

Cosmetic surgery do's and don'ts

BOTOX USE HAS BOOMED IN THE PANDEMIC BUT THERE ARE THINGS TO WATCH FOR

HEALTH

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Demand for cosmetic medical procedures, such as lip filler, increased by 50 per cent in the 12 months to the end of September this year, data from Australian cosmetic clinics shows.

Patients are booking treatments for Botox, eye-lid surgeries and breast augmentations as body image concerns spike during the pandemic.

Experts say it is crucial people do their research before buying fillers and other cosmetic services because of how serious the repercussions can be.

In the aftermath of the Great Depression, women around the globe turned to their mirrors to distract themselves from the world crumbling around them, with cosmetic sales soaring like never before. Dubbed the "lipstick phenomenon", women invested in lipsticks to make their faces and moods a little brighter.

And in a post-COVID world, it appears Australians are increasingly doing the same – except this time around they have opted for lip fillers.

Australasian College of Cosmetic Surgery Medical Dean Dr Ron Feiner says his own clinic and those of his colleagues have been flooded with customers, and he expects the trend to grow with summer approaching.

"During times of economic stress, Australians need a pressure-relief valve, and indulgence is one way to achieve that," he says.

"People have lots of time on their hands right now and not much to do, so many are turning the attention to themselves.

"There's been research which shows that injections that are put into the frown have an impact on the brain area in increasing happiness.

(Scientists) are understanding more and more the impact these procedures can have on people."

About 100,000 Australians had a cosmetic medical procedure in the last two months of 2019.

This year, the country is on track to reach 150,000 treatments between November and December 2020.

The cosmetic procedure industry is understood to be raking in more than \$1bn through 500,000 procedures annually, and Dr Feiner said this excludes the growing



Bachelor contestant Monique Morley says she has had lip fillers go badly wrong.

What you need to know before getting cosmetic procedures

1 Know cosmetic injectables are a medical procedure, not a beauty treatment. Like all medical procedures, there are risks involved.

2 Recognise the law in Australia requires all patients to have a medical consultation with a doctor prior to receiving any cosmetic injectable. At this consultation, your doctor should consider your medical history, allergies, health issues and medication and provide a thorough and realistic analysis of the risks versus the benefits of the procedure.



3 Ask if there are any likely complications – what are they and how can they be treated?

4 Sign a consent form following the thorough disclosure of risks and side effects.

5 Ask if the clinic is registered with the local council, as required by law.

6 Make sure you are given a contact number for a follow-up appointment. In the event of a medical crisis, does the clinic have resuscitation expertise and equipment, such as a source of medical oxygen and defibrillator?

underbelly of illegal suppliers. "We are seeing people show up with lumps and nodules (after procedures) ... many people are not being told about the substances that are being put inside their faces," he warns.

"There is a misconception that Botox and dermal fillers are beauty

treatments, in the same category as make-up or facials. But they are medical practices and carry risks, including blindness (Botox) or even death (liposuction)."

Feiner says the growing availability of cosmetic clinics makes

such treatments more available to Australians than ever before, but it has also led to a spike in risk which must be addressed.

Former Bachelor Australia contestant Monique Morley is the latest celebrity to speak up about cosmetic procedures gone wrong.

The 26-year-old said in an interview that she had a bad experience with Botox and lip fillers.

"My lips. Oh my god, it was awful! Thank god I have naturally big lips. Not sure what I was thinking making them bigger!" she told a gossip website. "I've also had dodgy Botox and my brows went droopy for two months!"

Morley said she had spent \$25,000 on cosmetic procedures and had to get her lip fillers dissolved after getting a bad result.

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WHAT SIPS ARE BETTER FOR YOUR HIPS?

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If you're on a weight-loss crusade, chances are you've thought a lot about what you usually eat, and what you'd like to change.

My hot tip, however, is to broaden your focus to include what you sip on, too. That's because fluids can contain a surprising number of calories – and if you're not mindful of them, they can easily hinder your attempts to lose weight (or even lead to weight gain).

WHAT IS THE HEALTHIEST THING TO DRINK?

Aside from water and plain milk-based drinks, I'd classify most other options as "sometimes" sips.

They're usually calorie-dense thanks to tonnes of added sugar and offer few important nutrients.

I'm talking about soft drink, takeaway smoothies, alcohol and even fruit juice in large quantities.

Popular sips ranked by calories
To give you some context, the average energy intake is 2080 calories. If you're trying to lose weight, that number drops to roughly 1500 calories.

Obviously, a couple of hundred calories here and there spent on fluids isn't really a big deal – but it becomes an issue when you're guzzling multiple different calorie-dense fluids throughout the day.

Here's a list of popular sips, ranked from lowest to highest calories:

- Water: 0 calories
- Black coffee (250mls): 4 calories
- Black tea (250ml): 4 calories
- Tea with a splash (30ml) of full-cream milk: 24 calories
- Tea with a splash (30ml) of full cream milk and one sugar: 43 calories
- Champagne (150ml): 105 calories
- Small flat white on light milk: 112 calories
- Beer (330ml): 113 calories
- Red Bull (250ml): 116 calories
- Red wine (150ml): 116 calories
- Rosé (150ml): 119 calories
- Lemonade (375ml can): 120 calories
- Powerade ION4 Berry Ice (600ml): 149 calories
- Cola (375ml can): 151 calories
- Small flat white on full-cream milk (290ml): 158 calories
- Small flat white on full-cream milk with one sugar (290ml): 177 calories
- Homemade banana smoothie (one cup of light milk and one banana): 252 calories
- Freshly squeezed orange juice (600ml): 256 calories
- Boost Juice Mango Magic (medium): 336 calories
- Cha Time Premium Pearl Milky Iced Tea (large): 478 calories

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