



Autumn 2022

INJECTABLES, SOME
THINGS TO KNOW

THE RIGHT COSMETIC
TREATMENTS FOR YOU

ACNE SCAR
TREATMENT

ENRICH

DERMATOLOGY

COSMETIC CLINIC

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Autumn 2022



Welcome to our Autumn 2022 Issue

It's been a wonderful summer seeing all our ENRICH patients face to face again! We continue to follow a strict protocol to keep our patients and team safe and our practice open.

As we start to move into the cooler months of autumn and the madness of summer holidays pass, we can begin to think about ourselves a bit more and plan out our skin health for the next few months. In this newsletter, we talk cosmetic consults – what to ask, what's involved and some FAQs with our ENRICH Cosmetic consultant.

We also talk about acne scars, different types and treating them, and our Autumn packages are designed just for the season, some with no downtime and some with just a little.

We are looking forward to seeing you at ENRICH Clinic soon!

The ENRICH team

AUTUMN HOURS

Monday	8.30 am - 4.30 pm
Tuesday	8.30 am - 4.30 pm
Wednesday	8.30 am - 4.30 pm
Thursday	8.30 am - 4.30 pm
Friday	8.30 am - 4.30 pm
Saturday / Sunday	Currently Closed

Please note these hours could vary and increase in the future. Please refer to the website for regular updates



+ Injectables, some things to know.

Injectables (Dermal Fillers and Anti-wrinkle injections) have been on the front line of cosmetic treatments for decades.

There are now many fillers on the market with many different consistencies. The majority are derived from hyaluronic acid, which is naturally produced in the body. They are formulated in multiple consistencies to suit specific treatment areas.

Anti-wrinkle injections are derived from a drug that relaxes muscles and can also treat excessive sweating and migraines and was initially developed to treat ophthalmology (eye disorders such as cross-eyes and blepharospasm). Now widely used for reducing wrinkles and well known as its original brand name as a colloquial term.*

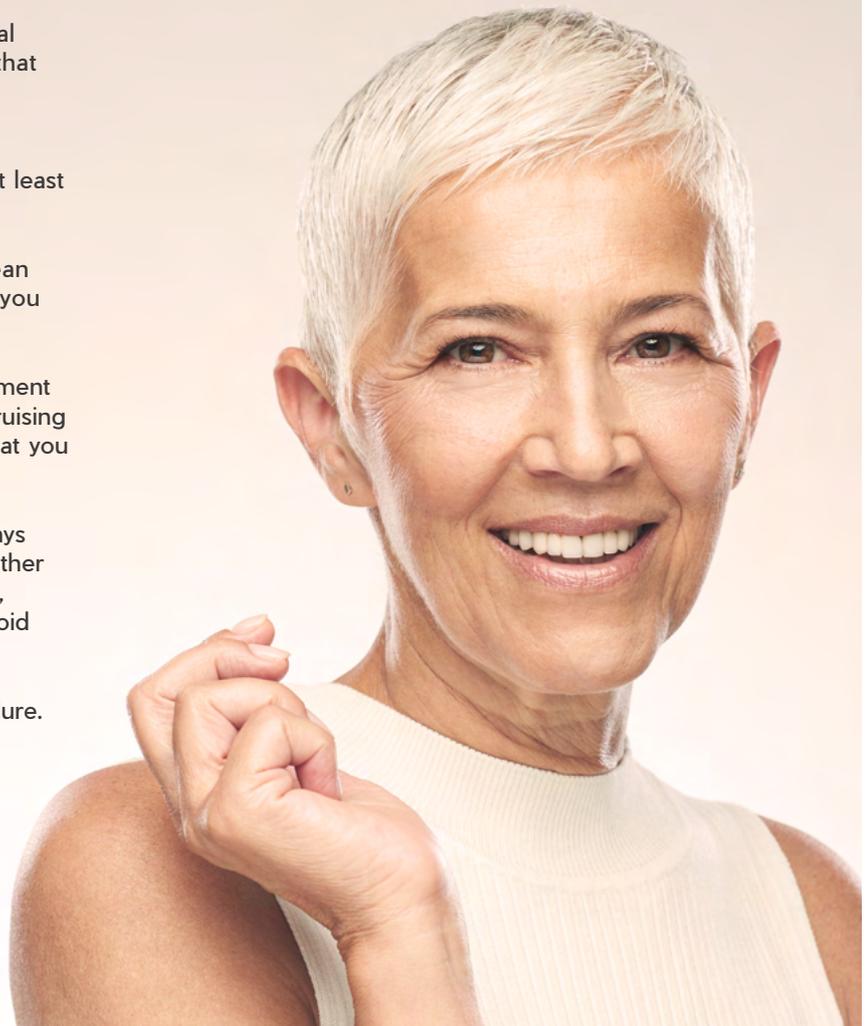
It's important to follow the proper pre-treatment guidelines when having any procedure. Here's a quick checklist of the things you should consider before your injectable treatment:

