



A guide to our **products and services**

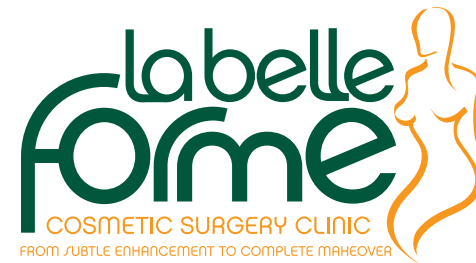


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La Belle Forme is a cosmetic surgery clinic located in the heart of Glasgow's city centre in The Merchant City. We see people from throughout Scotland and the North of England and our team includes a consultant plastic surgeon, a specialist cosmetic surgery nurse, a laser specialist and beauty specialists. We are located close enough to the centre of Glasgow to be conveniently located but in a discrete enough location for a significant level of privacy associated with your consultation and treatment. Our aim is to provide high quality low cost cosmetic surgery treatments with consultant plastic surgeons skilled in aesthetic surgery and cosmetic nurses and beauty specialists in a modern clean informative environment without hard selling sales pitches driven by sales people on commission.

We have several practitioners working in the clinic to help you look your best.

About us



Taimur Shoab MD, FRCSED(Plast) is a Consultant Plastic Surgeon at the world renowned Canniesburn Plastic Surgery unit, a consultant at the private Glasgow Nuffield Hospital, a consultant at La Belle Forme, and an Honorary Senior Clinical lecturer in the Faculty of Medicine at the University of Glasgow. He is a fully accredited consultant plastic surgeon on the specialist register of the GMC, a member of BAAPS (The British Association of Aesthetic Plastic Surgeons) and a member of BAPRAS (The British Association of Plastic Reconstructive and Aesthetic Surgeons). He specialises in cosmetic breast surgery and cosmetic facial surgery. Mr Shoab's main areas of practice in reconstructive plastic surgery is in cancers of the face and mouth, and plastic surgery related injuries. He regularly teaches on cosmetic surgery, has chaired cosmetic surgery scientific meetings, and runs a Botox® and filler training course where he teaches doctors, dentists and nurses about non surgical treatments. He also teaches at the aesthetic and reconstructive facial surgery course organised by the Royal College of Surgeons in England.



Atif Bashir is our cosmetic dentist. Dr Bashir initially trained as a chemist and graduated from the university of Strathclyde in 1989 and became a graduate of the Royal society of Chemistry in 1991. After a brief spell in industry he went on to study Dentistry at the University of Glasgow graduating in 2000 with a BDS. Combining the knowledge gained from his chemistry and dental degrees, Dr Bashir developed a particular interest in tooth whitening and tooth whitening systems. Coupled with this Dr Bashir has a keen interest in lasers to provide anaesthetic and drill free dentistry. Laser dentistry provides a unique

new way to provide kind and gentle dentistry for patients that is free from drills and often anaesthetic free. He was one of the first dentists in Scotland to be trained in the use of the latest generation of hard and soft tissue lasers. Dr Bashir runs a chain of the most high-tech dental clinics performing complex dental treatments both on the NHS and privately around central Scotland performing everything from veneers to dental implants and tooth whitening. He enjoys the challenge of achieving the best possible smile for his patients. Dr Bashir performs cosmetic dentistry and the latest tooth whitening systems at La Belle Forme.



Fiona Shanks is our lead specialist cosmetic surgery nurse. She has several years' experience in cosmetic surgery advice and cosmetic medicine treatments. She is experienced and skilled in giving fillers, muscle relaxing lifts and light medical peels. Fiona is also very experienced in delivering accurate information about cosmetic surgery to people thinking about having a procedure, and is available for advice on cosmetic procedures before and after they have been done. At La Belle Forme, she thoroughly enjoys teaching along with Mr Shoab, on the Botox® and filler training courses, at both Foundation and Advanced level; the courses are designed to teach non surgical treatments to doctors, dentist and nurses.



Amanda Pook is our laser Specialist. Amanda has a background of over ten years in the hi-tech beauty and aesthetics industry. She is highly experienced and at La Belle Forme she carries out non-surgical laser treatments on men or women of all skin types for acne scarring, skin rejuvenation,

laser vein, hair or tattoo removal. Amanda enjoys the challenge of making people feel better about themselves, whether this is improving a hair problem, poor quality skin, or a client wanting to look better for their age. Amanda does all this with dedication, compassion and concern.



Caroline McLean is our highly trained Beauty Specialist. She specialises in Colon Hydrotherapy and is one of only nine therapists in Scotland registered with the Institute of Professional Colon Hydrotherapy. She also specialises in all other aspects of beauty therapy, from fingernails and tans to more advanced treatments of skin peels and amazing massages. Caroline used to manage Medespa within Parklands Country Club and joined us at La Belle Forme from there. Prior to this she managed a very successful salon in Sydney, Australia.



Sharon Pattison is our Micropigmentation Specialist. She has had a varied background within the beauty industry for the past 8 years. Sharon completed an intense training course a few years ago on micropigmentation; this is a procedure that can be performed cosmetically or medically. At La Belle Forme she performs Micropigmentation techniques to enhance the appearance of eyebrows, eyes and lips, camouflage scars, burns and skin grafts or restore an areola after breast surgery or reconstruction.

Facial Rejuvenation

An introduction to facelifts

A facelift is a procedure to rejuvenate the face and give the person a younger fresher look. In the UK, we often want a result which will remove many of our wrinkles but, at the same time, avoid the Hollywood, windswept look. Most people are looking for a natural and freshened look, rather than an extreme tightening.

There are several different types of facelift and each varies according to what we do with the skin, and what we do with the underlying tissues (mainly the underlying muscles and fat pockets). In addition, the facelifts we do vary in the parts of the face they address – the upper, middle or lower face (including the neck). At the same time, many people ask for their eyelids to look a little younger too (removing some of the hooding and bagginess), to make the eyes look less tired.

With so many variations and requests available, the consultation is paramount in determining your wishes and relating these to your particular features. At your consultation, we will discuss the right facelift for you and also talk about any additional treatments that will be of help. We will individualise your treatment to your face and your requirements.

The ageing face

From the age of around 40 onwards, the tissues of the face start showing signs of ageing. The main changes that we see in the ageing face can be considered in three main areas – the upper face, the mid face and the lower face. The upper face is located around the eyebrow and forehead region, the mid face around the cheeks and the lower face around the jaw line and neck. The changes we see around the face are in the skin, the muscles, the fat and the bone. Muscles become weaker, the youthful fat around our face

starts to thin, and the bones shrink back. The skin becomes thinner, less elastic, develops age spots and we start to see wrinkles.

There are two types of wrinkles – dynamic and static wrinkles. Dynamic wrinkles only appear when the face is moving and static lines are present even at rest. The appearance of wrinkles first begins with dynamic lines, and these are often treated with botulinum toxins. Static lines, on the other hand, are sometimes best treated with fillers, such as those containing hyaluronic acid. For deep wrinkles, grooves and jowls that are present all the time, skin and muscle tightening procedures are sometimes the best treatment. Fine lines and wrinkles may also be treated with lasers.

