

The Ailesbury Clinics were amongst the first in Europe to specialise in all aspects of Cosmetic Dermatology. The first Ailesbury Clinic opened in Dublin in early 2002 and a second opened in Ireland's second largest city, Cork four years later. During this period we have formed strategic alliances with DHI Global and the London Centre of Aesthetic Surgery. Due to increasing numbers of international patients our specialists have already seen patients in London and Dubai. The Ailesbury Clinic, Dublin has always been innovative as the first to introduce many new products to Ireland. In 2002, it introduced BioAlcamid implants for HIV and RTA facial reconstruction. Techniques developed in Dublin are now used worldwide. In 2003, it introduced Isolagen fibroblast transplanting and techniques developed with this technique and radiofrequency stimulation were given at the World Aesthetic Conference in Moscow in 2005. In 2004, it introduced the first synthetic collagen dermal filler, Collagen. In that year it also introduced the first laser to treat blonde and grey hair (Aurora) and it was also the first clinic in the UK and Ireland to introduce radiofrequency to treat wrinkles (Polaris). In 2005 it also introduced the application of PDT/ALA to treat skin cancers. In 2006, it continued with the use of therapeutic ultrasound (UltraShape) to treat fat deposits and more recently with photopneumatic therapy (PPx) to treat acne. In this year we will also introduce a new safe fast method of resurfacing (Active Fx) and ultrasonic guided liposuction (Vaser). The Ailesbury Clinic is the current holder of the best Medical Practice in Ireland.



Our Medical Director

Dr. Patrick Treacy MB,BAO,DCH,DOG, LRCSI(H.Dip Dermatology)BSc(Hons)QUB is on the Specialist Register in Ireland and holds higher qualifications in laser technology and skin resurfacing. He is European Group leader of Network Lipolysis and member of many international organisations. Dr. Treacy is an international speaker and lectures overseas on many topics relating to cosmetic medicine. He was amongst the first doctors worldwide to publish research on the permanent facial endoprosthesis BioAlcamid for HIV/HAART patients and his technique is currently undergoing FDA approval. He also recently published pioneering research on the chemical removal of eye fat pads. Dr. Treacy has been invited to speak about cosmetic medicine on Irish and UK television and radio on many occasions. He is an accomplished columnist and won 'Best Professional Medical Journalist in Ireland' in 2005. His award winning column the Cutting Edge is published weekly in the Irish Medical Times. He is also regular columnist to Aesthetic Medicine Magazine, Health & Wellbeing Magazine, MediSpa Destinations as well as many international medical journals. He is the editor of the Minor Surgery.net website. He has international experience, having worked in his profession in the United States, Australia, New Zealand, United Kingdom, South Africa, Gibraltar, and Ireland.



Dr. Treacy is a current member of

- The Irish College of General Practitioners
- The British Association of Cosmetic Doctors
- The British Medical Laser Association
- The American Society for Aesthetic Medicine
- The American Society for Lasers in Medicine and Surgery
- The European Society of Laser Dermatology
- The European Society for Dermatological Surgery (ESDS)
- The International Society for Dermatologic Surgery
- The International Academy of Cosmetic Dermatology

Fellow of the Royal Society of Medicine
 General Medical Council No. 3435867
 Irish Medical Council No. 11441

Soft Tissue Fillers

Dermal fillers are designed to reduce the signs of ageing by removing wrinkles thereby restoring a more youthful appearance. The products are biodegradable and their effects fade gradually over a period of time. The most commonly used are made from natural hyaluronic acid. These include Restylane, Juvaderm, Surgiderm and Matridur. The Ailesbury Clinic was amongst the first in the world to use synthetic collagen Evolence. It also pioneered new facial contouring techniques using less biodegradable implants such as Radiesse and Bio-Alcamid, which have since become accepted worldwide.

Restylane™ has an intermediate gel particle size of hyaluronic acid. It is suitable for treatment of moderate wrinkles and lip enhancement. It has FDA approval for the correction of nasolabial lines and lasts 9-12 months.

