



Non-Surgical Treatments

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Aesthetic Surgery Ireland

● ● ● | CONSULTANT PLASTIC SURGEONS

A guide to choosing the right surgeon

When considering plastic surgery or non-surgical treatment in Ireland, a good choice of clinician is a member of the Irish Association of Plastic Surgeons (IAPS).

Members of the Irish Association of Plastic Surgeons

- Are certified by The Royal College of Surgeons of Ireland.
- Complete a combination of at least two years of general surgery with a minimum of six years of plastic surgery training.
- Operate only in accredited medical facilities.
- Adhere to a strict code of ethics.
- Fulfil continuing medical education requirements, including standards and innovations in patient safety.
- Are on the Specialist Register of Plastic Surgery of the Irish Medical Council.

Our Consultant Plastic Surgeons are fully trained in Plastic, Reconstructive and Aesthetic plastic surgery. They are all listed on the Specialist Register of Plastic Surgeons of the Irish Medical Council, and in possession of a Certificate of Completion of Training. They are all members of the Irish Association of Plastic Surgeons, and most are members of the British Association of Plastic and Reconstructive Surgeons. It is also very important that you choose a Plastic Surgeon who is resident in Ireland and who can therefore provide comprehensive and continuous patient care.

With regard to non-surgical treatments, all wrinkle treatment and dermal filler injections, and certain Fraxel® and IPL laser skin rejuvenation treatments are performed by our Consultant Plastic Surgeons. Some Fraxel® and IPL laser treatments, including hair removal, microdermabrasion and skin peels are performed by our experienced Nurses.



**Mr K. Cronin,
MS, FRCSI, FRCSI (Plast)**
Consultant Plastic,
Reconstructive and Aesthetic
Surgeon

Qualifications

MB, BAO, BCh 1990
National University of Ireland
FRCSI 1993
Royal College of Surgeons of
Ireland
FRCSI (Plastic Surgery) 1999
Royal College of Surgeons of
Ireland (Intercollegiate Board)
Diploma in Hand Surgery 1999
(FESSH)
Master of Surgery (MS) 2002
University of Melbourne

Plastic Surgery Training

University College Dublin
Mater Misericordiae Hospital,
Dublin
Radcliffe Infirmary, Oxford, U.K.
Salisbury District Hospital, U.K.
University of Melbourne,
Australia
The Bernard O'Brien Institute
of Microsurgery, St Vincent's
Hospital, Melbourne, Australia

Present Posts

Mater Misericordiae University
Hospital
The Children's University
Hospital
The Central Remedial Clinic
The Mater Private Hospital

Specialties

Aesthetic Surgery
Breast Surgery
Hand Surgery



**Patricia A. Eadie,
MB FRCSI, FRCSI (Plast)**

Consultant Plastic,
Reconstructive and Aesthetic
Surgeon

Qualifications

MB Bch BAO 1981
University College Cork
FRCSI 1985
Royal College of Surgeons of
Ireland
FRCSI (Plast) 1993
Royal College of Surgeons
Ireland
(Intercollegiate Board)

Plastic Surgery Training

St James's Hospital and
Our Lady's Hospital for Sick
Children, Dublin, Ireland
University of Tennessee,
Memphis, Tennessee, U.S.
University of Pittsburgh,
Pennsylvania, U.S.
Microsurgery Centre, St
Vincent's Hospital, Melbourne,
Australia
Cork University Hospital,
Ireland
South Wales Plastic Surgery
Centre, Chepstow, Gwent, U.K.