We see ageing changes in all three areas of the face (upper, middle and lower). We see descent of the soft tissues, loss of youthful fat, stretching of skin and the appearance of lines and wrinkles. In the upper face, the signs of ageing are seen with drooping of the eyebrows, the appearance of wrinkles in the forehead and between the eyebrows and in men there is loss of hair with male pattern baldness developing. In the mid face, we see descent of the fat in the upper part of the cheek, loss of some of the youthful fat around the eyes, the appearance of creases between the nose and lips, bulging of fat and stretching of skin around the eyelids. In the lower face, we see the appearance of jowls around the jaw line, the appearance of a double chin, prominent neck lines, fine lines around the mouth, thinner lips and neck muscles that have weakened and stretched. In all three areas of the face the muscles weaken and stretch and this is reflected in the overlying skin.

To rejuvenate the face, we need to address all these issues. Because everyone has different degrees of expression of the different effects of ageing, rejuvenating the face is a complex and unique procedure for each person considering it.



A close-up photograph of a woman's face, focusing on her eyes and the side of her head. Her hand is visible near her eye, with fingers slightly curled. The background is plain white.

Facial Rejuvenation

Mini lifts

If you prefer to have a more gentle procedure, with less recovery time, then you might be suitable for a mini lift. These can either be short scar facelifts with minimised bruising and swelling, such as the MACS lift, or can be suture lifts. Mini lifts are less invasive and have quicker recovery times, but tend to last for a shorter time than full facelifts. Silhouette lifts can be performed under local anaesthetic but a MACS lift requires an anaesthetist to help you with relaxation or sleeping during the procedure. Mini lifts do not last as long as full face lifts but the recovery time is a little shorter.

Eyelid treatments

Eyelid surgery is also called blepharoplasty and is often performed for people who feel their eyes look tired, baggy or hooded. The common complaints are of a hooded upper lid and a baggy lower lid; the desire is often to look more refreshed. The eyebrows also form an integral part of the eyelid appearance, as do the position of the eyelids in relation to the eyes and the bones around the eyes. All these are considered as part of a blepharoplasty, and with so many different types of treatments to the eyelids, the consultation forms an integral part of the planning process for what will be best for you.

Eyelid surgery on the upper lids only without any need for brow surgery can be performed as a local anaesthetic procedure and takes around 30 minutes without the need for any further stay in hospital. All other eyelid procedures are best performed under sedation or general anaesthesia and we will offer you an overnight stay.

Risks and recovery time

Successful eyelid surgery can make a big difference to the appearance of the eyes and surgery is usually very successful. It does, however, require a recovery period of around 1-4 weeks, depending on the exact procedure. Most surgery causes bruising and swelling of the eyelids which settles after a few weeks. If you are already prone to dry eyes then this can be made worse after any eyelid surgery and if there is excess scarring, then sometimes the recovery period is longer than usual. However, most people are wearing makeup to cover most of the bruising and swelling a week or two after surgery and are ready to go back to their normal day to day activities at that point.

Non surgical solutions

If you are interested in looking your best by having the least involving of all treatments we have several solutions to help you.

Fat and cellulite reduction

We have treatments that can help with reducing fat and cellulite build up. Using advanced beauty therapy techniques, such as Indiba Colonic Hydrotherapy, we can reduce cellulite in thighs, the abdomen and the hips. If you have areas of unwanted fat we can slim these areas with VASER liposelection, a walk-in-walk-out clinic treatment for permanent fat removal using liposuction. VASER can be used on most areas in the body including the neck, chest, arms, abdomen and legs. We can combine these therapies with laser skin tightening to help you look as slim as possible.

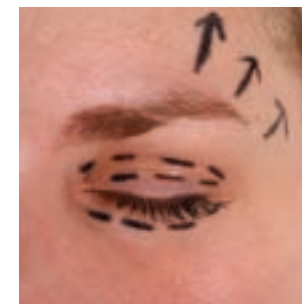
Facial rejuvenation

For a fresher look to your face, we have many options available to you. We can use laser treatments to help improve sun damage, fine lines, broken capillaries and skin blemishes. We have wrinkle reducing treatments to smooth out and restore volume to areas

showing early signs of ageing, and we have advanced skin peels and facials to help restore skin shine and freshness. When we discuss your treatments, we consider your aims, your recovery times and your budget. We can tailor our treatments for your requirements. Our results can help you look your best and achieve your aims of a smoother fresher and more revitalised look.

Body reshaping

When we have areas we wish to make slightly larger or a little smaller, we can use clinic treatments to help. For enhancing the male chest, the breast, the calf region and arms, we can use Macrolane for volume replacement and we can use VASER for volume reduction. Macrolane is a clinic treatment performed under local anaesthetic and reshapes your body. The procedure requires repeating and many people come for top ups every year. VASER, on the other hand, is a procedure to gently remove areas of unwanted fat. It is similar to liposuction but can be performed under local anaesthetic in a clinic environment. VASER delivers permanent fat reduction and removes fat in the same way as liposuction but is more selective in removing fat, whilst avoiding injury to important surrounding structures such as blood vessels and nerves.



Call us to discuss your concerns and aims

When you come and see us at La Belle Forme, you are coming to see us for a consultation. We don't believe in selling you "Botox" or selling "Juvederm". What we do believe in is seeing you, making a full assessment of your concerns with a close examination of the problem areas. We can then discuss options with you and together come up with a treatment plan. Our treatments are led by our consultant plastic surgeon and delivered by your plastic surgeon, your cosmetic nurse and your therapy specialists. We can often combine different therapies to help ensure that you achieve the best possible result without compromising the natural look that we want for you.

Non surgical treatments at our cosmetic surgery clinic include facelifts without surgery, non surgical nose jobs, wrinkle reduction and anti wrinkle treatments, dermal fillers to restore lost volume, lip enhancement and breast enlargement without surgery. Various laser therapy treatments are available for veins, acne scarring, skin revitalisation and hair removal. We also have the latest in cosmetic dentistry, stretch mark reduction, sweat reduction, fat reduction and medical micropigmentation. All these treatments are available in a clinic setting and there is no need to attend a hospital for the non surgical treatments we offer.



Facial Reshaping

Many people feel some of their facial features are out of balance with the rest of the face. For example, some people want their nose to be in proportion to their face and some people feel their ears are too prominent for their liking.

Nose reshaping

A rhinoplasty or nose job is an operation performed to reshape the nose. It is the most individual of all aesthetic surgery procedures requiring the most dexterity, skill and understanding of the patients wishes, the technical possibilities and the underlying anatomy.

Of all the surgical procedures we perform as plastic surgeons, a rhinoplasty (or nose job) is probably the most complex. A rhinoplasty can be performed with all the surgical incisions on the inside or with some on the skin; it can be performed with or without using cartilage or bone grafts; it can be performed for breathing difficulties and can also be performed completely non-surgically using injections of skin fillers to fill out some of the nose skin to hide minor imperfections in the nose.

Assessment of the nose

Before you have a rhinoplasty, our surgeon will assess your nose. You will need to say what you would like to achieve and what you do not like about your nose. It is quite important to be very clear about this, because there is so much we can do on a nose, and being very specific is helpful to the surgeon. We will ask you about your general health and whether you have any previous relevant issues with your nose (operations, injuries, breathing difficulties, and so on).

The examination involves looking and feeling the nose internally and externally along with a breathing assessment. We will also have a look at the skin of the nose and will assess the size and shape of the rest of your face. Most people are looking for a nose that is in harmony with the face. If, for example, the chin is too small, this may give the nose an apparently prominent appearance in the face. So, sometimes we may talk about other additional procedures.

