

# HAND REJUVENATION

**When it comes to daily skincare and beauty regimes, our hands are all but forgotten. Let's face it, we all get excited when we hear news of the next anti-ageing product that promises to eliminate wrinkles or firm and tone our complexions. Yet in our eternal quest for the latest and greatest beauty secret, we often forget to care for what could be the most sensitive body part of all: our hands. The simple truth is that our hands are actually one of the first places to start showing visible signs of ageing...and by the time we recognize the problem, there's no amount of hand cream that can reverse the years of neglect.**

Thanks to advancements in cosmetic fillers and injectables, today it's easier than ever to breathe life back into our hands. South East and South Coast Fully-accredited Cosmetic Plastic Surgeon Mr Paul Banwell FRCS(Plast) has created a revolutionary new program called Total Hand Rejuvenation to successfully treat age spots and discoloration from sun damage, injury scarring, loss of fatty tissues and enlarged veins — all culprits in ageing hands.

With individually customized treatments designed with you in mind, Total Hand Rejuvenation may include application of medical grade skin care and chemical peels to improve the quality and texture of the skin, encouraging remodelling and collagen growth; Juvederm or Restylane injections to instantly restore the skin's volume and replenish hydration; and Intense Pulsed Light therapy to improve the appearance of age spots and other effects of skin damage. Indiba is the latest high energy radiofrequency treatment which is another fantastic way to rejuvenate those hands. A personalized, home-care package encourages long-lasting results and helps keep your hands looking fresh and vibrant.

Remember - no matter how big your jewelry, if your hands don't look good, neither will your diamonds!

#### **Important Notice**

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*

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## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

60 - 90 Minutes

**HOSPITAL STAY**

Outpatients/Inpatient 1 night

**ANAESTHETIC ASSESSMENT**

No

**PRE ADMISSION TESTS**

No

**SLEEPING POSITION**

Sleeping on back recommended for 4 weeks.

**REASONABLY MOBILE**

Immediately

**WASHING**

Shower after 1 day.

**DRIVING**

1 week

**EXERCISE INCLUDING GYM**

4 weeks

**SEXUAL ACTIVITY**

Restricted activity after 4 weeks

**FULL RECOVERY**

2 weeks

**TIME OFF WORK**

None

**BRAS & GARMENTS**

Sports bra worn for 8 weeks. Wired bra after 2 months