Present Posts

St James's Hospital
Our Lady's Hospital for Sick
Children
St Luke's Hospital
Mater Private Hospital
Hermitage Clinic
Mount Carmel Hospital

Specialities

Hand Surgery
Breast surgery
Aesthetic Surgery



**Brian Kneafsey
MB FRCSI, FRCSI (Plast)**

Consultant Plastic,
Reconstructive and Aesthetic
Surgeon

Qualifications

MB Bch BAO 1986.
University College Dublin
FRCSI 1990
Royal College of Surgeons in
Ireland
FRCSI (Plast) 1996
Royal College of Surgeons in
Ireland
(Intercollegiate Board)

Plastic Surgery Training

Cork University Hospital,
Wexham Park Hospital,
London, UK
Welsh Centre for Plastic
Surgery & Burns, Gwent, UK
Northern Ireland Centre for
Plastic Surgery, Belfast.
Royal Adelaide Hospital,
Australia
Women's & Children's
Hospital, Adelaide, Australia

Present Posts

Beaumont Hospital
Connolly Hospital
Bon Secours Hospital
The Mater Private Hospital

Specialities

Aesthetic Surgery
Breast Surgery
Facial Plastic Surgery
Non-Surgical Rejuvenation
Abdominoplasty and
Liposuction



**Margaret O'Donnell,
MB FRCSI, FRCSI (Plast)**

Consultant Plastic,
Reconstructive and Aesthetic
Surgeon

Qualifications

MB Bch BAO 1984
University College Dublin
FRCSI 1988
Royal College Of Surgeons
in Ireland
FRCSI (Plast) 1994
Royal College Of Surgeons in
Ireland (Intercollegiate Board)

Plastic Surgery Training

Cork University Hospital
Wessex Centre For Plastic
Surgery, Salisbury, UK
St Georges Hospital,
London, UK
St James's and Mater
Misericordiae Hospitals, Dublin
Royal Adelaide Hospital,
Australia
Women's & Children's Hospital,
Adelaide, Australia

Memberships

Member Post-Graduate
Medical and Dental Board
(statutory body)
Member Irish Association
Plastic Surgeons IAPS
Member British Association
Plastic, Reconstructive &
Aesthetic Surgeons BAPRAS
Member British Burns
Association BBA

Present Posts

Blackrock Clinic
Mt. Carmel Hospital
St. Michael's Hospital
St Vincent's University Hospital
(Consultant 1997-2008)

Specialities

Aesthetic Surgery
Breast Surgery
Reconstructive Surgery



**David A.J. O'Donovan,
MD FRCSI, FRCSI (Plast)**

Consultant Plastic,
Reconstructive and Aesthetic
Surgeon

Qualifications

MB Bch BAO LRCP&SI 1991
Royal College of Surgeons in
Ireland
FRCSI 1995
Royal College of Surgeons in
Ireland
FRCSI (Plast) 2000 Glasgow
Masters of Medicine (MD)
2003 University College Dublin

Plastic Surgery Training

Hospital for Sick Children,
University of Toronto, Canada
Sunnybrook Hospital,
University of Toronto, Canada
Jackson Memorial Hospital,
University of Miami, USA
Alder Hey Children's &
Whiston Hospital, Liverpool,
UK

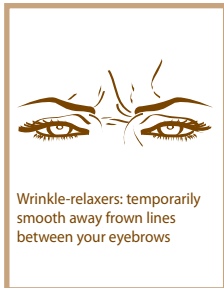
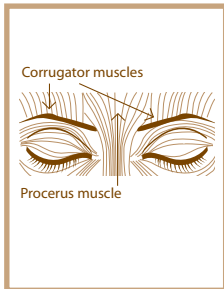
Present Posts

St James's Hospital
Our Lady's Children's Hospital
Hermitage Medical Clinic
Blackrock Clinic
Mount Carmel Hospital

Specialities

Breast Surgery
Aesthetic Surgery
Craniofacial Surgery
Paediatric Plastic Surgery
Surgery of the Skin

Wrinkle Treatment



Facial rejuvenation is gaining in popularity whilst the array of available clinical options is increasing. One of the signs of ageing is dynamic wrinkles which are created by many years of muscular activity in the face, especially in the brow, next to the eyes (crow's feet), above the mouth and around the neck. One of the most clinically proven options to treat dynamic wrinkles is injections of Botulinum Toxin Type A (commonly referred to as Botox®).