Matridur™ has an intermediate gel particle size of hyaluronic acid. It is suitable for treatment of moderate wrinkles and lip enhancement. It has FDA approval for the correction of nasolabial lines and lasts 9-12 months.

Evolence™ is a synthetic collagen filler for the correction of nasolabial folds, scars and other tissue defects. The effects last from 12-18 months. This is a product that gives a good aesthetic effect with minimal side effects.

Surgiderm™ is a hyaluronic based dermal filler manufactured by the Corneal Group, with effects lasting 9-12 months.

Teosyal™ is a hyaluronic based dermal filler, manufactured in Switzerland by Teoxane Laboratories with effects lasting 9-12 months.

Collagen Stimulators and Semi Permanent Fillers

Radiesse™ is a dermal implant made from (CaHA) calcium hydroxylapatite launched in the US in 2000. It has FDA approval for the correction of nasolabial lines. Its makers claim it can induce a collagen capsule and it lasts 2 years.

Matridex™ has an intermediate gel particle size of hyaluronic acid. It contains special particles to induce collagen formation. It is suitable for treatment of moderate wrinkles and the correction of nasolabial lines. Its effect last 9-12 months.

Outline is a French dermal filler made from absorbable polyacrylamide gel. The makers claim it negatively-charged microspheres induce collagen formation. It requires no skin testing and the effects last for up to two years.



Sculptra® is a collagen stimulator made from poly-L-lactic acid, which works from deep within to stimulate new collagen to smooth skin and restore natural elasticity. It was launched in Ireland in 2000 as New-Fill®. It is used as a sculpting agent thereby larger areas can be treated. It can be used for cheek augmentation as well as a sculpting agent for any area of the face.

Bio-Alcamid™ is a gel type permanent 'extractable' polymer filler is composed of 96% water and approximately 4% polyalkylimide. No skin test is required prior to injection. Bio-Alcamid™ is also used to reconstruct anatomical defects such as HIV lipodystrophy and pectus excavatum in children.

Muscle Relaxing Injections (Botox® or Dysport®)

This very popular treatment is used to soften facial expressions resulting in a natural looking youthful appearance with minimal "downtime" It is most commonly used to treat forehead frown lines and lines around the eyes. Effects usually last from 4-6 months.

These injections can also be used to successfully treat migraines and excessive sweating. Treatments for hyperhidrosis can last up to eleven months.

Note: There are many misconceptions about the use of Botox®. Please see article in Enhancement magazine

Non-Surgical Anti-Aging Procedures



Superficial Peels

Alpha-Hydroxy acid (AHA) peels e.g. glycolic, lactic, citric and other fruit acids are used to safely treat rough skin and improve texture. These peels are generally used to clear the upper layer of the skin in comedonal acne, to remove fine lines and sometimes to improve dry flaky skin. There is no need for social activities to be postponed. Glycolic peels are offered ranging in strength from 15% up to 70%.

Beta-Hydroxy acid (BHA) or salicylic acid peels are not as popular as AHA peels, yet they can be equally effective and have specific advantages for some skin types. They work in a way that is similar to a glycolic acid peel, but irritation may be reduced. Agera ® Rx peels treat aging skin, acne and unwanted pigmentation without skin shedding, redness or irritation.

Medium Peels

Medium depth peels are mostly used for fine lines, wrinkles, superficial scars, stretch marks and to rejuvenate skin. **Trichloroacetic acid (TCA)** peels are used to treat fine wrinkles and superficial blemishes and deep skin regeneration. EasyTCA is one of the most popular safe medium peels. Special protocols are implemented for the treatment of delicate skin on décolleté, hands, forearms and eyelids.

Note: results are closely linked to the depth of peel performed. Superficial peels (typically those using low concentrations of AHA or BHA) offer far less dramatic improvement than medium or deep peels (usually TCA or phenol-based) do.

