



Paul E Banwell FRCS(Plast)
Consultant Plastic, Reconstructive & Cosmetic Surgeon

SKIN HEALTH & SKIN CARE

Mr Banwell and his team at The Banwell Clinic in Sussex, Kent & Harley Street are considered international experts in skin health, photoprotection and state of the art skin treatments. We believe that healthy skin and good quality skin care regimes are essential to look and feel good. It is all about making your skin look as healthy as possible by choosing innovative, bespoke, affordable yet powerful anti-ageing skin care and skin treatments.

Importance of Well-being and Nutrition

Lack of exercise, poor dietary habits, stress, smoking and excessive sun exposure can all lead to poor skin health. We therefore aim to help identify and rectify many of these problems and focus on individualised skin assessments to produce a bespoke, personalized skin care routine. However, we also put great emphasis on making holistic lifestyle changes for the body in general and we have access to nutritionists, life coaches, personal trainers, psychologists and massage therapists to help address these needs too.

Importance of medical grade skin care

Use of over the counter beauty skin care and skin care products can have an effect on your skin but we know that higher quality cosmeceutical (medical-grade) products really do make a difference and the scientific literature supports this. Cosmeceuticals contain higher levels of active ingredients which Mr Banwell and his expert team can discuss with you in person as well as the various approaches and strategies for your particular skin type/concern. We know that through EPIGENETIC change we can modify the skin's appearance and genetic makeup by feeding it the appropriate food groups and vitamins. Furthermore we know that the so-called 'skin microbiome' can be strengthened and modified by diet and by nutritional supplements too.

Cosmeceuticals & skin care ingredients

We want to give you beautiful, vibrant-looking skin. But remember – you don't get fit and look good by going to the gym only once. You need to commit and work hard to get

that skin looking good. With regular use these advanced anti ageing skin care products can lead to beautiful-looking, luminous skin and a clear complexion.

Mr Banwell has travelled the world in order to curate the best skin care products with impeccable credentials. He now uses and recommends exclusive anti ageing skin care product ranges from Australia, US, UK, Italy and France to treat fine lines, wrinkles, photodamage, sallowness, pigmentation, acne and sensitive skins.

World-leading skin care from Australia

In particular, the latest skin-specific (isotropic) formulations from Rationale Skin Care ensure optimal absorption through the skin to enhance your natural beauty. The Rationale Skin Care formulations are at the cutting edge of dermatological research and their iconic Essential Six (E6) are loved by Dermatologists, Plastic Surgeons and Aesthetics Doctors around the world. These skin care regimes are exclusively available to you from Mr Banwell and his team at The Banwell Clinic following a complimentary skin consultation.

Discover luminous skin for a lifetime

Since the brand's inception 25 years ago, Rationale has provided Australia's leading skin doctors with long-term, advanced scientific skincare solutions that deliver on their promises. Rationale's unique products actualise the natural and genetic potential of skin by employing skin identical ingredients and isotropic technology to deliver their trademark luminosity. Good reasons to why Rationale has become – and remains – the preferred cosmeceutical brand of Australian Dermatologists and Plastic Surgeons.

Mr Banwell has been a longstanding advocate and ambassador of these amazing products and is one of the acknowledged independent global medical leaders of this cult skincare brand. He and his team have an in-depth knowledge of their formulations and we would be delighted to offer you a complimentary skin consultation with one of our skin therapists. Our bespoke, personalised medicine concepts here at the Banwell Clinic incorporating the latest in regenerative medicine and epigenetics fit perfectly with Rationale's philosophy of 'Luminous skin for a lifetime'. →



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Scar and Body Care

Scarring is an inevitability of trauma or surgery to the skin as sadly there is no such thing as scarless healing. We know that all scars are usually red and lumpy initially but that over time scars will flatten and pale; this process of scar maturation usually takes around 18 months. Standard recommendations are to tape scars regularly for at least a few weeks (Mr Banwell recommends brown micropore tape) as well as massage of scars on a regular basis (usually twice a day – morning and evening). The usual recommendation is to use a light moisturising cream which readily absorbs into the skin (eg. vitamin E cream). There is NO additional scientific evidence for using oil or silicone gel preparations (eg. Dermatix or Kelo-cote).

