

# Botox & Fillers



## BOTOX

Botox is a toxin produced by the bacteria, Clostridium botulinum. It is used as a paralyzing agent for the muscles of expression. This weakens the fine muscles and as a result frown lines, forehead creases and crows feet are reduced or eliminated. BOTOX\* is also being used to reduce sweating in the axilla, palms of hand and feet. Treatment is in the form of multiple injections made using very fine needles with ice or local anesthetic cream to numb the area. The injections are not painful and one can return to work immediately.

## AFTERCARE

The head should be held elevated for 4 hours or more (no lying down). Ice application to the injected area will help in reduction of bruising and swelling. Makeup can be used within an hour. Expect results to start appearing in a couple of days and best results take a week. The results generally last about 4-6 months.

## FILLERS

Fillers are primarily used to correct deep wrinkles and creases and correct contour defects like sunken cheeks. Temporary fillers made of biodegradable substance are preferred. The procedure is office based and one can return to work immediately.

## INDICATION

- Lip Augmentation (Reshaping).
- Chin Augmentation
- Nose Reshaping
- Deep Wrinkles, Folds and Contour Deformities.

## OTHER SERVICES

- Rhinoplasty
- Tummy Tuck
- Breast Reshaping
- Post Weight Loss Tucking
- Dimple creation
- Micro-Fat Injection

# Doctor's Profile



## Dr. M.G. Madhukumar

MCh (Plastic Surgery), DNB (Plastic Surgery)  
Consultant Cosmetic Plastic Surgeon

Dr. Madhukumar is a Consultant Cosmetic Plastic Surgeon, practicing in Bangalore, with more than 14 years of experience. He received his Super-specialty Plastic Surgery training at J.J. group of hospitals in Mumbai. He also holds the degree of Diplomate of National Board (DNB) in Plastic Surgery. He specializes in Hair Restoration and other Cosmetic Surgical procedures.

### Affiliations:


1. International Society of Hair Restoration Surgery (ISHRS).
2. Karnataka Medical Council (KMC).
3. The Association of Plastic Surgeons of India (APSI).
4. The Association of Hair Restoration Surgeons of India (AHRSI).
5. Indian Association of Aesthetic Plastic Surgery (IAAPS).

### Clinic Address:

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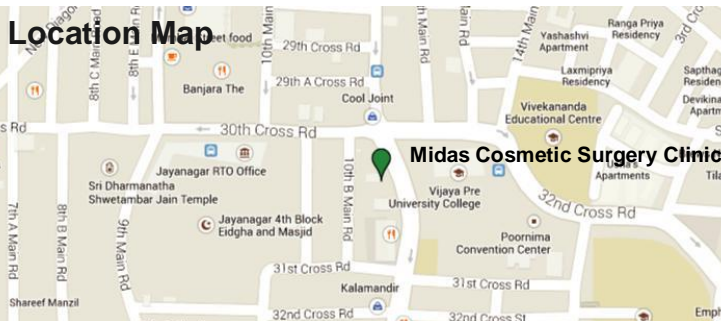
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## CLINICAL SERVICES

- Hair Restoration
- Gynecomastia
- Liposuction
- Botox and Fillers
- Breast Reshaping
- Facial Cosmetic Surgery

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# Hair Restoration



Hair Transplant or Hair Restoration surgery can replace the lost hair and reshape the hairline. Hair Transplant surgery is based on the principle of 'Donor Dominance'. Hair at the back and sides of the scalp continue to grow throughout the life a person. These hair are resistant to the hormonal influence. When these hair, taken from the permanent donor site are transplanted to the bald area, it continues to grow naturally and permanently. The transplanted hair can be washed, trimmed and styled as one wants. The standard surgical procedure is 'Follicular Unit Hair Transplantation'(FUHT). The follicular unit is a physiological entity and consists of one, two, three or four hair growing in a cluster. The hair growth is better when the follicular unit is kept intact during transplantation. Follicular Unit Micrografting may be performed by 'Strip technique' or 'FUE' technique.

## CANDIDATES FOR SURGERY:

- Men with male pattern baldness.
- Women with female pattern hair loss.
- For the moustache, beard, eyebrows and eyelashes.
- To restore or advance the hairline.
- Hair loss due to injuries or skin diseases.

Hair Transplant surgery is considered to be 'minor out-patient surgery' and is a very safe surgical procedure. The procedure can take 4-8 hours and is performed using local anaesthesia. There is typically little discomfort during the surgical procedure. Most patients feel some "tightness" in the donor area for 1-2 days and a mild analgesic will help cope with this. The final results can be appreciated 8-9 months after the surgery.



# Gynecomastia (Enlarged Male Breast)



The term 'Gynecomastia' was coined by Galeno. Gynecomastia has been a matter of discussion and source of embarrassment since ages. During puberty, hormonal changes cause the breast to enlarge in boys. This disappears over time in many cases. It persists in some cases into adulthood and is called Idiopathic gynecomastia. Gynecomastia can also be due to hormone intake( in bodybuilders), use of certain drugs or rarely due to endocrine disorders. It is a source of acute embarrassment leading to social inhibition and psychological problems. Gynecomastia is due to excessive glandular tissue( True form) or more commonly a combination of glandular tissue with fat( Mixed form). Pseudo-gynecomastia is a condition caused by excessive fat deposition and can be corrected by liposuction alone.

## PROCEDURE

Gynecomastia can be effectively corrected by a combination of excision of glandular tissue and liposuction. It is a day-care procedure and one is discharged on the same day from the hospital. Initially, excess fat is removed from the chest and under the axilla by liposuction. A cut is then made at the junction of lower half of areola with skin and the glandular tissue is removed. In Grade 3 gynecomastia, excess skin may need removal around the areola( periareolar excision).

## AFTERCARE

A pressure garment is worn for 3-4 weeks after surgery. Down time is 2-3 days. After the surgery, one invariably is more confident, comfortable being bare chested, leading to improvement in social interactions.



# Liposuction



Liposuction is one of the most common cosmetic surgical procedures performed worldwide. It involves removal of excess fat from areas of the body like abdomen, hips, thighs, buttocks, arms, chest and chin. 'Liposculpturing' or 'Lipocontouring' is the more apt term, as the procedure is useful for body contouring.

Fat deposits in certain areas of the body like abdomen, hips and thighs in women, and chest and abdomen in men are resistant to diet and exercise. By removing fat from these areas, Liposuction helps reshape or recontour the body. In people with healthy elastic skin, the skin shrinks and redrapes after liposuction. In individuals with excess loose skin, some amount of skin may need to be removed to attain optimum results.

## PROCEDURE

Liposuction is usually performed under general anesthesia, although small volume Liposuction can be performed under I.V sedation and local anesthesia. General anesthesia is safe and increases patient's as well as the surgeon's comfort, particularly during circumferential one stage body contouring. Tumescence and super wet techniques are utilized, which involve infiltrating a solution of saline and adrenaline into the tissues. Tiny access points (4-5 mm) are made in the natural creases or within bikini line through which the wetting solution is infiltrated into the tissues. The excess fat is then aspirated using fine cannulas.

## AFTERCARE

A pressure garment/corset is put on after the surgery. The corset is to be worn for 3-4 weeks after surgery. One can return to work in a few days and can start heavy physical activity in about four to six weeks.

