

Surgical procedures**NIPPED IN THE BOD**

Going under the knife is still the best option for certain zones. By Sarina Lewis.

The next big thing in cosmetic surgery may have little to do with radically altered surgical techniques. "It's all a slow glacial movement toward improvement," explains Dr Warwick Nettle. The big driver is in consumer demand. Mirror, mirror on the wall, which nip/tuck has grown to big from small? Buttocks over breasts, hairline advancement and (dare we say it) genital detailing?

Stomach, hips and back

The flat stomach gained from a classic tummy tuck was not always all it was purported to be, says Geelong cosmetic plastic surgeon Peter Callan. "The problem with the old-style tummy tuck was that the hips and back often looked bigger because now the tummy was flat." No longer. Procedural evolution means the classic tuck now extends to the hips and back if required, "so you get the benefit of having extra contouring and a much thinner hip line into the back with almost the same recovery time, which can be anything from three to six weeks depending on whether you have to have your tummy muscles repaired". Risks are no more than for a standard tummy tuck, with the procedure costing between \$6,000 and \$12,000.

Biceps and thighs

Banishing tuck-shop arms and wobbly inner thighs has become a whole lot safer in recent times, thanks to surgical developments that have reduced the risk of swelling of the limbs and stretched scarring. "Its reputation was bad," Callan says of the \$6,000 to \$10,000 operation, "but by using the liposuction technique to remove fat and then taking excess skin without removing blood vessels and all the lymphatics, you get a much better result, you heal much more quickly and it actually looks better." Scarring is limited to a long vertical line on the inner thigh or arm, with recovery estimated at three to six weeks.

Genitals

For some women the desire for the room to be dark during sex has little to do with stretch marks and cellulite. "Labioplasty has definitely been the frontrunner in terms of growth in the last few years in my practice," says Dr Kourosh Tavakoli of the cosmetic surgical advance that involves the "trimming and reshaping of the lips and clitoral hood excess". While some women

Face

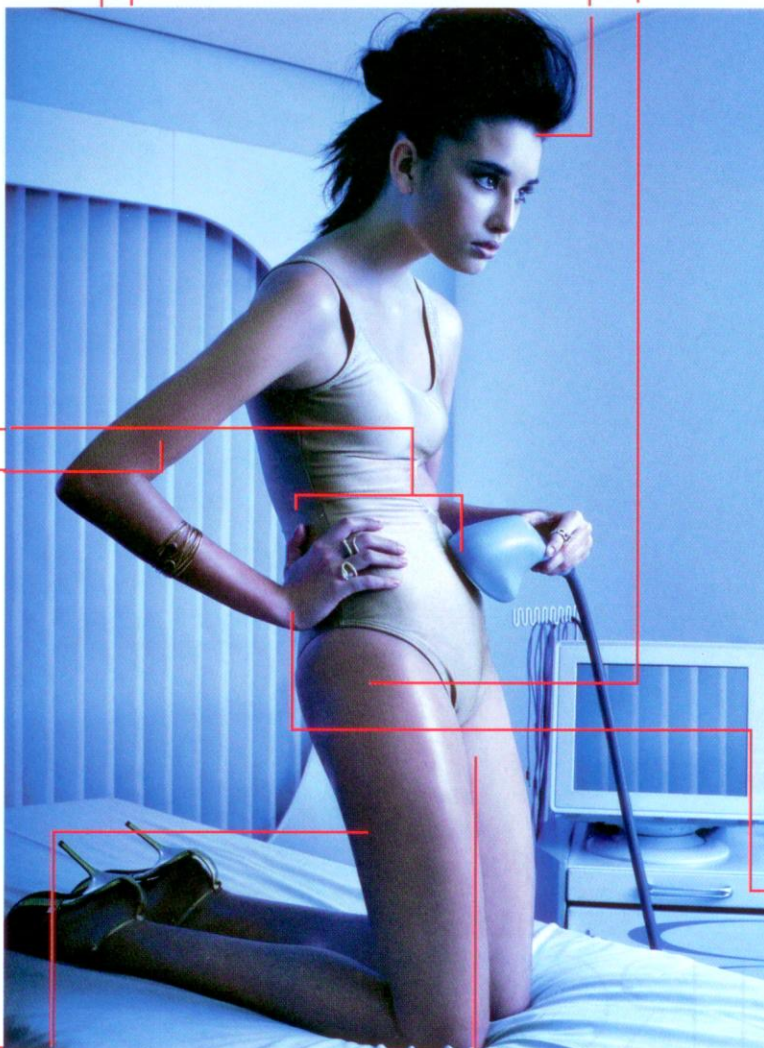
High hairlines do not a balanced visage make, according to Dr Nettle, which is why women with very long foreheads are increasingly turning to hair advancement. "It balances the face," he says of the procedure, which involves the creation of an incision at the anterior hairline. The scalp is then undermined and pulled forward by as much as two centimetres. Results are dramatic and a bevelled incision, which allows hair to regrow, means visible scarring is minimal. Patients need to be prepared to wear a fringe for up to a year, with the surgery costing around \$10,000.

Buttocks

Blame it on Beyoncé's butt-twitching boogie, but buttock augmentation, according to Sydney cosmetic plastic surgeon Dr Tavakoli, is on the rise. The operation places semi-solid implants on the high side of the buttocks, behind the gluteal muscle, to create a fuller, rounder shape. "Like a Brazilian's buttocks," Dr Tavakoli explains. Recovery will take around two weeks for the \$15,000 operation, a comparatively lengthy period time due to the fact that the thicker gluteal muscles are involved. Complications such as infection and bleeding increase with implant size, so most surgeons veer towards the conservative side of augmentation.

Hands

Skin sagging on the hands is a telltale sign of ageing that now has its own remedy, says Dr Tavakoli: the hand lift. "Hand rejuvenation is very new," he explains of the operation favoured by women who are aged in their 50s and 60s. "Essentially you have a facelift but if you have gaunt, sagging skin on the hands it's going to show." The simple operation involves removing excess skin from the wrist area and hiding the scar in the wrist crease. Recovery time is around one week with pain and complications both minimal. The cost is around \$5,000, or \$10,000 if combined with fat injection and microdermabrasion.

**LITTLE
BLACK
BOOK**

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