Please note that Botulinum Toxin Type A injections are available only by prescription in Ireland and must only be administered by medically qualified clinicians.

What is Botulinum Toxin Type A?

Since its discovery in the 1960's as a non-surgical treatment for children suffering from squints, it has gradually received approval to extend its application for many other uses including facial rejuvenation, and especially for the elimination of dynamic wrinkles.

It belongs to a class of drugs called botulinum toxins, which derive from the bacterium Clostridium botulinum. Although there are seven different types of botulinum toxin (A, B, C1, D, E, F, and G), most of the research conducted to date has focused on type A.

How does it work?

It works by impeding the messages sent from nerves to muscles. The bacterium produces a protein that blocks the release of acetylcholine, which normally transmits messages from the nerves to the muscles to make them contract and move. Once transmission has been blocked, muscles relax, providing relief to patients with overactive muscles, reducing spasms and pain. The effect is completely reversible and generally lasts for three to six months in most clinical uses.

What areas of the face can it be used to treat?

They can be used primarily to treat the following facial areas:

1. The glabellar lines between the eyebrows and forehead
2. More pronounced horizontal lines on the forehead
3. The lines on the outside or lateral of the eye (otherwise referred to as Crow's Feet)
4. Downturned lips
5. Mild level of eyebrow droop

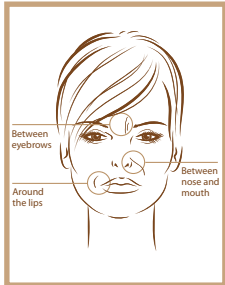
How long do the results last?

Your results will last 3-6 months and the effects of subsequent injections could last longer.

Who carries out the treatment?

The treatment is performed by a Consultant Plastic Surgeon.

Dermal Filler

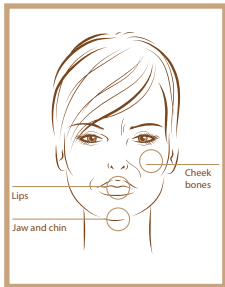


Dermal Fillers are injected into your skin to fill lines, enhancing your facial contours and lips for natural looking results.

What can dermal fillers do to enhance facial contours?

- reduce lines in the forehead and the eye area
- enhance the size and shape of your lips
- help disguise nasolabial folds
- reduce laugh lines
- fill hollow cheeks and sunken scars

It is important to note that dermal fillers generally cannot help dynamic wrinkles including lines caused by muscle action (e.g. crow's feet), very deep lines from sagging skin, neck lines and eye lines caused by eye bags.



The most appropriate lines to treat with fillers are those that are described as 'static': this means lines you can see when your face is still. Also they are used to enhance, or 'plump up', your lips, for soft, subtle results.

How can dermal fillers help treat these conditions?

Lips reach their fullness in our late teenage years or early twenties. Aging causes the lips to lose volume and become thin and flat. The appearance of lips is also affected by a multitude of other structures including skin, fat, muscle, teeth and bones. Aging changes affect all these components and contribute to the less attractive lip appearance. With advancing age, skin becomes less elastic and the sun damage contributes to the loss of lip edge definition, wrinkles and irregular pigmentation. The facial fat changes with respect to its amount and its distribution and combined with changes in muscle, loss of jawbone and teeth height result in loss of lip support. These support structures frequently need addressing to prevent or correct the down turning of lip corners.

In addition to lines, lost facial and cheek volume may also be a concern. Many women want to restore the lost volume from their cheeks that can leave them looking flat or hollow. Some women start to use make-up as a means of overcoming this loss of volume in their lips and cheeks.

Who carries out the treatment?

The treatment is performed by a Consultant Plastic Surgeon.

Skin Rejuvenation

Laser - Fraxel®



How does the Fraxel® Laser work?

