



INFINITY

SKIN CLINIC

MEDISPA BY DR CHARLES COPE

For all things skin



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The **Infinity Skin Clinic** was established by plastic surgeon **Dr Charles Cope** to provide clients with a comprehensive range of the latest skin-care, lasers and aesthetic treatments.

Our concern for our patients is of paramount importance, and **Infinity** ensures a superior level of service, safety and efficacy through its highly-skilled team of experienced doctors, registered nurses and skin therapists.

Whatever your needs, **Dr Cope** and his professional team will listen to your concerns and provide an individualized treatment program that helps achieve your goals.



Dr Charles Cope is a Cosmetic Plastic and Reconstructive Surgeon who has been trained to the highest possible standards and is a member of the Royal Australasian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons.

Dr Cope performs a comprehensive range of cosmetic and reconstructive plastic surgery procedures, including breast surgery, facial surgery, body contouring and post-mastectomy reconstruction, and has performed over 10,000 plastic surgery procedures.

Services



Our services include:

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Thermage® Skin Tightening



What kind of results should I expect?

Improvements in the skin take 3 months following the treatment, and include:

- Smoother, tighter skin with less sagging
- Redefined contours along the jaw and under the chin
- Softening of wrinkles and fine lines around the mouth, eyes and forehead
- Brighter looking eyes
- Reduced under eye sagging
- Smoother skin on the eyelids

How does it work?

As you age, the collagen in your skin breaks down resulting in wrinkles and sagging skin.

Thermage uses patented radiofrequency (RF) technology to effectively heat the deeper layers of your skin, stimulating your existing collagen and promoting new collagen growth.

What does the Thermage procedure feel like?

Each time the device touches your skin, you'll feel a brief cooling sensation, followed by a deep but brief heating sensation, followed by another cooling sensation.

The heating sensation is a sign that the deep layers of your skin are reaching effective temperatures for collagen remodeling. With Thermage CPT technology, you'll also feel a gentle vibration for added patient comfort.

Throughout the procedure, your practitioner will ask for feedback on the level of heat sensation to help balance your comfort with maximum results.

Fraxel® DUAL Laser Resurfacing



How does it work?

Fraxel treatment uses patented fractional technology to target damaged skin with microscopic laser columns that penetrate superficial skin layers. The laser treats only a fraction of tissue at a time, leaving the surrounding tissue untouched, which promotes rapid healing. This stimulates your body's own natural healing process, replacing the old and damaged cells with fresh, glowing, healthy skin.

When do the results appear and how long do they last?

The results are both immediate and progressive. Soon after the treatment, the surface of your skin will feel softer and smoother, look brighter and show a more even tone. The next 3 to 6 months will bring more improvement as your skin continues to create new collagen. Results are long lasting depending on your lifestyle, age, skin condition and skin regimen.

How many treatments will I need?

Desired outcomes are typically reached in multiple treatments. The specific number of treatments is tailored to your goals and desired results, as well as your lifestyle.

The Fraxel® laser is the best treatment for a range of conditions, including:

- Dark pigmentation spots and sun damage
- Fine lines and wrinkles around the eyes and lips
- Improvement of skin tone and texture on the face & neck, décolletage and back of the hands
- Acne scars
- Hypopigmented (white) and surgical scars

Intense pulsed light (IPL) Photorejuvenation



Intense pulsed light (IPL) is a broad spectrum of light that efficiently targets brown age spots, small veins, capillaries, diffuse redness (Rosacea) and uneven skin tone. IPL is designed to achieve visible improvement in the skin with no downtime and minimal discomfort. Two or three treatments are usually required, performed at two to three weekly intervals.

All areas of the body can be treated, including the face, neck, décolletage, back of the hands, forearms, arms and back. Patients with signs of sun damage can notice an immediate decrease in irregular pigmentation and small capillaries, with the skin being smoother with a decrease in fine lines and a reduction in pore size.

Treatment duration can range from 20 minutes to one hour, with patients being able to return to normal activities including work immediately. Results can be dramatically enhanced by the use of a medical skin care regime individually designed to address specific skin conditions, especially sun damage and pigmentation.



The main advantage of IPL is that it gives a visible improvement in sun damage after just two treatments with no downtime, especially in combination with Laser Genesis. However it does not give the same textural improvement as the medical grade Fraxel® re:store DUAL laser.