How we perform a rhinoplasty

To do a rhinoplasty, we need to get access to the cartilages and bones that form the structural framework of the nose. Together, the cartilages and bones form the skeletal support of the nose, and a rhinoplasty changes these structures. Your skin then redrapes across the new skeletal framework. A “closed rhinoplasty” is one in which the incisions are made on the inside of the nostril, and an “open rhinoplasty” is one in which a small incision is made in the skin under the tip of the nose which separates the two nostrils. Some surgeons do more open rhinoplasties as they feel they can predict the final outcome more readily, but other surgeons do more closed rhinoplasties as the final result is achieved with less swelling and a shorter recovery period in a procedure that already has a notoriously long recovery period before the final results are seen. Whichever method is used, we will reshape the bones and cartilages and expect the skin to redrape over the new shape without too much swelling. If the skin is too thin, then any minor imperfections will come through into the skin, and if the skin is too thick, then the skin will not drape well across the new shape of the new skeletal

framework. You will usually have a plaster on your nose for about a week, and have a couple of packs inserted to prevent nose bleeds for a day or so.

Expected and unexpected results

Although the final results are not seen for at least a year after a rhinoplasty, there are some things we expect during the recovery and some things we hope not to see. We expect a change in the shape of the nose; we want this to be your expected outcome, but everyone needs to be realistic about the exact size and shape of the final result. Some of the after effects we hope not to see include things like infections, abnormal bleeding and swelling, over and undercorrection, cartilages and bones moving after they have been set in a particular position, asymmetry, healing problems and breathing difficulties. Sometimes, also, the nose needs a further operation to tweak the final results. Finally, your nose actually continues to grow throughout your life so it will change shape as the years go by.

Prominent ear correction

Prominent ears can be a source of worry for both children and adults, and the operation to correct prominent ears is associated with high levels of satisfaction. The aim of the operation is to look as if the ears have not had any surgery on them; and also to make it look as if the ears do not need to have any surgery performed on them.

The ears are reshaped by making incisions at the back of the ear. The cartilage (which makes up the framework of the ear) is resculpted and reshaped to create a more natural look. After closing the incision, a head bandage is placed on the area for a few days. The newer techniques for ear reshaping do not require a head bandage for prolonged periods of time and are associated with fewer side effects but you will need to wear a head bandage for a few days and you do need to know about risks. The results we see are permanent and commonest risks associated with the operation include asymmetry and cold intolerance.

New treatments for 2011

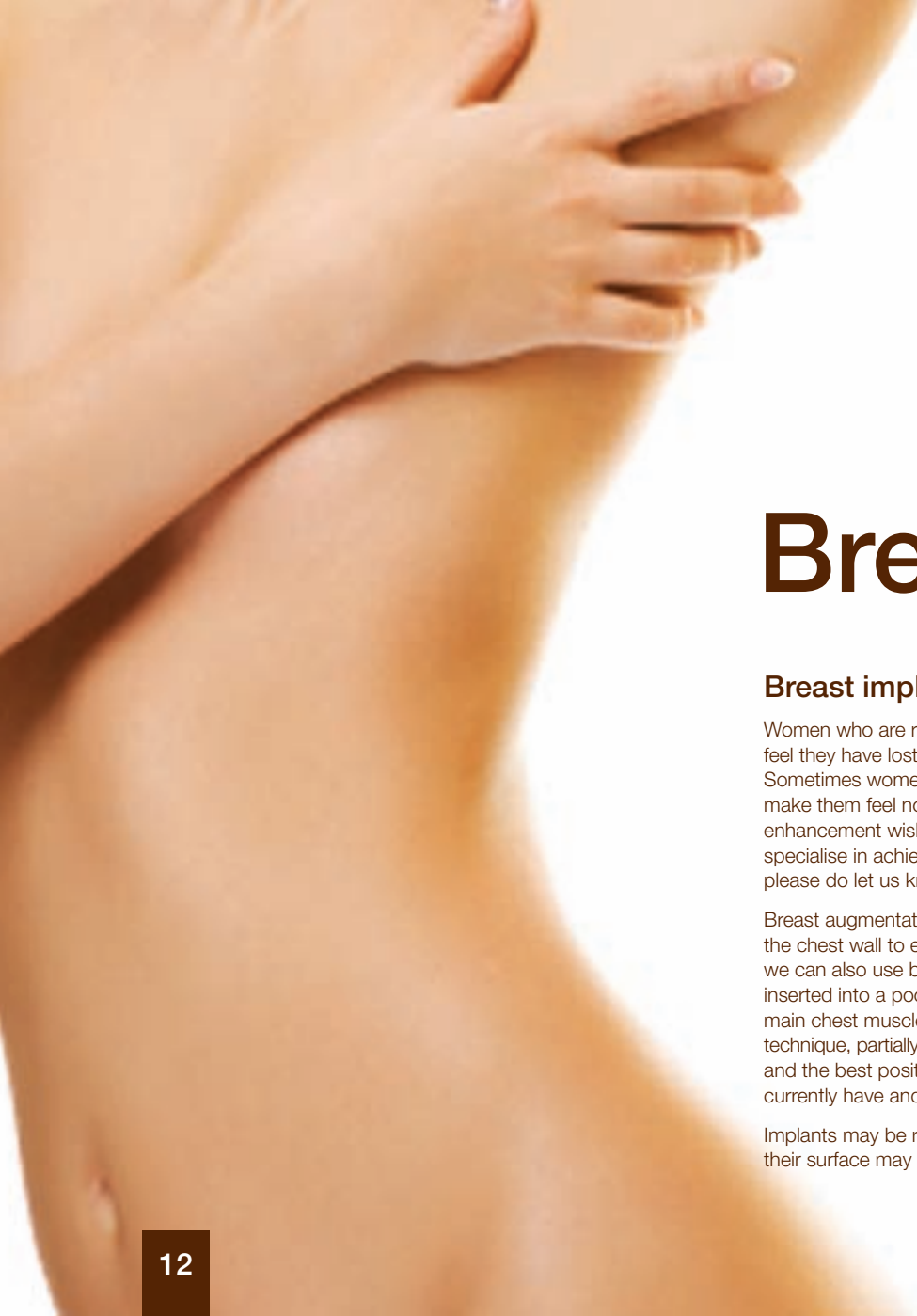
PermaLip lip enhancement

As a result of limitations associated with existing lip enhancement techniques, extensive research has led to the creation and development of the PermaLip implant, a revolutionary new implant used for lip enhancement. Although it is permanent, PermaLip is also designed to be easily removable should a person wish to achieve a larger or smaller enhancement or even return to their original lip appearance. PermaLip is now available at La Belle Forme, through Mr Shoab, the only plastic surgeon in Scotland who offers this procedure.

iGuide neck lift

The iGuide neck lift is a new technique for lifting the neck. It does not need to be performed at the same time as a facelift, so long as there is no excess skin in the neck, and it can be combined with liposuction or VASER to the neck to improve and smooth the contour of the neck. The procedure is performed with very little scarring to the neck, unlike some of the traditional neck lifting techniques. The iGuide neck lift technique is performed under local anaesthetic as an out patient procedure. This means you come in to the clinic, and within an hour or two you can go back home. There are very few plastic surgeons in the UK trained in this procedure and we are proud to be able to offer this procedure to you.





Breast & Body Surgery

Breast implant surgery

Women who are requesting a size increase in their bust size often feel they have lost some of the volume they used to previously. Sometimes women simply fail to develop enough breast tissue to make them feel normal. The majority of women who consider breast enhancement wish to have a natural look and this is what we specialise in achieving. Whatever look you're hoping to achieve, please do let us know at the consultation.