Fraxel® treatment stimulates the body's own natural healing process which replaces damaged skin with fresh, glowing, healthy skin. The Fraxel® laser, as used by ASI clinicians, works by only treating a small fraction of skin at a time leaving it surrounded by unaffected healthy tissue. This allows the skin to heal much faster than if the entire area was treated at once. Using microscopic points of light to target precise areas well below the surface of the skin, the Fraxel® laser stimulates a natural healing process that promotes the production of collagen and elastin leading to skin rejuvenation. Healing occurs from inside out and, since each microscopic spot is surrounded by healthy tissue, your skin can heal very quickly.

What are the possible side effects?

Redness and a slight warming sensation are normal after treatment. Some swelling may also be present. Other side effects may include: minor itching, dry skin, peeling or flaking and a bronzed skin appearance.

How many treatments are needed?

In general 4 – 6 treatments are recommended and are carried out every 2-4 weeks. Your Consultant Plastic Surgeon will determine the most suitable course of treatment for you.

What conditions can Fraxel® skin rejuvenation help?

Fraxel® skin rejuvenation can be used for the following conditions:

- Acne Scars
- Sun Spots
- Wrinkles around the eyes
- Brown Spots
- Pigmented lesions

Who carries out the treatment?

The treatment is performed by both Consultant Plastic Surgeons and experienced Nurses.

Skin Rejuvenation

IPL / NdYAG



How do IPL systems work?

IPL (Intense Pulsed Light) systems release precisely controlled short pulses of filtered light that stimulate fibroblast cells within the skin that produce collagen and elastin. The skin becomes firmer, appears more radiant and enlarged pores are reduced. NdYAG Laser may be selected to target deeper lines and to promote further collagen growth.

How many treatments are necessary?

Typically 4 -6 sessions are necessary, with 2-4 week intervals. Your Consultant Plastic Surgeon will determine the most suitable course of treatment for you.

What should I expect after the treatment?

Redness and slight warming sensation are normal after treatment. A cooling pack is applied after treatment to the skin. You may see a darkening of any pigmented spots before they flake off, leading to a more even skin tone. Tightening of the skin should increase during the following months as new collagen is produced within the dermis.

What skin conditions can lasers help?

- Static wrinkles: These wrinkles are visible at all times and do not change in appearance with facial movements, e.g. acne scars, influence of gravity.
- Dynamic wrinkles: These are expression lines that may appear as folds when the skin is not moving and deepen with facial movements or expressions, e.g. when you smile.
- Skin Discolouration / Pigmentation: Freckles, sun spots, melasma, or other darkened patches of skin result mainly from sun exposure.
- Scars: As the result of acne or injury to the skin, scars may be rolling (a wavy appearance to the skin), pitted, discoloured, or have raised borders.
- Dull looking skin, mild flushing.
- Vascular conditions: Blood vessels visible on the surface of the skin, vascular lesions that appear as tiny blood filled blisters or even a constant flush of facial redness.
- Thread Veins, Red Birthmarks and Red Faces.
- Loss of skin tone: Weakening of the supportive skin structure (collagen and elastin fibers) that results in a loss.

Who carries out the treatment?

This treatment is performed by both Consultant Plastic Surgeons and experienced Nurses

Hair Removal

IPL / NdYAG

How does light assisted hair removal work?

Light is selectively absorbed by melanin, the pigment in the hair follicle. The light energy heats the pigment and effectively destroys the hair follicle without damaging the surrounding cells.

How does the treatment feel?

Treatment sensation varies but is often described as 'a flick of an elastic band'. Typically no anaesthesia is required and most patients describe the discomfort as moderate and tolerable.

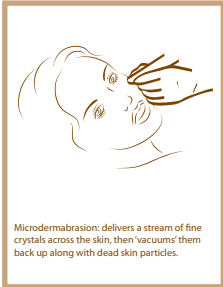
How many treatments are necessary?

Only hair that is actively growing is affected, therefore multiple treatments are required. Treatment is conducted every 4 -8 weeks depending on the area being treated until a satisfactory result is seen. The Consultant Plastic Surgeon will determine the most suitable course of treatment for you but typically 4 – 6 treatments are necessary.

Who carries out the treatment?