- + COVID vaccine - it's not advisable to have a dermal within two weeks of a vaccine. There is a chance that the resulting inflammation could cause increased swelling if done this close to a vaccine.
- + Don't exercise right before your appointment. Wait at least an hour or two for the skin to cool down.
- + Remove your make-up. Your physician will also clean and clear your skin before injecting, but the more you prep your skin beforehand, the better.
- + Don't drink the day before; certainly don't have treatment after a big night/day out - the risk of swelling and bruising increases when you have had alcohol. We cannot treat you if you have been drinking the day of your treatment.
- + Avoid fish oils anti-inflammatory medication a few days beforehand as they can make bruising more likely. Other things to watch out for is St John's Wort, Green Tea, ginseng, garlic, vinegar & peppermint tea, so just avoid having these a week or so beforehand.
- + Make sure you are well hydrated before your procedure.

***NOTE:** TGA does not allow the advertisement of trade names of prescription-only substances such as dermal fillers and anti-wrinkle injections.

And post-procedure:

- + Avoid massages in the area you have dermal filler for at least a week.
- + Avoid make-up for the rest of the day. Injectables create small needle points in the skin. Putting a substance such as make-up on a freshly injected area can increase the risk of infection.



+ The right cosmetic treatments for you

Choosing the right cosmetic treatments is both a fun and daunting task. With many different options for all different types of skin issues or enhancements, it can be a pretty tricky task to navigate. Throw in the brand names of some of the treatments or devices, and there's a considerable amount of information out there.

HAVE A CONSULTATION

Consultations are often the best way to start negotiating your way through your skin health journey. Many clinic consults have a minimum fee attached. At ENRICH Clinic, we have a dedicated cosmetic consultant, and the fee is \$50 redeemable on your first treatment.

Your cosmetic consultant will run you through the different procedures that may interest you. They can also talk you through some alternatives and help you navigate through the different brand or device names so you can confidently compare.

You can also book a consultation directly with a cosmetic doctor to discuss your skin health. At ENRICH, a doctor consult costs \$100 (redeemable if there is a treatment on the day of consult). The cosmetic doctor will assess your skin and discuss treatment options for your needs.

LIST OUT YOUR PRIORITIES

Write a shortlist of what you would like to treat. It might be as simple as "remove some pigment spots on face" or, "refresh my face", or even "I want to ensure my skin is healthy now and in the future"

List any of your apprehensions or concerns. It's good to have reservations; it makes you consciously curious, and you will help make an informed decision about treatments. You can ask about any of these at your consult, and it's good to have a list at hand so you don't miss something at the moment.

WHAT IS YOUR MOTIVATION FOR TREATMENT?

Your motivation is something you should really think about. You should only have a cosmetic treatment for yourself and not for anyone else. Why? Cosmetic treatments are about you feeling good, not anyone around you or society as a whole. We suggest that you enter into any cosmetic treatment gently and usually suggest a no-downtime treatment to start the ball rolling, especially if you are talking about your face. A simple peel, a light laser treatment or a couple of anti-wrinkle injections can give you that feel-good experience without downtime or any permanent change.

At ENRICH, our treatments are about skin health, not just cosmetic and aesthetic. Your skin is the largest organ in the body, and healthy skin is undoubtedly an attribute of beauty as well as the state of a person's health.

READ READ READ

Read all the info you get from your consultant or doctor and check out your preferred clinic's website for more information. Being proactive in your information gathering gives a better insight to your options and treatments.

ASK QUESTIONS

Always ask questions - at the consult, before the treatment, after the treatment. We love having informed patients, and the more questions you ask, the more you will build a knowledge base. Being proactive in your skin health journey is key to understanding outcomes and having a positive experience.



8 things you should ask your cosmetic consultant

1. How long has the clinic been in business. How long have the doctors/ dermatologists been practicing?

Experience is everything. It's important that you have experience on your side with any procedure.