Breast augmentation usually involves the insertion of an implant into the chest wall to enhance the size of the breasts, although nowadays we can also use breast injections of Macrolane. The implants are inserted into a pocket either below the breast tissue or below the main chest muscle, called the pectoral muscle or, as a more modern technique, partially under each. This is called the "dual plane" technique and the best position for your implants will depend on what you currently have and what you're hoping to achieve.

Implants may be round or anatomically (teardrop or pear) shaped; their surface may be smooth or textured; the contents may be

silicone or saline, and there are advantages and disadvantages with each option. Some implants are more expensive than others; if you are looking for state of the art breast enhancement or simply the most cost effective solution and the best value for money, we should be able to find a method to suit your needs. At your consultation we want to ask you about the look you're hoping to achieve, and by considering what you currently have, we can come up with a treatment plan to best aim for the look you want. Our consultations last around 30 minutes with the consultant plastic surgeon and after the consultation you are encouraged to view information and try on and feel the implants we have available at the clinic.

Our complete package of care in breast augmentation surgery with breast implants includes surgery using Nagor Impleo round, Allergan or Mentor breast implants, with an aftercare policy covering 1 year revision surgery and capsular contracture for 5 years (Nagor Implants only). Unlike other organisations, all the implants we use have a lifetime warranty against rupture. Your surgery is performed by Mr Shoab, a consultant plastic surgeon from the world famous Canniesburn Plastic Surgery Unit in Glasgow, with care continuously

delivered by your consultant rather than a salesperson or co-ordinator. You have free follow ups for life with the consultant plastic surgeon and the only extra charge is the initial consultation.

Breast reduction

We perform breast reduction for those women who feel their breasts are out of proportion to the rest of their body. Women often tell us of the difficulties they face with backache, shoulder strap discomfort, unwanted attention and difficulty in wearing certain clothing. Breast reduction surgery includes an uplift at the same time, and so requires an overnight stay, with dressings for a few weeks until healing is complete. We often see the final results maturing over the course of approximately six months, and you will see your surgeon regularly during the healing and maturation process.

A breast reduction is an operation designed to reduce the size of a breast and raise the nipples to a more normal level. Usually both breasts are reduced but sometimes a small reduction is required on one side only to make both sides more equal in size and shape.

A breast reduction can be performed for both physical and psychological symptoms associated with large breasts. The procedure takes around 2-3 hours and involves a hospital stay of around one night. Most women who undergo the procedure are delighted with their results, though there is a recovery time of a few weeks associated with the procedure.

Surgical techniques

To do a breast reduction, scars must be made around the breast. There are several techniques that can be used, but the two most popular are the anchor shape and the lollipop shape.

The traditional way to perform a breast reduction leads to scars around the nipple/areolar, down from this to where the breast meets the chest wall and then across from near the armpit to near the most middle part of the breast. This is called the Wise pattern, or anchor scar technique.



The lollipop scar technique is also called the vertical scar technique and the short scar technique. This involves a scar around the nipple/areolar and down from here to where the breast meets the chest wall. Both techniques have their advantages and disadvantages.

The Wise pattern is often used in cases where a large amount of breast tissue is going to be removed; the vertical scar technique leads to a smaller and less noticeable scar, but the chances of revisional surgery to the scar are greater than with the Wise pattern technique and the scar takes around 6 months to smooth out.

Some surgeons will use other shapes of final scar including J or L-shaped scars, or just round scars around the nipple. The best scar for your breast reduction requirement will be best determined by you and your surgeon having a full discussion about what can be done and what can't be done with the different methods available. The amount of reduction required can be tailored for the needs of the patient and it is often possible to reduce the breast size to the size requested.

Breast & Body Surgery



How much is removed in a breast reduction?

The amount of tissue that needs to be removed depends on several factors, including the chest size, the current bra cup size and the size requested. After the operation, minor to moderate amounts of bruising and swelling mean that we don't see the final result for around six months. It is important to wear a supportive sports bra constantly for a couple of months after the operation, so that the breasts heal in the right position and it is important to remember that changes in breast size may still occur after weight changes, even after the operation.

After your operation, there are some things that can change your breast shape and size as time goes by. These include: weight gain, weight loss, pregnancy, breast feeding and generally getting older.

Risks of breast reduction

The vast majority of women are delighted with the final results of their surgery. Sometimes the healing process can be delayed for a few weeks because of complications (the commonest of which are related to bruising, swelling and wound healing problems) but the overall satisfaction rate for breast reduction procedures remains high.

Macrolane breast injections

We offer breast enhancement for reshaping without surgery. This is a procedure which involves injecting Macrolane into the breast tissue under local anaesthetic as an out patient procedure. You will be in the clinic or hospital for an hour or so and will be able to go home immediately thereafter. Mr Shoaib remains the most experienced Macrolane surgeon and the first fully qualified plastic surgeon in Scotland trained in Macrolane treatments.

Macrolane is an injection of a substance called hyaluronic acid (or HA). HA is a naturally occurring substance that is present throughout your body. HA is already widely used in cosmetic surgery to fill and smooth out fine lines and wrinkles in various parts of the face and is used as a temporary filler, which lasts around 1-2 years.

For breast enlargement, we can increase the breast size by 100cc on each side, which is the equivalent of around one cup size. Macrolane usually needs a top up every year. Macrolane is a relatively new product, having been used for a few years, and we want to know all about your experiences. We know that the substance it contains (hyaluronic acid) has been injected into millions of people and has a very good safety record. We do not know, however, what effects it has on your tissues in the long term but we have no reason to think it will not be safe for you. We will only have the answers to this question in several decades' time once it has been around for several decades.

Macrolane gradually dissolves away from your tissues and if you are particularly concerned about the presence of the product inside you, then there is another injection we can give which dissolves hyaluronic acid. If you are near the age when you will need a mammogram then you should have the mammogram before you have your macrolane treatment, as mammogram interpretation can be difficult after treatment, and we can arrange this for you. The procedure is mildly uncomfortable, even though we perform the treatment under local anaesthetic, and you will usually need painkillers for a few days after the treatment.

Macrolane feels firm for a few weeks and it is common to have a minor degree of difference in breast shape between the two sides. Macrolane sometimes moves within the area we treat and we can usually feel pockets of Macrolane within the breast. Macrolane needs a top up every 12-18 months. So, we will arrange to see you at this time for a consultation to assess your progress. You can also receive a top up any time after your treatment from a few weeks onwards if you feel you need more than the maximum we can give in one session.

Macrolane can also be used for body reshaping in other parts of the body, for example for male chest enlargement, calf enlargement and male biceps enlargement, as a more subtle and natural looking alternative to implant surgery.

Breast uplifting

A breast uplift (or mastopexy) is a procedure to lift up sagging breasts where the nipple has also dropped with time. This can sometimes occur because of large amounts of weight loss or with the changes we see after pregnancy. After assessing the degree of uplift required we can inform you about the procedure and how it will be performed. We will often try and minimise the scars associated with the procedure, which usually go around the areolar, down towards the breast crease and outwards towards the armpit region. You will need a support bra after surgery for several weeks and the final results are seen after several months. Sometimes we combine this with breast implants to restore volume and shape to the breasts.

Male breast reduction

Male chest enlargement is also called gynaecomastia. It is normal at puberty but when it fails to resolve then it becomes a problem. There can sometimes be other medical reasons for the problem but usually the problem has been persistent for several years, and diet and exercise does not help. This is a very common problem for men, nowadays, and the treatment for gynaecomastia can be very successful sometimes.

