

Subtle 'tweaks' with Botox[®] and Fillers

No more drastic changes!

By Dr Yvonne Goh

gone are the days when patients want drastic radical changes on walking out of their doctor's clinic. Tasteful subtle enhancement is the goal these days. As an aesthetic physician, I believe in preserving and enhancing beauty by recommending a good maintenance programme and by implementing small, subtle "tweaks" over a period of time that make a big difference yet are virtually undetectable. Patients will appear fresh and well-rested, rather than look like they've had drastic work done.

Plump, supple skin is a new standard in beauty that is entirely attainable. Subtle changes can make all the difference in refreshing your look.

Why do we look old?

Age, poor lifestyle choices and excessive exposure to UV rays decrease levels of collagen in our skin, causing loss of volume in the face and leading to facial folds and a sunken appearance. The tell-tale signs of premature ageing are tired-looking eyes, deep folds between the nose and mouth, the thinning of lips and sagging skin at the jawline.

Customized treatment programmes for my patients involve using a combination of Botox[®] and fillers in the right areas. This is called the "Botox[®]-Filler lift", aimed at softening lines and replacing volume, returning tautness and vitality to the face. Subtle augmentations to the face created by fillers look completely natural and enhance features without the pain and risk of going under the knife.

Besides the obvious plumping effects of fillers on the laugh lines, there are so many benefits of fillers. Results are immediate and last about a year.

FOR DARK CIRCLES This is difficult to correct surgically. One effective technique is to use fillers to plump up the tear trough (the sunken groove under the eye caused by loss of volume and collagen) to eliminate lines and tired-looking eyes.

FOR THE NOSE BRIDGE Like a non-surgical nose job, fillers correct deformities and reshape the nose.

FOR THE CHEEKS Enhancing the cheeks with fillers will deliver a more chiseled and uplifted look.

FOR THE LIPS As mentioned, thinning of the lips is one of the tell-tale signs of aging. I prefer to shape, give the lips definition and a touch of fullness with fillers, avoiding over-plumping.

Avoid radical changes and remember that less is more. A great tool is subtle amounts of Botox[®] and fillers at the right areas combined with an effective skin tightening/maintenance programme. One small tweak at a time is the way to go!

FOR THE CHIN A weak chin can easily be enhanced with injection of fillers. Correcting a weak chin will give you a more balanced profile and better definition between your chin and neck. A simple 10 min procedure with rarely any bruising and without the risks and complications of a surgical implant.



Dr Yvonne Goh, is the medical director of Medical Aesthetics @ Cluny, a boutique style aesthetic clinic in Cluny Court. Having trained under internationally-renowned dermatologists and plastic surgeons, she incorporates the best of their techniques into her own treatment protocols. Being a firm advocator of non-invasive approach,

Dr Goh believes that aesthetic issues can be overcome using safe techniques with minimal or no downtime.

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