2. Can you show me before and after photos of some of the procedures we have discussed.

Having a clear indication of what can be achieved is paramount. Visual is always best and helps you to manage your expectations. Remember every person is unique and very person's treatment journey is different.

3. Do I need to consult with my GP before any of these treatments?

Some treatments may require some input from your GP before proceeding.

4. Can you give me leaflets on the procedures you have discussed today?

Often you leave a consultation and need time to digest the information and perhaps go back and review. Leaflets are a great way to quickly review and know which procedures you have discussed. You can also ask if the information is on their website.

5. What are the risks associated with any of these procedures?

There is always some risk involved in any procedure, so be informed before you make your decision. Also, ask about minor risks such as pain, bruising and swelling.

6. What is the expected recovery?

Some procedures have no "downtime"; some have a few weeks. It's important to understand the different recovery times and side effects of procedures. You could end up with some initial bruising, redness, soreness or peeling, and you may like to plan some time out of the "public eye".

7. How long before I see results?

Many procedures have a compounding or long-term effect. But often, the final result doesn't show through until months after. Ask about follow up appointments, discuss the progress you can expect and when you should see a final result.

8. What is the cost?

Get a quote in writing. This will ensure there are no "hidden extras". Remember, the cheapest isn't always the better.

WE SAT DOWN WITH OUR ENRICH COSMETIC CONSULTANT MARY, TO ASK HER WHAT HAPPENS MOST FREQUENTLY IN A CONSULT.

What is the most frequent skin treatment you end up talking about?

Depends on what a patient wants when they come in and what they are trying to achieve. A big one is downtime. We end up talking about a range of issues and treatments, but is most often comes back to downtime being the defining factor.

What is the most frequent body treatment you get asked about?

Liposuction without a doubt.

How long does consult take?

Most consults are an hour but happy to go over (at no extra charge) if needs be. A good consult is when the patient feels they are educated on their options and I have covered all the bases for them.

How many people would you see in a day?

Anywhere between 4-6 people a day.

Is it just an initial consultation or do people come back?

Often people come back to talk after their initial treatment and want to talk about other treatments in other areas. I love that as I'm always happy to see people come back for a chat.

What is YOUR favourite treatment?

My favourite treatment would be the China Doll - no downtime and has the feel good factor.

Do you give out a treatment plan?

More of treatment list and of course prices. A full treatment plan can start with me or any of the medical team. We usually discuss or work on a treatment plan, if required, after a first consult or after a patient has their first treatment. Every person is an individual and the treatment is based on budget, what they are trying to achieve, lifestyle/ time, amount of downtime. We also have our seasonal offers that people take advantage of so it can effect the way and timing of how people work through their "list".

What do like most about your job?

I love talking to people! Connecting with people is my favourite things to do.

+ Acne Scar Treatments

MOST COMMON FORMS OF ACNE THAT CAUSE SCARRING:

- + Nodulocystic acne
- + Acne conglobate
- + Acne fulminans
- + Infantile acne

TYPES OF ACNE SCARS INCLUDE:

ROLLING SCARS

broad, sloped-edge depressions in the skin

ICE-PICK SCARRING

pitted, deep, thin slit-like scars

BOX-CAR SCARS

defined-edge depressions

ATROPHIC SCARRING

thin, flat scars

KELOID (HYPERTROPHIC) SCARS

thick, lumpy scarring

Acne is a condition that affects many of us from our teenage years onwards and can appear anywhere on the body. The most commonly affected areas include the face, chest, back and upper arms.

Scarring is also a major concern for many acne sufferers. The primary cause of scars is usually a combination of genetics and hormonal imbalances and we take this into account to get the best results.

Our ENRICH team treat acne scars in various ways, depending on the depth, type, and characteristics. Dermatological scarring treatments have progressed significantly over the years, with the latest idea of 'remodelling' scars becoming a real thing that we can do.

Remodelling a scar is more or less of what it sounds like: creating a new shape out of the scar tissue. This means we can change the collagen's appearance since scars are made of collagen fibres. We can't make the scar tissue disappear altogether, but we can improve the scar and make it look better.

Our radiofrequency, skin needling and lasers can work in significant ways with collagen, stimulating new collagen production while having the capacity to shape the collagen that already exists in scars via the denaturing process (collagen is a protein). The type of treatment we prescribe for acne scars are patient dependant and are individualised based on the severity of scar.