Surgery for gynaecomastia is often a combination of liposuction and excision. The liposuction removes the excess fat and excision

removes the excess glandular tissue. A combination of the two is often used to create a balance between the areas that need to be removed and the surrounding chest and abdomen that will remain untouched. An intraoperative decision is sometimes made as to whether we will need to make a scar on the undersurface of the nipple/areolar or not. If there is a lot of firm tissue behind the areola this increases the chance that we need to make this incision. If you have a lot of excess skin which will not redrape itself well after removal of the excess tissue, then you may need skin reduction as well. Skin removal is rare, and may be done at the time of the initial surgery or you can wait and see what the final result is at 6-12 months before making a decision to have further surgery.

Because of the swelling that occurs after the operation, the final results are not seen for six months, and although the majority of people are very happy with their results, there are some risks associated with the procedure. These include infection, bleeding, bruising, abnormal scarring, altered sensation around the chest wall and minor asymmetry. We do not usually see complications such as over-reduction (causing a dish-shaped result) and under-correction needing another procedure, however you will see changes in your chest shape with time and with changes in weight.





Breast & Body Surgery

Liposuction

Liposuction, is a method for removing stubborn deposits of localised areas of fat which are resistant to diet and exercise. The procedure is performed by passing a tube through the area being treated and the fat is removed by suction.

Of all the methods of performing liposuction, the two we tend to favour most are tumescent liposuction, and VASER liposuction, which we feel are the most gentle to the surrounding tissues.

Treatment involves defining the area for treatment, injecting that area with a solution to minimise pain, bruising, swelling, tissue injury and blood loss both during and after the procedure.

Small incisions are made at the edges of the areas being treated and then liposuction is performed to reshape the area.

With the new VASER treatment we minimise bruising, swelling, recovery time and complications by using a fine ultrasound probe which vibrates and breaks down the body's fat cells, allowing a more gentle removal of the unwanted fat, compared to standard liposuction. VASER is performed under local anaesthetic as an out patient procedure, meaning you can walk in and out of the clinic after having had your treatment. VASER Lipo is an advanced body contouring procedure that selectively removes unwanted body fat

using state-of-the-art ultrasound technology designed to gently reshape your body. What distinguishes the VASER Lipo procedure is its ability to differentiate targeted fat from other important tissues – such as nerves, blood vessels and connective tissue. VASER technology breaks up fat while preserving these other important tissues to promote smooth results and rapid healing. VASER can treat multiple body areas at one time. but is not intended as a weight loss solution. The goal is to create a slimmer silhouette. You may not notice a significant amount of weight loss, but you should be pleased with your slimmer new shape.

Tummy tucks

Abdominoplasty is also called a Tummy Tuck and is an operation to remove overhanging skin over the lower part of the abdomen. It is probably the most major of all the cosmetic surgery procedures that we perform and often requires a recovery time of around 4-6 weeks. The operation is often performed for people who have either lost a lot of weight or for people who find that they still have some excess skin after childbirth.

A full tummy tuck involves lifting the abdominal skin, pulling it down and removing the excess skin. The belly button is repositioned at the end of the operation and sometimes the abdominal muscles are



tightened. Occasionally, particularly for people who have lost a lot of weight, it is necessary to remove some of the skin in the middle of the abdomen as well as removing skin on the lower part of the abdomen; this is called a "fleur-de-lis" abdominoplasty.

The vast majority of people are delighted that they have had the procedure, but many people notice some minor imperfections after the operation. The commonest problems after an abdominoplasty are related to the recovery process where we can see fluid formation, infections and wound breakdown. In the long term we can see slight fullness of fatty tissue at the scar line and a difference between the left and right sides of the abdomen. There are three main types of tummy tuck – the full tummy tuck, the mini-abdominoplasty and the fleur-de-lis abdominoplasty.

A full tummy tuck will require you to stay in hospital for a few days and you will find yourself stooped a little for the first few couple of weeks after your operation. You should allow for a recovery period of up to 6 weeks before you are back to your normal energy levels and you should be aware that you will see the final result 6 months after the operation.



Botulinums, Fillers,

Together with chemical peels, Lasers and Dermaroller, Botulinums and fillers are often referred to as “non surgical facial rejuvenation”. Botox is just one example of a botulinum toxin, and is one of the ways we can treat lines. We offer you a consultation and advice to help you achieve your aims and to help you look your best.

Dynamic and static facial lines

There are two types of fine lines that we have in our face: dynamic lines and static lines. Dynamic lines are those that appear when we make facial expressions and static lines are those that are present all the time.

Dynamic lines are often seen around the middle of the eyebrows (so called glabellar lines), around the outer areas of the eyes (crow's feet lines), on the upper side wall of the nose (bunny lines) and on the forehead when we frown (forehead lines). Botox often works well for these dynamic lines, reducing (not eliminating) the lines that we have in these areas.

Static lines, on the other hand, are present all the time and are often seen in the area between the nose and the mouth (the nasolabial crease), between the mouth and chin (marionette lines), between the

Chemical Peels & Dermaroller

lower eyelid and the cheek (nasojugal lines and tear trough areas). Fillers often work well in these areas to add volume to the depressions in the skin around these areas.

What is Botox®?

Botox® is the trade name of a medicine containing botulinum toxin. Other similar medicines include Vistabel, Azzalure and Dysport. Although they are all very similar we tend to use the term Botox® when talking about any muscle relaxant or any botulinum toxin. Botox® is used for dynamic lines and is also used to shape the eyebrows. The dose used depends on the area we are treating, whether you have had an effect from a previous dose before and what effect you are hoping to achieve. Botox® is given as an injection into the muscles that create wrinkles on the skin. By giving Botox® to these muscles, we can relax them and reduce the amount they move the skin. This way we can reduce dynamic lines.

What are fillers?

Fillers are a form of skin hydration therapy. Fillers are injections of syringes that contain a substance called hyaluronic acid (or HA for

short). HA is a naturally occurring substance that all animals have, and it is the same in every animal. HA forms an important structural component of your skin and supporting tissues, but as we get older the amount of HA and fat around our skin reduces. Fillers containing HA can be used to plump up the skin and provide lost volume to restore a youthful fullness.

There are different types of fillers available but we only use HA injections. Other fillers remain in the body for too long a time period, and are more likely to cause infections, sometimes several years later. Skin doctors that give injections do not see complications many years later, but plastic surgeons do, and the complications we see are not worth the slight advantage of a longer lasting filler. The only permanent long lasting filler we will use is your own fat, in a fat transfer procedure, and please do discuss this at a consultation if you would like more information about this.

What can Botox® and fillers do for me?

Botox® and fillers can help reduce some of the fine lines and wrinkles we see in the skin whilst at the same time increasing the lost fat and bony prominence associated with younger faces. A combination of



both techniques is often used to provide the greatest degree of non surgical facial rejuvenation. If you have dynamic lines, then we may well recommend relaxation injectables to some areas, and if you have a need for volume restoration in some areas around your face, then fillers will help. Fillers can also be used to lift the cheekbones, and make the chin and jaw bone area more prominent.

How long do they last?

Because HA is a natural substance, your body will gradually dissolve it over the course of between 6-12 months. As you notice some of the fullness reducing, you may want a top up of treatment, but often the amount you need second time around is less than the amount you needed initially, because some of the HA will still be present.