Medical Microdermabrasion

The **Derma Genesis®** microdermabrasion procedure is fast, predictable and painless. Many clients feel it is the perfect "lunch hour" treatment, usually taking less than 30 minutes to refresh skin. During the procedure a flow of fine medical grade crystals removes the surface dead cells of skin and the underlying skin is stimulated promoting increased collagen production. This treatment can be used in conjunction with other treatments e.g. high dose retinol (which is absorbed more readily post procedure) adding to the list of benefits this treatment has to offer.

Note: microdermabrasion is used to treat and/or diminish: blackheads and white heads, hyperpigmentation, fine lines and wrinkles, sun damaged skin, acne prone skin, superficial age spots, oily skin and dry or patchy skin

Skin Peels and Microdermabrasion

IPL Skin Rejuvenation

Photorejuvenation is a light based therapy that works simultaneously by erasing signs of aging in the epidermis while repairing collagen in the lower dermis. It also diminishes redness of the face or flushing associated with rosacea, reduces brown spots, erases broken capillaries, and smoothes roughly textured skin. Since the epidermis is rarely injured, it offers a safe non-invasive solution to patients. The range of skin conditions that can be treated by this technology include:

- Age spots / freckles
- Broken Capillaries
- Telangiectasias
- Most benign Brown Pigments

** A patch test may be required before treatment for either the Quantum or Aurora lasers*

Photopneumatic Therapy (PPx) is the first clinically proven painless treatment for acne, skin rejuvenation and permanent hair reduction. This therapy uses a combination of IPL and pneumatic energy (vacuum) that requires no pre-treatment anaesthetics or gels. The treatment is unique in that a vacuum momentarily draws the skin into the treatment hand-piece to stretch the skin and use less energy. Treatment targets such as hair follicles are drawn closer to the skin's surface.

Note: IPL (Intense Pulse Light) is a "lunchtime" procedure requiring no downtime that uses many wavelengths to treat many different problems at the same time

IPL Radio Frequency Combined Treatment

Tissue Tightening for Face & Body

Polaris-laser Lift is an advanced system, which incorporates a laser, radio frequency and IPL (Polaris and Aurora) to contract, tighten and rejuvenate skin. Each treatment can be customised and tailored to individual patients. A regimen of 5 treatments can mimic the effects of a face lift, without surgery and normal activities can be resumed immediately. This treatment is exclusive to the Ailesbury Clinic

Note: RF is a new technology that uses radio-frequency energy to heat the skin. It is seen in the Thermage® and Polaris® type treatments which contract collagen to cause a slight lifting effect.

Omnilux™ is a new diode light technology that delivers skin rejuvenation by using the body's own natural processes to counteract the effects of ageing. This technology can also be used after peeling to aid recovery time. It also promotes a feeling of wellbeing and relaxation to counteract the effects of a busy lifestyle.



IPL, RF and Diode Skin Rejuvenation

Laser Skin Resurfacing

MCL 30 Dermablade Erbium YAG laser produces a unique wrinkle reducing effect with minimum pain and rapid healing. The procedure will also be of interest to patients who also had their facial skin resurfaced by one of the other methods who would like to improve their condition further or who are satisfied with the results but want to resurface delicate skin surfaces like the neck or the back of the hands that were not treatable with other methods. It is also an extremely effective treatment for acne scarring.

Note: The healing process lasts one or two weeks so the procedure is suitable for relatively young and working persons who cannot afford a lot of down time.

ESC scanned Co2 laser selectively targets water-containing dermal tissue to diminish the appearance of scars and wrinkles. This laser is more effective for aged patients with severe sun damage as CO2 will cause contraction of collagen fibres. Other conditions, responding favourably to Co2 laser resurfacing, include rhinophyma; diffuse actinic keratoses and sebaceous hyperplasia.