The treatment is prescribed by your Consultant Plastic Surgeon and performed by experienced Nurses.

Microdermabrasion



What is Microdermabrasion?

Microdermabrasion is a mild, non-surgical treatment to revitalise and rejuvenate your skin. It can help reduce the appearance of fine lines or wrinkles, with natural-looking results.

Microdermabrasion is performed with a machine that delivers a stream of fine crystals across the skin and then 'vacuums' them back up, along with any loosened particles of dead skin. As the crystals move across the skin, the pressure helps exfoliate dead skin. The outer layer of dull, dead skin is removed, revealing plumper cells underneath. The result is the appearance of healthier, more radiant skin.

Microdermabrasion is effective in reducing:

- Fine lines
- 'Crow's feet' around the eyes
- Age spots
- Acne scars

This procedure stimulates the production of skin cells and collagen and offers a quick way to:

- improve the texture and appearance of your skin
- minimise uneven pigmentation and sun damage
- unblock blackheads

A variety of non-surgical procedures may be used in combination with, or instead of, microdermabrasion.

The effect of microdermabrasion is temporary, but it creates a more youthful appearance and a more uniform complexion. To optimise your outcomes you should undergo a number of procedures spaced approximately 2-3 weeks apart. The Consultant Plastic Surgeon shall advise you of the number of procedures and the interval between them that will best suit your condition.

Who carries out the treatment?

The treatment is performed by experienced Nurses.

Skin Peels

What is a Skin Peel?

Skin peels are designed to enhance skin quality by removing the damaged outer layers, in order to allow the new skin underneath to create a smoother surface and improve its texture.

What conditions can skin peels be used to treat?

- Facial blemishes
- Wrinkles
- Uneven pigmentation
- Precancerous skin growths
- Acnes

How do skin peels work?

Peels can be done using chemicals, abrasives or lasers. Furthermore, skin peels are an excellent addition to facial procedures such as blepharoplasty, face lift and laser skin resurfacing. It is frequently the combination of treatments that produces desired results as each facial concern is addressed with appropriate modality.

Using chemical exfoliants such as glycolic, salicylic and trichloroacetic acid, sun-damaged skin is removed and new skin growth is stimulated in a controlled manner. The resulting exfoliation provides for smoother and brighter skin through the removal of dead cell layers. Underlying collagen regeneration subsequently works to reduce fine lines, refine pores, correct uneven skin texture and improve acne, reduce acne scarring, facial blemishes and pigmentation.

The depth of the peel depends on the type of chemical used. Mild peels are performed using alpha hydroxy acid (AHA), glycolic acid or some fruit acids. The strongest and deepest peels use phenol.

A chemical solution (in the form of a clay mask, lotion or liquid) is applied to the skin to accelerate the removal of old, damaged skin cells at the surface of the skin. The 'old' skin will blister off over a period of up to 14 days: during this process new cell growth begins, resulting in a brighter and smoother skin layer.

How many treatments will I need?

Results of a superficial peel are temporary: an initial series of 6 treatments performed at 2-3 week intervals is recommended to obtain optimum results. After completion of this series of treatments, a maintenance treatment every 6-8 weeks will keep pores unclogged, control breakouts and dramatically enhance the overall texture and quality of your skin.

How safe is it?

Light to Medium and Deep peels are considered very safe treatments. However, there are some associated risks, including infection, skin colour changes and scarring. The treated skin may appear darker or be tight or swollen for a time. You will need to avoid exposure to the sun for some time after your treatment. Your Consultant Plastic Surgeon will provide you with detailed information on your optimum post treatment care.

Who carries out the treatment?

This treatment is performed by experienced Nurses.

Skincare

Dermaceutic



The Dermaceutic skincare range is designed to optimize and maintain the results of your aesthetic treatments. The Dermaceutic skincare products can help in the treatment of acne, pigmentation and skin congestion (i.e. blocked and enlarged pores) and can also assist in improving the skin's texture, tone and brightness. The Dermaceutic range focuses on the three essential areas of skin rejuvenation:

(i) Protection

For everyday use: provides protection against the aging effects of the environment; e.g. pollution and sun exposure.