Botulinums act by stopping your muscles from receiving nerve impulses at muscle receptors. Your body will, over the course of around 3-6 months, produce more receptors so that your muscles will start working again. Some people who have regular muscle relaxing injectables will notice a longer time period between treatments because muscles become weaker when they are not used.





Botulinums, Fillers, Chemical Peels & Dermaroller

The risks of Botox® and fillers

Most treatments go very well but with all medical treatments there are some risks. These include pinpoint bleeding or bruising of the skin at the injection points, unwanted relaxation of muscles leading to drooping eyelids or eyebrows, infections and being able to feel the product. We want to look after you so that you can get the best result. We usually like to see you a couple of weeks later so that any treatment tweaking can be performed for minor touch ups.

Dermaroller

One of the modern ways of plumping up your skin to reduce stretch marks, improve fine lines and wrinkles and improve acne scars is with the use of a Dermaroller. The Dermaroller we use is a medical grade product and cannot be bought online or used outside of a clinical setting. The Dermaroller produces thousands of micro needle columns in the skin (also known as skin needling). Each needle column penetrates 1.2mm or 2.5mm into the dermis of the skin and

is 0.1mm in width. The column closes rapidly enabling the skin to recover quickly. Your skin will be red for a day or two usually.

Skin starts to naturally regenerate and repair, after the Dermaroller treatment. New collagen is formed and new skin cells are generated. The blood supply to the skin is also enhanced and the process continues for a few weeks. Depending on how bad your skin is, we would often want to repeat the Dermaroller treatments every few weeks. Most people benefit from 3-5 treatments 6 weeks apart.

Chemical peels

A chemical peel is a procedure to remove the top layer of dead skin cells and some of the living skin cells at the very top of your skin. There are several types of chemical peels but all peels remove the top layers of the skin, to reveal new skin underneath which grows back as a younger fresher skin. Some peels are thin and some peels are thick – thin peels are referred to as superficial peels, and thick peels are referred to as deeper peels. There are three general types

of peels – superficial, intermediate and deep peels. All peels usually need to be repeated and all have the same side effects. Most peels will not remove all your skin damage but they should all make you look fresher for a while.

The most superficial peels are with substances such as glycolic acid and this is found in many over the counter preparations and peels performed by our beauty therapist. These have a short recovery time and have a mild but noticeable effect which should last several weeks.

The intermediate peels are performed with trichloroacetic acid, or TCA as it is known. TCA peels can be concentrated or diluted according to how deep we want to go, and several layers of peel can be given to go a little deeper if necessary for your skin requirements. We usually use 20-30% for most people depending on how much time you have to recover and what effect you are looking to achieve. The recovery time is a little longer than the more superficial peels but the effects are more dramatic and last longer. Peels of this strength need to be performed by a doctor, though some weaker solutions of TCA peels can be performed by our cosmetic nurse specialist.



Laser Treatments

We have a wide range of laser skin treatments available for you at our cosmetic clinic in Glasgow. These include laser treatments for hair reduction, thread vein removal, skin resurfacing, acne treatments and scar treatments.

We are able to offer one of the most advanced state of the art lasers in Scotland, it is one of the safest Class IV Medical Lasers available, and the only one of its kind in Scotland. We offer a wide range of laser skin treatments available for you at La Belle Forme. These include laser treatments for hair reduction, thread vein removal for the face and legs, skin resurfacing, acne and acne scar treatments, reduction of lines and wrinkles from the face and neck and improvement for stretch marks. We also have one of the most advanced IPL systems for Pigmentation and Melasma treatment and sun damage to the face, neck and décolleté. Finally, we hold one of the most successful laser rejuvenation treatments for rosacea and sensitive skin patients.

Laser facelifts

Using a combination of fractional and resurfacing skin treatments with our Pearl Laser, we can improve your skin complexion. Our fractional laser treats fine line, wrinkles, sun damage, and loose skin. The skin is red for a couple of weeks and continues to improve with increased plumping and revitalisation effects. The ongoing positive effect of this treatment is seen for years after the treatment and in

most cases rejuvenates the skin by several years. This treatment is one of the safest way of permanently reducing the signs of ageing, and is very successful on all ages with very few risks or adverse unwanted or unexpected outcomes. Many people tell us they still feel like themselves, but many years younger.

Laser hair removal

Over the past decade true Laser Hair Reduction has become the single most popular and widely accepted successful use of lasers in aesthetics. Up until the introduction of the laser there was no permanent way to significantly control and reduce unwanted hair on the face or body. Laser hair removal improves not only the vast amount of returning hair, the skin appears clearer and ingrowing hairs shrink away.

Our laser hair removal treatments provide long term hair reduction for all skin types and all hair types with no downtime and minimal discomfort. Laser hair removal used to be limited to dark hair in light skinned people but not anymore. With our latest Cutera laser we can help permanently reduce unwanted hair, and successfully treat several genetic and hormonal hair growth problems such as Polycystic Ovary Syndrome, razor rash and ingrown hairs. Booking waxing treatments are a thing on the past with our laser hair removal system. Finally, with a laser as safe as ours there are no problems with sun exposure or fake tans.

Laser vein removal

Unwanted thread veins and broken capillaries on the face and décolleté area can be easily treated with both the Laser and IPL lasers. The veins can be sealed from the inside using laser vein removal therapy. The treatment is very quick and comfortable with nothing more than a little swelling for a few days. Larger darker coloured veins (blues – green) can be successfully treated both on the face and legs, allowing legs to be perhaps shown in public for the first time. Many women know this is a genetic problem that runs in the family that gradually becomes worse with ageing.

Laser skin treatments

If you're looking to improve your skin's complexion, with laser skin resurfacing we can improve acne scars, pigmentation deposits, sun damage, environmental damage, loose skin, sagging lines, fine lines and wrinkles, ageing volume loss, as well as improving skin tone, colour and overall complexion to the face, neck and décolleté. A bright fresh skin looks so much younger and healthier.

Skin tightening

Infrared Skin Tightening can be successful in a multitude of areas, including the face, neck, arms and stomach area, especially for the

post baby tummy. In most cases there is no downtime with an immediate effect that is long lasting. Our clients come back year after year asking for this treatment. Usually a course of three treatments are required with yearly maintenance thereafter.

Skin Tightening is a successful maintenance skin treatment after laser treatments such as the Resurfacing and Fractional Pearl Treatments.

Laser tattoo removal

Using the most advanced laser system available for laser tattoo removal we can offer you the best treatments available to remove unwanted tattoos. Say Ta-Ta to your Tattoo with our laser that can treat all colours and all tattoos. At the end of treatment, if there are remnants of the tattoos that remain, you can have the option of micropigmentation to blend the colours to your surrounding skin or we can surgically remove patches of remaining pigmentation.

We can also perform surgical tattoo removal by serial excision. This is often a multistage procedure that involves removing as much of the tattoo as possible over a few procedures, a few months apart. A few months after surgery when the skin has had a chance to stretch, we can remove some more of the tattoo again. We keep repeating the process every few months until all or nearly the entire tattoo has been removed and replaced with a skin scar.

Whitening Studio @ La Belle Forme

The whitening Studio is a dedicated advanced tooth whitening centre designed to provide excellence in tooth whitening procedures and client care.

The Whitening Studio team are expertly skilled in the most advanced teeth whitening technology and procedures, ensuring that you receive optimal results whatever treatment you receive.