Active FX scanned Co2 laser uses a fractionalised beam to target water-containing tissue, thereby diminishing pigment, scars and wrinkles. The advantage of this system is the recovery time lasts only 3-5 days. An update in 2007 may reduce this time further to only 1 day. It also has FDA clearance to treat melasma

Note: The healing process lasts only four days so the procedure is suitable for working persons who cannot afford down time. Some conditions may require more sessions.

Laser Skin Resurfacing

Laser Hair Removal

The Ailesbury Clinics use the advanced **Lumenis Quantum IPL** to remove unwanted dark hair. The **Syneron Aurora laser Radio Frequency System** is also used, (only system to have FDA approval) to remove white and grey hair. We also use **PPX** technology to achieve faster results. The laser clinician will usually decide on which course of treatment is most suited to your needs.

Note: A course of about 6 treatments is normally advised, the number depending on the area, age of patient, colour of hair, and hormonal individual response. Occasionally some small percentage of patients may require additional preparations e.g.: melanin enhanced or Vaniqa cream.

Laser Vein Removal and Sclerotherapy

Lumenis Nd YAG Laser system are also used extensively in cosmetic medicine for laser hair removal and the treatment of minor vascular defects such as spider veins on the face and legs. A patch test may be required prior to the treatment.

Sclerotherapy - This simple procedure is an effective treatment for thread veins on the legs. It involves injecting a sclerosant solution called Sclerovein® into the vein causing them to collapse and gradually disappear over a period of about six weeks. Usually two or more sessions are required to achieve optimal results.

Note: when scheduling your procedure keep in mind that your legs may be slightly bruised for a week or two afterwards. Occasionally this can last longer in some people.



Laser Hair and Vein Removal

The clinic has numerous methods of fat reduction including injection therapy.

Lipodissolve injection treatment uses a natural compound called PPT to eliminate fat deposits, which remain despite continued dieting and exercise. This treatment generally requires multiple injections directly into the area concerned. The active substance is a soya bean extract that similar to a substance naturally produced in the body to aid fat metabolism. Dr.Treacy is an European Group Leader of Network Lipolysis.

Ultra-Shape is a completely new ultrasonic treatment for removing unwanted fat. The technique involves using therapeutic ultrasound and video track systems to selectively target and ruptures fat cells in the chosen area. Clinical studies have shown that after a single procedure an average reduction of 2cm in body circumference can be noted (similar to one dress size.) The treatment is pain-free and with no downtime.

Smart Lipo is a minimally invasive technique for removing localised subcutaneous fat. The Smart Lipo laser is delivered under the skin using fibre optics, which bursts the membranes of the fat cells when it comes into contact with it. The fat cells form an emulsion (lysate) that may be removed by suction. Because the technique is made to reduce side effects and risk the fat emulsion is left behind and changes only become visible 1-3 months after treatment. Consultation is required.

Vaser® uses ultrasonic liposuction to break up and remove fatty tissue, whilst leaving surrounding tissue intact. It combines patented technology with advanced surgical techniques to perform a technique called liposelection to remove unwanted fat from abs, arms, back, hips, knees, love handles, neck and chin, saddlebags and thighs. It suits clients seeking a low pain path to a slimmer more youthful body.

Note:Vaser is recognised as the most form of liposuction.

Velasmooth The technology in Velasmooth uses four different technologies simultaneously to reduce cellulite. Infra red light warms the upper skin layers and radiofrequency currents provide the necessary warmth down to 10mm deep in the skin. A special pulsating vacuum smoothes the upper surface by increasing the blood supply to the connective tissue, and massage rollers remove tissue fluids to the lymphatics. The combination achieves fast and effective results. A course of ten treatments is recommended and the effects last about 2 years



Pigmented Lesions, Cyst & Skin Tag Removal

The Ailesbury Clinic provides a wide range of minor and major surgical procedures. A full range of these procedures including the use of cryotherapy and radiosurgery is found on our website. Dr. Treacy is an international lecturer for Ellman® radiosurgery techniques.