Laser Genesis



Laser Genesis is a comfortable, non-ablative, non-invasive form of skin therapy that targets dilated capillaries and gently heats the deep layers of the skin promoting new collagen formation.

This process provides dramatic improvement in uneven skin texture, large pores, fine lines and excessive redness and flushing of the skin (Rosacea). It can also be used to treat surgical scars.

Treatment duration depends greatly on which skin condition is being treated, but can range from 15 minutes to one hour.

The gentle warming of the skin with Laser Genesis treatments is relaxing and pain free.

A treatment course of six treatments, each two weeks apart, is recommended with subtle yet consistent results noticed after each treatment.

Laser Genesis works as an adjunct to other treatment modalities to enhance results for many skin complaints. The use of a medical skin care regime is recommended and can profoundly improve the final outcome, especially for Rosacea.

Wrinkle treatments, lip enhancement, cheek volumisation & facial contouring

Infinity incorporates the most recent advancements in product choice and injection techniques to provide flawless facial contours, eliminate wrinkles and add volume and definition to lips, cheeks and other areas of the face.

There are a number of options to reduce wrinkles in the upper part of the face (forehead/crows feet area). In this area, anti-wrinkle injections are usually used as the initial treatment. This temporarily weakens the action of the muscles that produce these lines, causing the lines to diminish. Anti-wrinkle injections take away a stressed appearance, giving a more youthful and relaxed look. If they are used to treat lines that are very shallow, then often these disappear completely. If the lines are deep and permanent other treatments may be required, such as dermal fillers or the Fraxel re:store DUAL laser.



If regular treatments with anti-wrinkle injections are started before permanent lines develop, then you will delay and possibly prevent any wrinkles appearing, helping to maintain a youthful appearance.

When injected into specific facial muscles, anti-wrinkle injections are able to adjust the shape and contour of eyebrows and narrow the face at the angle of the jaw. Anti-wrinkle injections can also be used to reduce platysmal muscle bands in the neck and to give a neck lift (Nefertiti lift). For lines in the lower half of the face e.g. around the lips/nasolabial folds, dermal fillers are used to smooth the skin.

Dermal fillers contain a clear gel containing hyaluronic acid, a natural material found in skin. Hyaluronic acid holds water, hydrating and giving volume to skin. As we get older the production of our own natural hyaluronic acid decreases. A simple injection replenishes the lost volume and improves your looks by enhancing your profile, smoothing out lines and wrinkles.

Dermal fillers are temporary, lasting 6-18 months, depending on the type of filler used.

Long-lasting dermal fillers can be used to lift and fill out cheeks and other areas of the face, such as the chin, along the jawline, hollows under the eyes and the back of the hands. Permanent fillers should not be used, as lines on the face change with time. There are more permanent options for deeper creases on the nasolabial folds and cheeks such as surgical fat transfer, and for lines on the lip the medical grade Fraxel[®] re:store DUAL laser.

Excessive Sweating

Excessive sweating (hyperhidrosis) is commonly undiagnosed and can also be effectively treated with a series of injections, allowing you to wear a full range of clothes and lead a more active lifestyle. The FDA has approved the use of anti-wrinkle injections for axillary hyperhidrosis (excessive underarm sweating), however it can be used to treat sweating on the palms and soles of the feet as well. The procedure takes about 10 minutes, and is effective in over 90% of patients, with the effect of the treatment lasting about 7–9 months.

Migraine Treatment

Migraine headaches affect 18% of women and 6% of men, and approximately one-third of patients with chronic migraine headaches have no relief with standard therapies.

Many patients who suffer from migraines have a significant benefit from the use of anti-wrinkle injections. This finding was originally noted in patients who had anti-wrinkle injections for cosmetic purposes. Subsequently there have now been a number of studies showing



that many patients have an overall reduction in migraines for 2-3 months after anti-wrinkle injections, with most patients having a significant improvement in both the number and intensity of their migraines. For those patients who have a significant improvement in migraine symptoms after anti-wrinkle injections, surgical removal of the triggering muscles via endoscopic browlift or blepharoplasty incisions can produce a more permanent improvement in the migraine symptoms.