In-studio advanced tooth whitening

One hour is all it takes with the In Studio Advanced Tooth Whitening system. Pop in sit back and relax and leave the rest to us! Our professional team will isolate your teeth and individually apply power whitening gel to each tooth. An advanced high powered light source is then administered in order to stimulate activity of the gel, the process is repeated three times to wipe away the discolouration on your teeth and improve results.

On average your teeth will be up to eight shades lighter.

For optimal results, clients are advised to use this in conjunction with our professional take home kit.

Professional take home kits

The Professional Take Home Kit comprises of bespoke custom made trays, perfectly moulded to your teeth, as well as our whitening gel. This professional home kit allows you to whiten your teeth in the comfort of your own home.

Use twice daily for 40mins.

We review your results after two weeks.

Refresh “top up your smile”

We want you to continue to enjoy your smile and want you to look your very best at all times. That is why we have a unique client care maintaining your smile policy. This advises “Refresh” top ups, every 3-6 months depending on your tooth structure and diet. Don’t worry we will advise you on maintenance plan and keep you smiling.





Cosmetic Dentistry @ La Belle Forme

Safe amalgam Replacement – Black to White fills Fillings

Black fillings in your mouth are probably as a result of an old amalgam mercury fillings. Amalgam fillings are made up of 50% mercury and the remaining amount being silver, tin copper and zinc. Many people have concerns and fears over the safety of amalgam fillings. We take your concerns seriously and have deigned a safe amalgam removal programme.

The amalgam removal programme is designed to minimise exposure to mercury during the removal of old corroding amalgams using a series of our safe amalgam removal protocols.

If you have any concerns over your health and amalgam fillings, we would be happy to discuss with you at a consultation how we can safely remove these and reconstruct your mouth with metal free alternative restorations.

Veneers & White Crowns

You could have that Hollywood smile by using the very latest porcelain veneers. A veneer is a new front surface for a tooth, custom made from porcelain. Porcelain veneers are extremely versatile and can be used to change the colour, size, shape and position of a tooth.

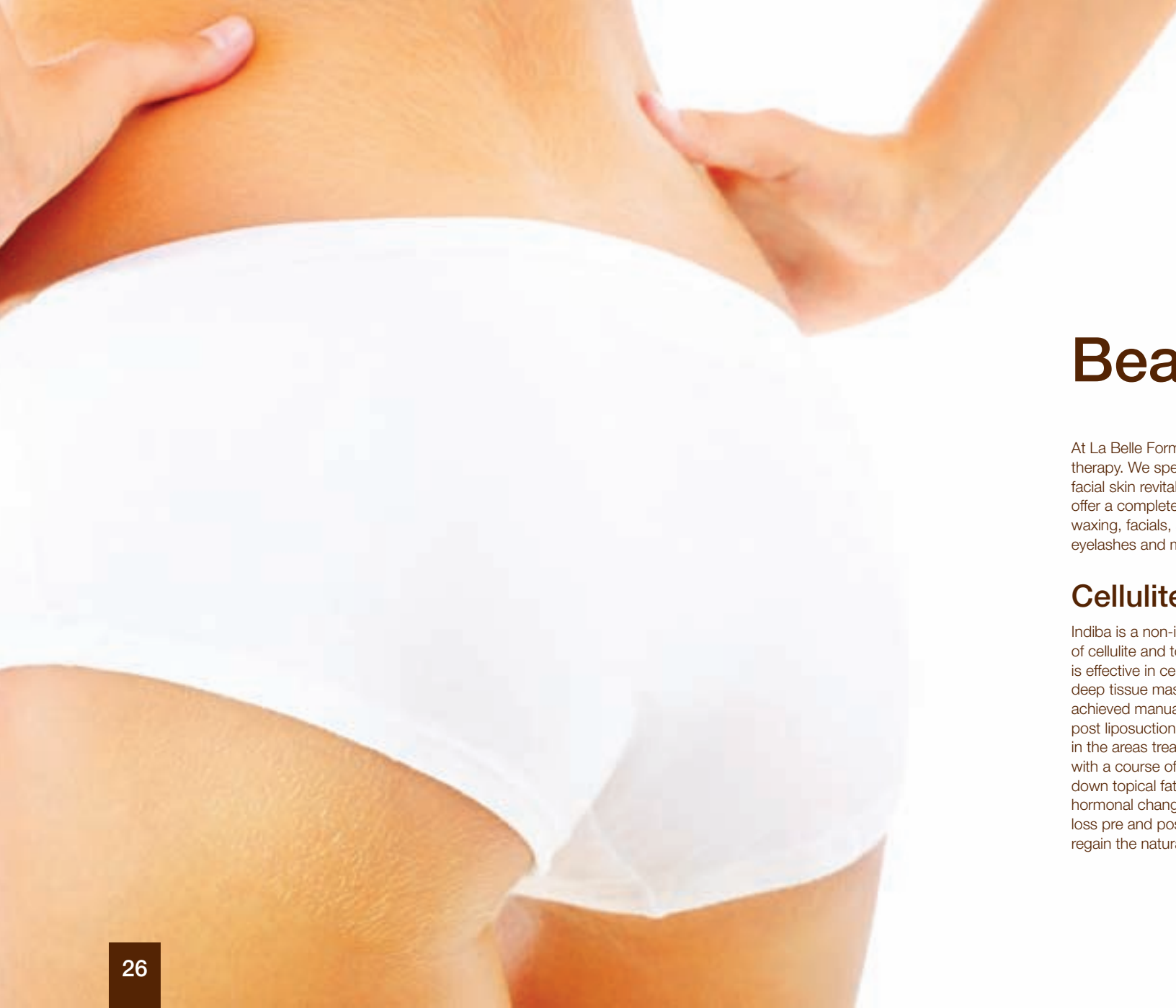
Crowns or caps are coverings that fit over your teeth, unlike veneers they go around the whole tooth and not just the front face.

Crowns can be tooth coloured or metal. Metal crowns are made of stainless steel or gold. At La Belle Forme we only provide our patients with the latest porcelain metal free crowns. These porcelain crowns allow us to provide you with a highly aesthetic tooth coloured natural crown.

Dental Implants

A dental implant is an artificial tooth that is placed directly into your jaw. So if you have missing teeth and you would like to have the spaces restored dental implants are the treatment of choice. Dental implants can be used to restore spaces between existing teeth where you have maybe lost a tooth, provide additional stability to dentures and also can remove the need for dentures completely.

Do you have missing or badly damaged teeth? Dental implants could be the ideal solutions to give you back that beautiful smile and increase your confidence. Spaces can be filled using a natural and permanent tooth.



Beauty Therapy

At La Belle Forme, our beauty therapy complements your cosmetic therapy. We specialise in Indiba, lymphatic massage, Priori facials, facial skin revitalisation and relaxing body treatments and we also offer a complete range of beauty therapy treatments including waxing, facials, a variety of massages, tanning, skin care products, eyelashes and makeup.

Cellulite reduction

Indiba is a non-invasive technique for reducing the appearance of cellulite and topical fat collection which is approved and is effective in cellulite therapy. The machine is a highly effective deep tissue massage therapy guaranteeing results that cannot be achieved manually for cellulite treatment. It is also ideal for pre and post liposuction (recommended by Plastic Surgeons) to smooth skin in the areas treated by the surgeon and best results are achieved with a course of treatments twice weekly. Indiba is ideal for slimming down topical fat deposits to re sculpt the figure, alter menopause hormonal changes that thicken the waist, back and tummy, weight loss pre and post to keep skin firm and elastic, after child birth to regain the natural figure and for total cellulite treatment.

