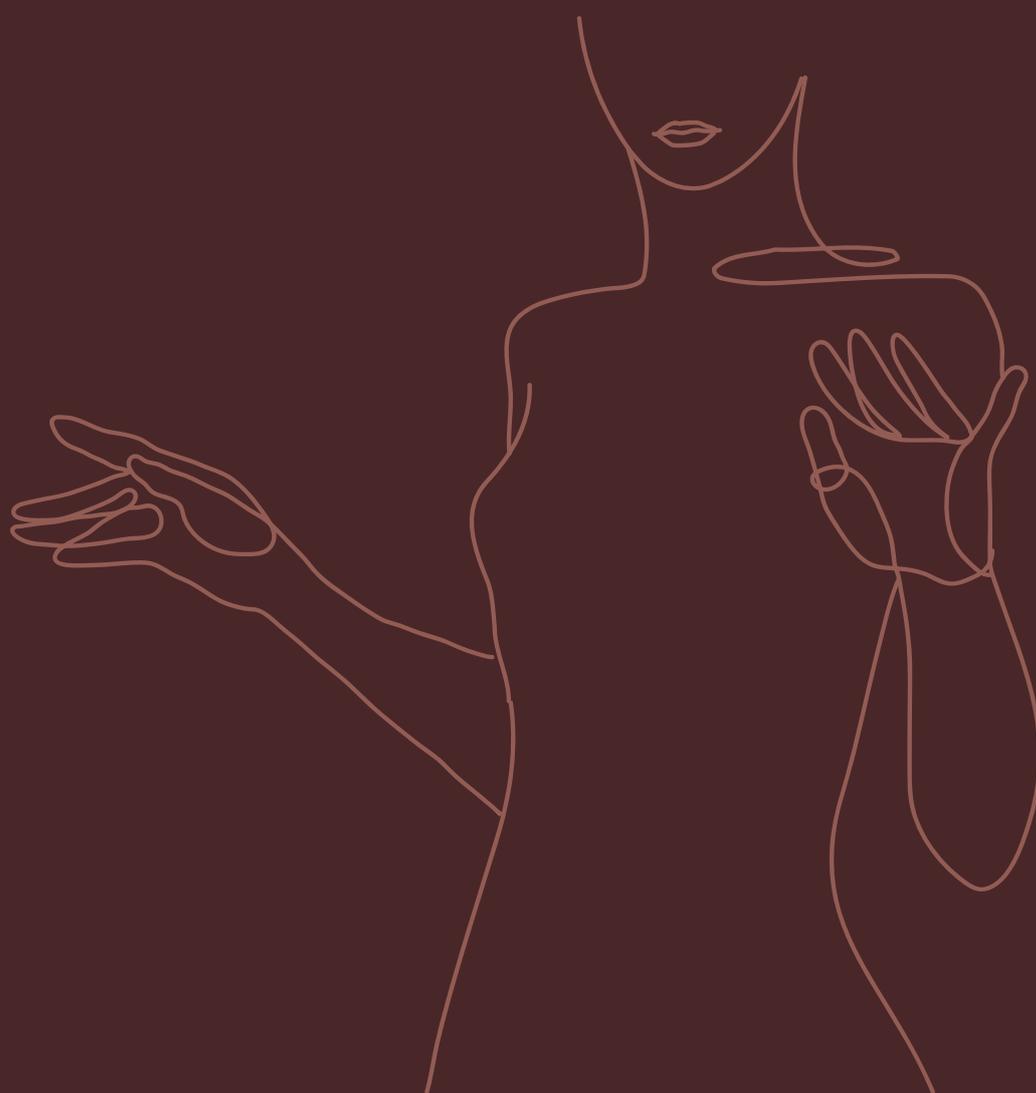
Shining, vibrant look associated with healthy, well-rested skin. Skin tone, luminosity, firmness, and discolouration (think dark circles and sun damage) can all have an effect on the natural appearance of radiant skin.<sup>17,18</sup>

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**Redness**

Many factors can cause the skin to become red or irritated including sunburn, acne, and hot flashes.<sup>19</sup>

# Body



This section defines the products, treatments and techniques associated with body aesthetics

|  |   |
|--|---|
| <b>Adipose Tissue</b>  | Adipose tissue or fatty tissue is a connective tissue present throughout the body, consisting mainly of fat cells called adipocytes. <sup>20</sup>  |
| <b>Body contouring (sculpting, shaping)</b>                    | Procedures (both non-invasive and invasive) that can eliminate fat, shape areas of the body and tighten the skin. <sup>21</sup>   |
| <b>Body toning</b>   | Body toning refers to non-invasive body contouring treatments that primarily aim to strengthen, firm, and improve the appearance of underlying muscles, enhancing body shape and muscle tone. <sup>22</sup> |
| <b>Cellulite</b>   | Harmless skin condition that causes lumpy, dimpled flesh on the thighs, hips, buttocks, and abdomen. <sup>23</sup>  |
| <b>Cryolipolysis</b>   | Also known as fat freezing, cryolipolysis a non-invasive procedure for fat reduction that uses cold temperature to break down fat deposits in certain areas of the body. <sup>24</sup>                      |
| <b>Essential fat</b>   | The vital fats your body needs for normal functions like cell structure, hormone production, and nutrient absorption. <sup>28</sup>   |
| <b>Fat-dissolving injections / Deoxycholic acid injections</b> | A non-surgical method to decrease the appearance of fat that hangs below the chin (double-chin). It works by directly destroying fat cells in the area. <sup>25</sup>                                       |
| <b>Hard-to-shift fat</b>                                       | It is a type of body fat that is resistant to standard diet and exercise regimens due to a variety of physiological, hormonal, and genetic factors. <sup>26</sup>   |
| <b>Hyperhidrosis</b>   | A medical condition characterised by extreme and excessive sweating. <sup>27</sup>  |



# Questions

to consider during  
your consultation

1. Can you please tell me about your qualifications and experience?
2. Are my desired results achievable?
3. What products do you use?
4. Why do you use that product?
5. Will there be any side effects?
6. How much will it cost and what payment options are available?
7. How long will the results last?
8. What is the recovery time, and any aftercare needed?
9. Can I carry on with my day following treatment?
10. Will I be offered a follow-up appointment?

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