



Debbie Mills
Celebrity Nurse
Practitioner of
Aesthetic Medicine

Dear Debbie

Got a question about Botox?
Is it painful? How long does it last?
Will I notice the difference immediately?
Can I make a last minute appointment?
How much does it cost?
Just ask Debbie!



Important Question for this time of year!

Dear Debbie:

I love the sun and the warm weather here and wouldn't trade it for the world, but in this heat I have a real problem with sweat marks on my clothing. I work full time in and out of the office and often find myself having to change my top during the day to stay dry. I heard there was a "Botox" treatment that can help me avoid this embarrassing situation, is that correct? MP

Yes, that's right; there is a Botox treatment for this. The condition in men and women is a lot more common than you may think, but because it is embarrassing, people don't talk about it very much. The condition is called hyperhidrosis, where the sweat glands under the arms are over active. At Mills & Mills Medical we offer a short 30 minute procedure, where Botox is injected under the arms. This is a very simple procedure

and customers see results quickly, within 4 - 10 days.

After this time, the glands are deactivated by the Botox and the benefits can last from about 6 to 9 months - perfect for the warmer months.

This simple treatment really changes people's lives. It gives both men and women greater confidence and more freedom. Customers can wear the clothes they like and don't need to change clothes frequently throughout the day. They can get on and enjoy the summer!

Dear Debbie,
I am thinking about having a face-lift, but I don't want to worry about the scars showing the tell tale sign of a facelift. TM

The scars depend on the type of face-lift performed. Normally they are well hidden within the natural folds of the skin. The incisions are usually around the ear, and into the hairline. Your surgeon will advise you on the extent and type of surgery that's best for you. Also, you must remember that everyone heals differently; in most cases the scars will fade to a fine white line over time.

Dear Debbie,
I have heard that if you have liposuction, the fat can come back, is this true? MB

Liposuction is usually recommended for people with stubborn areas of fat that do not respond to diet and exercise. You will certainly put weight on and get fatter if you ignore your diet and don't exercise after the procedure. However, subsequent fat tends to be distributed more evenly.

Dear Debbie,
I would like to have my lips made fuller, but not huge. Some celebrities look ridiculous to me and seem to have gone too far. How do I know this won't happen to me? AN

It is very important that you discuss your requirements fully with your practitioner first. There are a number of different products now available to augment the lips. I suggest that you begin with a slight enhancement to begin with, and if you like the look you can always have more injected the next time.

Dear Debbie,
I have read an article on breast enlargement that talks about "hardening". I am a bit concerned about this. Can you advise? RG

This is a postoperative complication known as "Encapsulation" (Hardening of the breast). Over the years the incidence of hardening has reduced due to the quality of breast implants made today. You will know if you have hardening as your breasts will become tight and feel uncomfortable. This happens when scar tissue attaches itself around the implant. If this happens, another procedure may be required to correct the problem. Thankfully this occurs only in a small number of patients.

Dear Debbie,
I would like to buy my wife a breast enlargement for her birthday, how do I go about this? RD

Firstly, I think it would be a good idea if you discussed it with your wife!

If she seriously wants to consider a breast enlargement procedure, then she should start by having a consultation with a suitable qualified surgeon to see what can be achieved.

Dear Debbie,
I have had three babies by Caesarean section. That left scars and my stomach overhangs. But I am not fat. What are my options? EM

It is difficult to be specific without the benefit of a consultation, however, it is possible that you may benefit from a procedure known as an abdominoplasty, more commonly referred to as tummy tuck. It may be that you only require a modified abdominoplasty where the lower part of your abdomen is tightened without having to reposition your umbilicus (belly button) as is the case with a full abdominoplasty. The scar for a tummy tuck is not dissimilar to a caesarean scar.

Cosmetic surgery should only be considered to improve the self-confidence of those having it. Undergoing a procedure to please someone else is usually a big mistake.

Important Note:

We keep our readers' identities strictly confidential for your privacy. You can feel confident in the knowledge that we do not print or reveal our readers' identities at any point in this section or any part of The Beauty Magazine.

"It is so important and rewarding for me to be able to answer your questions and I hope that I am providing you with the information you are looking for. Keep on writing in and I will be happy to help!"

Ask Debbie more questions at:
info@millsmedical.com
website: millsmedical.com