Dermastamp™ collagen induction therapy



Dermastamp™ is a procedure that improves skin texture and treats stretch marks anywhere on the body. It improves both acne scarring and surgical scars, reduces pore size, and treats sun damage including pigmentation spots and wrinkles.

The Dermastamp™ is a medical device that uses tiny needles to stimulate the skin to produce new elastin and collagen fibres, improving skin texture. The ultra-fine needles work deep into the skin and yet the skin remains intact, so there is no downtime. Most skin types will remain pinkish for a maximum of 12-24 hours.

After just one treatment you will notice a smoother, glowing skin. After three-five treatments lines will diminish and there is a dramatic improvement in acne scarring.

Not all Dermastamps however are the same. Only medical clinics are able to treat with the medical grade version of the device (1.0-1.5mm) that allows penetration to the depth required to achieve real results (Dermastamp™ needle lengths range from 0.3 to 1.5 mm).

Using the medical grade Dermastamp™ also increases the effectiveness of your skin care products.

Only about 0.3% of cosmeceutical products such as Vitamin A are absorbed through the surface of your skin – use of the Dermaroller™ increases the penetration by up to 200 times.

This will increase the effectiveness of your normal skin care regime significantly, giving additional benefit from products such as Vitamin A, antioxidants such as Vitamin C, and other products such as Niacinamide (vitamin B17) and growth factors.

Liposonix® Fat Reduction



Liposonix® is a revolutionary non-surgical and non-invasive treatment which removes fat from stubborn areas – especially around your waistline, which just won't shift despite diet and regular exercise.

The Liposonix® system uses focused high intensity ultrasound to melt away the fat, and help give you the shape you want.

The high-intensity ultrasound is focused on the fat cells below the skin, leaving the skin unharmed. The fat is melted away and dissolved by your body, leaving a thinner, more contoured appearance. Results are seen in 2-3 months, which is how long the body takes to remove the dissolved fat.

Over 90% of patients respond with just one treatment – on average one hour-long treatment gives a waistline reduction of 1 inch (2.5cms) – about one dress or trouser size.

Unlike some other fat reducing procedures only one treatment is usually required, and there has never been any reported contour irregularities that can occur with other systems.

Liposonix® is not suitable for everyone, and the best way to see whether Liposonix® is right for you is to book a free consultation with one of our experienced therapists.



Laser Hair Removal



Laser hair removal is the most effective method of permanently reducing unwanted hair, and is faster and less painful than other techniques.

Laser hair removal uses a highly concentrated light source that is absorbed by the pigment in hair follicles, producing heat which vaporizes the pigment, eliminating or significantly reducing hair growth. Most areas of hair growth can be treated, including the face, underarms, legs arms, bikini line, abdomen, nipples, chest and back.

Effective treatment only occurs within the hair's active growth phase, with only 25-30% of hairs being in the growth phase at any one time, and therefore multiple treatments are necessary. On average 4-6 treatments are necessary for optimal results, with the treatments spaced 6 weeks apart, so a minimum period of 3 months is necessary for effective hair reduction. Sun avoidance must be practiced during periods of laser hair removal treatments.

This laser is usually suitable for all skin types, but works best on patients with light skin and darker, coarser hair.



Acne Treatments & Acne Scarring



Active acne can often be improved using simple skin care regimes with cleansers, Retinol and alpha-hydroxy acids.

If skin products alone are not effective, a course of medical strength peels will produce faster results and also give additional improvement.

These are simple treatments with no down-time, allowing you to return to work immediately.

If the acne scarring is quite mild then the use of a simple medical skin care regime in combination with Laser Genesis treatments can significantly improve the appearance of the skin.

This can be a slow process and it often takes 3-6 months to see the full effects.

Occasionally deep 'ice-pick' scars need to be excised, but in general if the acne scarring is quite extensive, the medical grade Fraxel[®] re:store DUAL laser is the treatment of choice.

3-5 laser treatments spaced 4 weeks apart are usually required.

The improvement continues over the following weeks to months as collagen production and remodelling occurs.

An alternative to the Fraxel[®] re:store DUAL laser is the Dermastamp[™] collagen induction therapy.

The Dermastamp[™] penetrates the skin, stimulating new collagen formation and improving skin texture.

Omnilux™ Combination Light Therapy



Omnilux™ light therapy is an effective treatment that helps activate your skin's natural renewal system to reverse the effects of ageing while restoring a younger and healthier appearance.