Lasers can work by either stimulating the collagen-producing cells and collagen or, in fact, working in an ablative fashion. An ablative laser used is helpful if the scars are susceptible to being 'worn down' this way "removed" from the surface of your skin.

Some scars will be too deep for ablative lasers to work alone, and therefore a combination of treatments are used to provide optimal results. Did you know that filler has also been used for scar revision!

The type of treatment we prescribe for acne scars is patient-dependent, but we have many tools at our disposal.



BEFORE



AFTER

“PETER” A CASE STUDY

‘Peter’ is a young man who suffered from severe scarring on his back from severe acne in his childhood/ teenage years. Now cleared, it was time to try and deal with the scars.

Our patient was prescribed a small amount of the acne medication he was previously on to ensure the acne was in remission and didn't return.

Firstly, we needed to “test” patch a few treatment options to see what might work.

The two key treatments for this scarring type were determined to be either the Fraxel 1920 or skin Needling -The Secret. Time for a test patch. We undertook three separate test patches treatments putting the Secret test and the Fraxel test side by side on the back to establish the most effective treatment.

While some difference was made on the Secret side, the option with the deep Fraxel laser seemed to show better results.

We then proceeded to continue with Fraxel 1920 laser across the entire back and the settings were gradually intensified each treatment until we reached a threshold without causing uncontrolled trauma but still producing a clinical end point.

Three test patch treatments and two full treatments with the ablative Fraxel 1920, and these are the results.



GOING FORWARD

“Peter” is continuing treatment on the scarring. Further treatments will help smooth the skin and build collagen further; however, we know that total removal of acne scarring is a rare occurrence. Our patient is also on a low dose acne drug to ensure no acne develops whilst undertaking this treatment. The treatment cannot exacerbate acne, but the patient's predisposition to acne could lead to its occurrence.

WHAT IS THE PATHWAY TO TREATMENT AT ENRICH?

An appointment with one of our dermatologists is the first port of call to establish a treatment plan and diagnosis of the scarring type. All our dermatologists are acne specialists, so that you won't go wrong. Often, the actual treatment is performed by our specialist nurses, who talk you through the process and work collaboratively on your treatment plan.



AUTUMN 2022 PACKAGES

AUTUMN CLEAN UP PACKAGE

This “not one for newbies” treatment can help reduce facial pigmentation (freckles, sun damage) & improve skin tone & texture. It’s a seasonal fave with a downtime of 5-10 days.

- 1 x Fraxel 1927 Face Treatment plus post-treatment Healing Diode
- 3 x Glycolic Peels (Face & Neck) & Healing Diode - one a month after treatment recovery

PRICE \$980 (SAVE \$180)

2 PLUS 2 & NO DOWNTIME

Have one of these every fortnight for the next two months to keep you skin refreshed during the Autumn months. With no downtime and under an hour, these are the perfect skin pick me up combo.

- 2 x China Doll
- 2 x Peel, Diode & Erbium Defocused Treatments*

\$625 (SAVE \$175)

* If patient has a reaction to peel, Erbium cannot not be performed.

AUTUMN PREP UP

Combine our anti-wrinkle injections with our Erbium laser dermabrasion for summer skin smoothness!

- 4 x Anti-wrinkle Injections
- 1 x Erbium Dermabrasion (1 week after injections)

\$566 (SAVE \$162)

20% OFF LASER HAIR REMOVAL

Start your laser hair removal treatments this autumn and be ahead of the hair free curve come summer.

BUY ANY LASER HAIR REMOVAL TREATMENT AND

RECEIVE 20% OFF

* 20% off only available for treatments booked and paid for before 15/6/2022

Our Skincare Range

15% AHA+Beta Exfoliating Lotion
200ml \$59.95

Vitamin C Day & Night Cream
25ml \$60 | 45ml \$85

Eye Cream
15ml \$69.95

Glycolic Skin Solution
100ml \$49.95



shop online

@ enrichclinic.com.au/shop



Terms & Conditions

Our packages indicate if a doctor consultation is required prior to treatment. Treatment packages are designed to give our clients the best combination of treatments for a specific purpose or outcome. Packages cannot be used in conjunction with any other promotional offer. Packages that require prepayment have this indicated. All packages need to be paid in full after the first treatment for package to be valid. Packages will often have a value add or product reduction, highlighted in package copy, as part of the package. Packages are redesigned each season to suit the needs of our clients.

Autumn Packages must be booked by June 15th 2022