Specialist facials

Priori Advanced AHA Peel

A Skin Renewal Peel designed to deeply exfoliate the skin, this latest skin technology was pioneered by the people who first invented AHA peels. It is designed to accelerate and maximise the skin's ability to hold moisture. Skin becomes visibly smoother, firmer, younger looking and brighter. Ideal for stimulating the collagen and the elastin fibres. It deeply hydrates and retextures the skin and the results can be prolonged and maximised with an Omnilux session.

Priori Superceutical Idebenone Peel

The most powerful antioxidant on the market and is now available in the worlds first Superceutical anti-ageing treatment. A blend of AHA, BHA and Idebenone to revitalise the skin Ideal for mature sun damaged wrinkled skin and for uneven skin tones with pigmentation. To achieve the ultimate rejuvenation Omnilux can be used to enhance results of this treatment.

DiamondTome Microdermabrasion

A more gentle yet effective microdermabrasion than other exfoliation systems on the market. For fresh, rejuvenated skin DiamondTome Microdermabrasion is the ideal way to smooth and polish your way

to perfection. Using Diamond tipped wands this gentle treatment deeply exfoliates the skin improving the appearance of lines and wrinkles, acne scarring, stretch marks on the body and sun damage. DiamondTome Microdermabrasion stimulates collagen production and restores natural luminosity to the skin. It exfoliates and removes dead skin cells, smoothes and improves skin texture and colour, gives a luminous glow, improves appearance of wrinkles, stimulates collagen production, promotes growth of healthy new cells and is ideal as a quick skin pick me up For ultimate results combine with Omnilux light Therapy and AHA Priori peel.

Antioxidant Natureceutical CoffeeBerry Peel

This antioxidant facial is an intense and relaxing treatment using natural ingredients. CoffeeBerry is three times more powerful than Green Tea as an antioxidant and using products that have been harvested at their peak to ensure they are rich in vitamins and antioxidants. The facial includes a natural enzyme peel followed by lymphatic face, neck, arm and head massage to give deep relaxation while deeply replenishing moisture levels and tightening and brightening the skin. Ideal for Asian or ethnic skin types as it addresses pigmentation and brightness of the skin.



Colonic Hydrotherapy

Colon Hydrotherapy gently flushes the colon using warm filtered water and massage techniques . It aids in the elimination of toxins and also stimulates bile production and detoxification of the liver. Colonic Irrigation is thought to result in increased energy levels, advanced mental clarity, clearer skin and improved circulation. As part of a healthy lifestyle programme people suffering from health concerns have found help with colonic hydrotherapy.

Manicures and Pedicures

Deluxe and specialist manicures and pedicures are our speciality for hands and feet. We pamper your fingers and toes with bathing, exfoliation, cuticle work, polishing and shaping. We add a mask and heated booties and mittens for soothing, hydration and to lock in moisture.

Eyelash and Makeup

We offer a range of treatments to enhance the appearance of lashes and brows. We offer eyelash tint, eyebrow tint, lash and brow tint, eyebrow design, eyebrow tint and shape, special occasion lash extensions, semi permanent lashes and individually applied lashes to create instant length and fullness.

Massage

Hot Stone Chakra Massage

Find total relaxation with (basalt) river stones to relieve tension and stress. The blood and lymphatic system of the body is boosted to regenerate and revitalise the body to give chakra of the mind, body and soul.

Aromatherapy Body Essential

Using a blend of pure essential oils which are chosen to suit your individual needs. An enjoyable therapeutic body stress buster. This intensive massage will revive physical tension and uplift the spirit. Ideal as a jet lag reviver – relaxing and energising.

Oriental Spa Ceremony

Indulge in this blissful ritual. Soft smooth skin becomes reality following exfoliation. Aromatic bags with Balinese pebbles in soft gauze soaked in warmed exotic oils that have been inspired by many Asian and Indian techniques. The body is relaxed, the spirit soothed and the skin hydrated. A totally unparalleled sensory experience awaits you.



Purifying Back Treatment

This treatment is ideal to benefit stress relief and for the purification of the back – perfect for both men and women. A deep cleansing scrub followed by extractions, then a deep cleanse mask to balance the skin finally ending with a back, neck and shoulder massage. Relieves tension leaving your back feeling deep cleansed and relaxed.

Advanced Exfoliation Body Treatment

A relaxing yet intensive body treatment that addresses the visible signs of ageing and dehydration on the body. This treatment takes exfoliation to another level it delivers multi layer skincare therapy for total body resurfacing to rehydrate dry, sun damaged or devitalised skin giving smooth hydrated conditioned skin ideal before any self tan application.





Micropigmentation



Micropigmentation involves the use of very fine tattooing needles to insert pigment into the skin. The pigment is custom blended to match the desired colour and sometimes requires a couple of treatments before the colour match gives a lasting result (due to natural mild fading after treatment). The treatment can be used for aesthetic purposes for lip lining, eyebrows, eyelash thickening, lip blushing, areolar darkening and to make a beauty spot. Micropigmentation can also be used for reconstruction purposes, and can be used for scar improvement, burns improvement, skin graft camouflage, further tattoo removal after laser treatment is complete and for darkening the areolar area of the breast (after breast uplift, reduction and reconstruction, where the areola can sometimes lose its roundness or may be too light).

Post Surgical Garments

After breast implants, body sculpting, and other breast surgical procedures you need to wear a garment to help you recover as quickly as possible. We advise wearing a garment for approximately six weeks after surgery. Our post surgical garments are made in the USA by Caromed. The garments are supplied by breast implant manufacturer Mentor and are available from La Belle Forme. We have post surgical bras in stock as well as compression garments for use after abdominoplasty, thigh lifts, thigh liposuction and male chest reduction surgery. Garments are available in different sizes and different colours. If you need help in choosing a size and colour simply call us and let us help you decide. Caromed garments are elegantly designed compression garments manufactured exclusively by

Caromed to help women feel beautiful as they recover from cosmetic and reconstructive procedures.

All Caromed garments are produced in North Carolina exclusively for Mentor using world-class fabrics from the finest mills throughout the U.S. Each is selected only if it meets stringent guidelines for medical-grade compressive properties that satisfy scrupulous physician and patient needs. Caromed use only the best available zips, hook & eye closures and elastics which is why they meticulously cut, sew and produce each garment with accuracy and care. At La Belle Forme, we have considered all kinds of post surgical garments, for all types of surgery, and we have chosen to supply Caromed bras and compression garments.

Small Print

La Belle Forme is an independent private clinic owned and run by Mr Taimur Shoab, Consultant Plastic Surgeon. For prices see our website and ask for our printed price list. Prices may vary from published prices for reasons outside our control, but are correct at the time of press.

Your privacy and confidentiality is one of the most important things to us. We will not pass on your personal details to anyone without your knowledge and permission or if it necessary as part of your ongoing care and our commitment to you. It is considered good medical practice to communicate your information to your GP and we may do this or we write to you with a letter to hand in to your GP. If we need to speak to another health care professional about you then we will share information with them in confidential manner so that we can help you.

If you give us your contact details, then we may use that method of communication to contact you. Please note that sometimes we may leave discreet message on answering machines, that emails are sometimes read by other people and not all envelopes are opened by the intended recipient. We will do our very best to ensure confidentiality but we also ask you to give us your correct contact details and try to ensure that the methods of contacting you will allow confidentiality to be maintained.

Photographs of actual patients are not depicted in this brochure unless specifically stated. Your results may be different from those seen in other people and this is to be expected.



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