Serum C25

- Antioxidant concentrate
- Vitamin C, vitamins A, B and E, polyphenols
- Day care serum

Sun Ceutic

- High sun protector
- SPF 50
- High sun protection



(ii) Stimulation

For pre-treatment use: provides intensive skin preparation prior to skin peel treatments, dissolves skin cells resulting in smoother and brighter skin, balances Ph levels.

TurnOver

- Cell stimulation cream
- Glycolic acid
- Night care cream

Light Ceutic

- Lightening cream
- Glycolic acid, phytic acid and vitamin C
- Night care cream

Cleanser 5

- Cleansing milk
- Glycolic acid
- Cleanser day and night



Mask 15

- Peeling mask
- Glycolic acid, bentonite
- Peeling day and night

(iii) Repair

For post-treatment use: revitalises the skin by replenishing the skin's natural nutrients.

K Ceutic

- Repairing cream
- K complex + SPF 40
- Post treatment cream

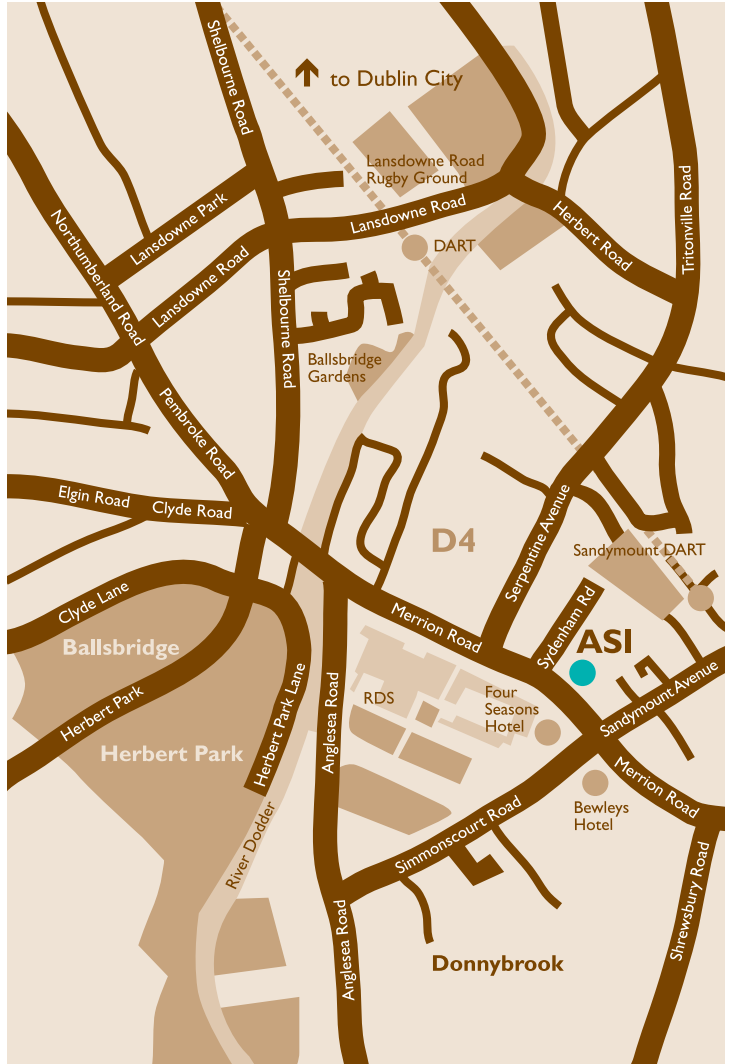
Hyal Ceutic

- Moisturizing and repairing fluid
- Hyaluronic acid
- Day & night Cream

Yellow Cream

- Depigmenting concentrate
- More than 20% of lightening agents
- Night care cream

Directions to Aesthetic Surgery Ireland



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