Skin Cancer Diagnosis and Treatment

Molemate® is a non-invasive rapid and painless melanoma- screening device, which enables medical personnel to make immediate diagnosis and decisions regarding treatment options for patients. All suspicious lesions are screened by a doctor to decide on an appropriate treatment programme.

Photodynamic therapy (PDT) is a treatment that uses a photosensitising agent and a specific wavelength of light to produce a form of oxygen that kills cancer cells. The Ailesbury Clinic was the first in Ireland to use this treatment for primary skin carcinoma (BCC) and has trailed its effect in photorejuvenation and hair removal.

Contour Threads®

Contour Thread Lift is a patented FDA-approved, self-anchoring suture technique that provides a non-surgical approach to lifting skin. This advanced technique lifts the sagging tissues of the neck and jowls allowing the physician to produce a relaxed, fresh, appearance, while preserving and enhancing the natural contours of your face. It can also be used for the cheeks and the brow area. It is important to realise this procedure does not replace a conventional face lift but offers patients an innovative minimally invasive approach.

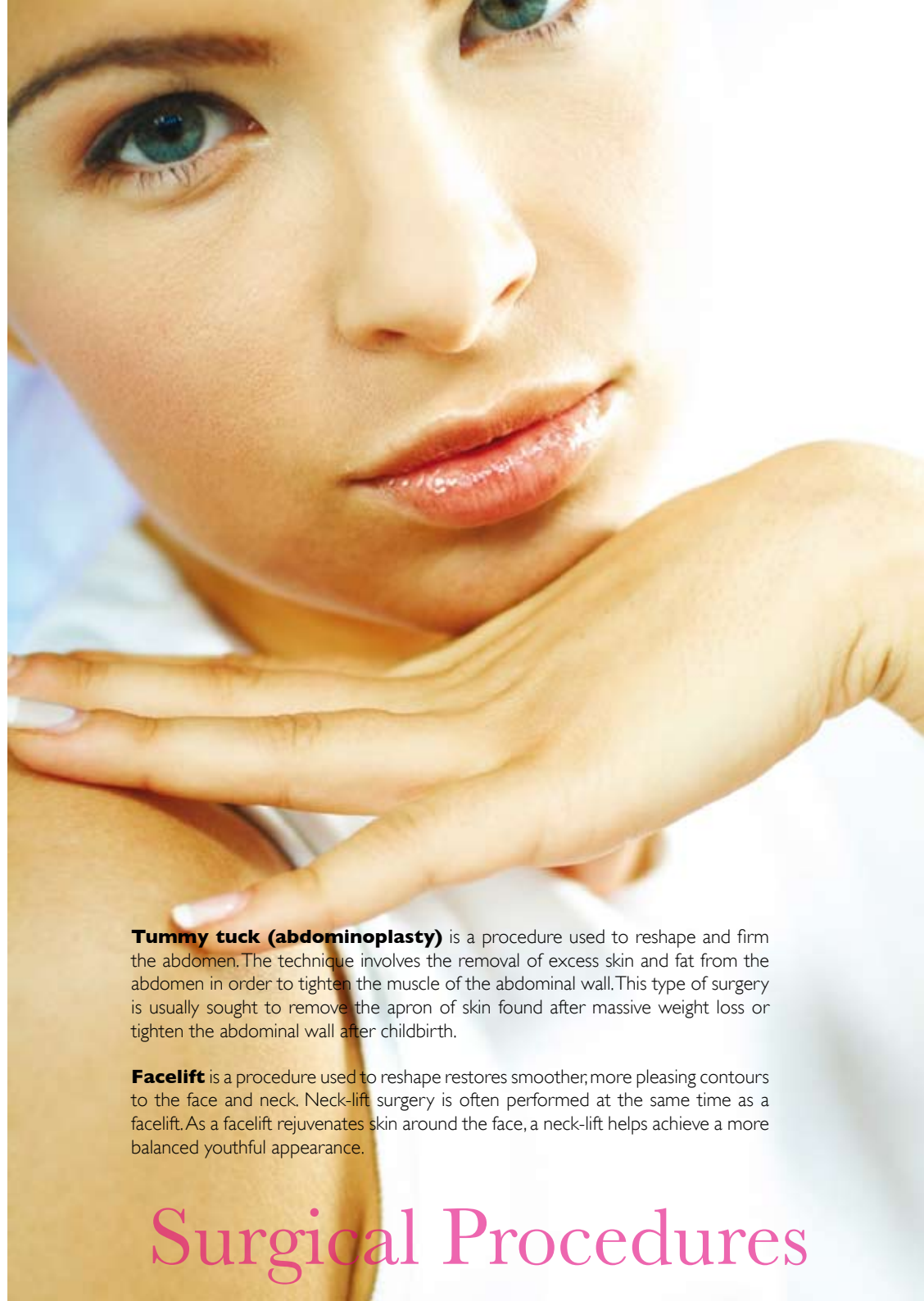
Invasive Surgery

Blepharoplasty is a procedure to correct the sagging or drooping of the eyelids. It also allows removal of excess fat from under the eye. It takes from 1 to 3 hours to perform under a local anaesthetic. A small incision is made within the inner portion of the lower lid resulting in no visible scarring. Dissolvable type sutures are sometimes used.

Rhinoplasty is a type of plastic surgery used to improve the function or appearance of a person's nose. Rhinoplasty is most commonly performed for aesthetic reasons although it is also used for reconstructive purposes to correct birth defects or breathing problems.

Tummy tuck (abdominoplasty) is a procedure used to reshape and firm the abdomen. The technique involves the removal of excess skin and fat from the abdomen in order to tighten the muscle of the abdominal wall. This type of surgery is usually sought to remove the apron of skin found after massive weight loss or tighten the abdominal wall after childbirth.