Omnilux™ combination therapy utilises light emitting diode (LED) technology, using both visible red LEDs and invisible infrared LEDs, to target specific cells which are responsible for the synthesis and repair of the skin's supportive structures, leading to a softening of fine lines and improved skin tone. This treatment is effective for both men and women of all ages and skin types.

HydraFacial

HydraFacial is a 20-30 minute procedure that improves skin health and creates an instantly noticeable improvement in skin tone and texture.

A key benefit of HydraFacial is improvements in skin health. Every stage is essential to the outcome. By combining exfoliation and deep cleansing technology with nourishing antioxidants the skin increases its uptake of essential nutrients.



Enhancing The Results Of Other Advanced Rejuvenation Treatments

Enhancing the health of your skin can improve the way it responds to treatments. Used in combination with other advanced treatments such as laser resurfacing, photo-rejuvenation, skin-needling and surgery, HydraFacial can enhance skin health and assist to achieve even better outcomes.

Medical grade skin care regimes - Cosmeceuticals

The Infinity Skin Clinic has the most advanced and effective skin care ranges on the market. Skin care regimes are vital and highly recommended in conjunction with all laser and light based services for sustained long-term improvement in skin quality and rejuvenation. Personalised and structured regimes are tailored to each person.

There are restrictions in both the concentration and pH of products sold over the counter, and many of the creams or gels marketed as containing substances such as Retinol or Vitamin C have only very small amounts of the active ingredient. These products may not have the beneficial effects produced by these substances in a more concentrated form found in products sold only under medical supervision.

List of Products

Infinity Skin Clinic uses many medical grade skin care regimes.

Cosmedix

Aspect Dr

Skin Medica

Synergie

Colorescience

Results RX

Actinica

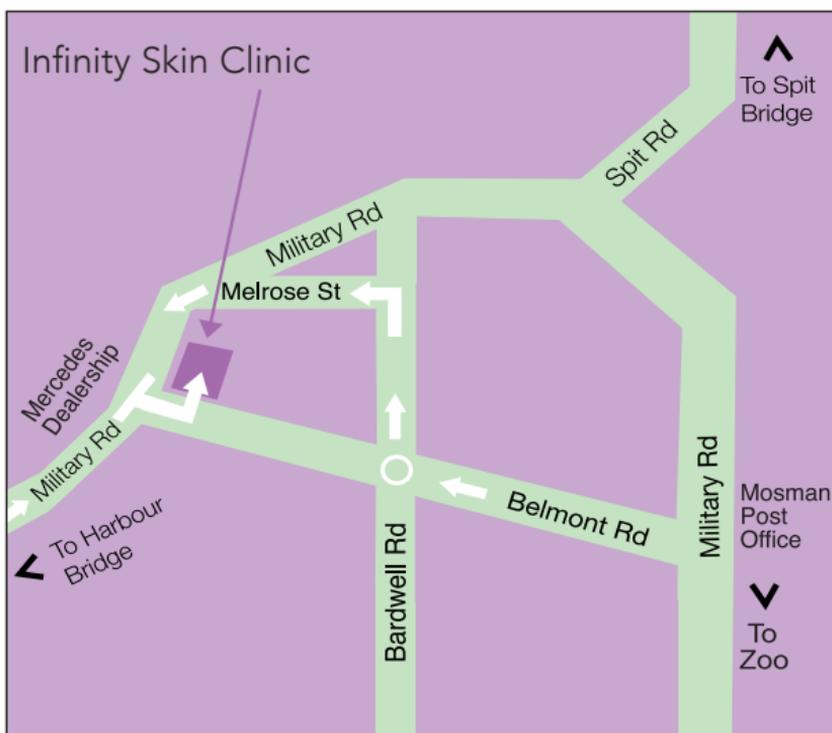
Medical Strength Facial Peels

Chemical peels provide skin rejuvenation for fine lines, wrinkles and pigmentation problems and alleviate many common skin disorders such as acne and Rosacea.

Initially a series of three peels are recommended followed by periodic maintenance peels.



Infinity Skin Clinic



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There is plenty of undercover security parking in the building.

Call to book a complimentary consult
with one of our registered nurses or
skin therapists
on (02) 9307 2833

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