However, sometimes scars may heal adversely and remain thick and lumpy. These scars are termed hypertrophic. In such cases further treatment may be required including the use of silicone gel sheeting and steroid injections

Latest Advances in Scar Care

We have been searching for a high quality scar treatment (other than vitamin E cream) for many years as well as products to support our patients following non-surgical and cosmetic surgery treatments to the breasts and body. We are therefore delighted to offer advanced formulations from the company Codage Paris at our boutique cosmetic surgery practice. Mr Banwell's team can advise on suitable products that may be of interest. La Maison Codage is a veritable treasure chest of products with unique active ingredients helping you to heal following your surgery or body treatment. Our hero product is the Codage Skin Recovery body milk and we prescribe this to all our patients to use in their scar healing and following any body treatment.

Skin Care Ingredients Glossary

Niacinamide

Also known as Vitamin B3 and Nicotinamide. Niacinamide is a water-soluble vitamin that has several functions. It is a powerful immunoprotectant (and can reduce skin cancer), it helps reduce pigmentation and it also works with the natural substances in your skin to help regulate oil flow. Ultimately

it can improve the appearance of an uneven skin tone, enlarged pores and fine lines and wrinkles.

Antioxidants

Antioxidants (AOs) form the cornerstone of cosmeceutical skin care regimes. Naturally occurring vitamins and minerals such as Vitamins A, C & E are well known powerful AOs. Regular use of topical Antioxidants helps protect your skin against free radical damage which occurs secondary to the Solar Constant (ultraviolet, infrared and visible light) and environmental pollutant exposure.

Ceramides

Well-formulated skincare products containing ceramides will help reinforce your skin's barrier and increase hydration. In turn, these give you plumper, smoother, firmer-feeling skin with fewer visible lines and wrinkles, as well as fewer signs of sensitivity.

Moisturisers

Also known as emollients, moisturisers are cosmetic preparations used for protecting, moisturising and lubricating the skin. Water constantly evaporates from the deeper layers of the skin, an effect known as transepidermal water loss (TEWL). Emollients prevent evaporation of water from the skin. By regulating its water content, skin maintains a dry, easily shed surface as a barrier against pathogens, dirt, or damage, while protecting itself from drying out and becoming brittle and rigid.

Cleansers

Cleansing your skin helps remove excess oil, makeup, sweat, dirt and dead skin cells. It refreshes and gives your skin a chance to breathe. But it is also important not to over cleanse your skin as this can strip your skin of its so-called 'Acid mantle' leaving the skin more alkaline which can lead to problematic skin. Good quality cleansers help regulate the stratum corneum and barrier function. →



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Hydroxy Acids

Hydroxy acid formulations have been used throughout history in various forms to promote a radiant and healthy complexion. Alpha and beta hydroxy acids help re-equilibrate pH levels in the skin for optimal enzymatic action as well as help chemically exfoliate the skin. Regular daily use of nighttime hydroxy acids is recommended by all the team at The Banwell Clinic.

Vitamin A

No matter what type of skin you may have Vitamin A is essential to great looking skin. It encourages healthy skin cell production. Retinaldehyde, retinol and retinoic acid are important to cell production and growth. Vitamin A also stimulates fibroblasts which are the cells responsible for developing tissue (collagen) that keeps skin firm and healthy.

Peptides

Skin Care Peptides encourage Collagen production for more youthful skin. You can successfully reduce wrinkles and give your skin a more youthful appearance with the application of skin care peptides that trigger the production of collagen.

Matrixyl

The active ingredient in Matrixyl (Palmitoyl Pentapeptide) stimulates the growth of new collagen, elastin and hyaluronic acid which aids in refilling wrinkles naturally from within the skin.

Profilo

Profilo is an injectable anti-ageing treatment made from hyaluronic acid for skin that is losing its elasticity and firmness with age. There is an immediate improvement in skin tone, hydration as well as firmness, and lines are minimised.

Mesotherapy Injections

Mesotherapy is a technique that uses injections of vitamins, enzymes, hormones, and plant extracts to rejuvenate and tighten the skin.

Nutraceuticals

There are a multitude of mechanisms by which nutraceuticals can improve dermatological skin conditions such as acne, dry skin, skin clarity and improve visible signs of ageing including fine lines and wrinkles. The term “nutraceutical” combines two words – “nutrient” (a nourishing food component) and “pharmaceutical” (a medical drug).

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. repositioning tissues.