Facelift is a procedure used to reshape restores smoother, more pleasing contours to the face and neck. Neck-lift surgery is often performed at the same time as a facelift. As a facelift rejuvenates skin around the face, a neck-lift helps achieve a more balanced youthful appearance.



Skin Diagnosis

Beau-Visage® is a new skin imaging and aesthetic treatment management system that allows aesthetic practitioners to have the unique ability to observe blood, melanin and sun damage up to 2mm under the surface of the skin. It also can monitor skin health versus actual age enabling the practitioner to choose therapies and treatments tailored to your individual needs that harmonise and improve skin tone.

Skincare at Ailesbury

The Ailesbury Clinics offer a number of skincare brands as recommended lines for home care and daily maintenance of your skin. It is recommended to have a consultation with one of our aestheticians in association with our skin analysis system to help you to choose the most appropriate programme for you.

NV Perricone Higher Potency (exclusive to the Ailesbury Clinics) is specifically designed to prevent ageing skin. This three-tier skincare system features biologically active ingredients (alpha lipoic acid, DMAE (dimethylaminoethanol), Vitamin C esters and neuropeptides) to produce marked improvements in the tone and appearance of skin and decrease the appearance of fine lines and wrinkles. This specialist range can only be prescribed by a dermatologist or other skin care physician.

Agera Rx is an advanced medical based skincare line, providing anti-oxidant therapy via bioactive nanodelivery, allowing rapid and deep penetration of antioxidant vitamins, stimulating vitamins and other nutrients to specific layers of the skin to stimulate, repair and protect.

Note: these ranges can only be prescribed by a dermatologist or skin care physician.

CosMedix chirally correct peel series provides a safe, effective alternative to harsh or long-duration peel treatments. Chirally correct means that the molecules of the active ingredients fit the skin's receptors and this orientation is good for skin. CosMedix' chirally correct technology offers several advantages over other peels: minimal down time, non irritant, non comedogenic while calming and protecting.

Nimue system offers long lasting benefits and is directed at improving the health of the skin incorporating Alpha Hydroxy Acids. Skin will be softer, smoother and more radiant.

