

Ageing Delayed

The quest for eternal youth takes us to a new medical center in Halandri where we encounter **Nikolaos Metaxotos, PhD**

A native of Athens, Nikolaos Metaxotos PhD studied medicine at the University of Athens and was qualified in 1992. He was trained in Plastic Surgery at Charing Cross Hospital in London and in Athens. His training included extensive experience in reconstructive and aesthetic surgery. In 2001 he was board certified by the European Boards of Plastic

Reconstructive and Aesthetic Surgery, a high qualification recognized in all European countries. In 2005, after six years of research in skin melanoma, he was awarded a Ph.D. by the Medical School of the University of Athens. His main interest in cosmetic surgery is facial surgery including facelifts and blepharoplasty. At the 2004 American Meeting of Aesthetic Surgery, he presented a paper on the minimal access face lift

(MACS Facelift), a new face lift with minimal incisions and quick recovery, which was very well received by the American Plastic Surgeons. In February 2005, the Daily Mail qualified him among the most sought-after plastic surgeons in the world.

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The aging process starts on day one of our birth and takes a life long trip along with each and every one of us. The process is normally accelerated by challenges of today's environment and lifestyle, such as stress, pollution, smoking or sun damage. As a result, our skin undergoes a number of changes. It thins, falls, and creases along muscular and gravitational folds. Fine lines or wrinkles appear, as the skin loses its youthful texture and brightness.

To confront such challenges, a series of anti-aging treatments can be recommended. Treatments are carried out using the latest in cosmoceuticals (the latest in cosmetic science, a series of products especially designed to meet today's skin challenges and only available through physicians) and do not involve any downtime, recovery period or surgical treatment. The patient is normally required to go through a skin preparation period at home.

The main therapeutic sessions take place at the doctor's office, where a tailor-made protocol of appropriate agents is applied. Each session normally lasts for about half an hour. The patient can resume social activity immediately, and the results of the session are already apparent after the first visit.

In a short period of time, normally between 6 and 8 weeks, the results of the treatment are visible; the skin appears healthier and brighter. Fine lines fade away, the texture is rejuvenated and the face starts to appear remarkably younger.

Regularly following such treatments helps protect the skin from the challenges of today's environment while significantly delaying the aging process and the prospect of resorting to surgical rejuvenation methods, such as a facelift.





Dr. Konstantinos Papakonstantinou MD, a graduate of the National University of Athens, completed training in Plastic and Reconstructive Surgery at the University of Toronto, in Microsurgery and Hand surgery at the Eastern Virginia Medical School, Norfolk, VA, and in General Surgery at the University of Pennsylvania, Philadelphia, PA. He is board certified by the Royal College of Physicians and Surgeons of Canada, the European Board of Plastic, Reconstructive and Aesthetic Surgery and by the Hellenic Board of Plastic Surgery. He is also Board Eligible by the American Board of Plastic and

Reconstructive Surgery and is licenced to practice surgery in the USA, Canada, Greece and the United Kingdom.

Papakonstantinou has a great interest in all aspects of plastic and reconstructive surgery including aesthetic surgery, breast reconstructive surgery, microsurgery, hand surgery, peripheral nerve surgery, pediatric plastic surgery and cranio-facial surgery. He

has an additional interest in plastic surgery research, having completed two research fellowships in the USA which focused on gene therapy protocols. He has authored and co-authored a variety of scientific articles on plastic and reconstructive surgery in American journals and is a member of many surgical societies. Advanced Medical Services,

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Scar Prevention After Surgery

Konstantinos Papakonstantinou, MD faces a number of misconceptions regarding surgery including the fear of scars



There is a myth among patients who undergo any form of surgery, but especially plastic surgery, that if a patient is operated on by a plastic surgeon, he or she will have no scars. The truth is that every patient will have a visible scar after any kind of surgery. This scar will slowly fade away, but a visible component will always be a reminder. However, due to extensive research on scarless healing over the years, we as plastic surgeons can offer advice and tips about helping a scar become less visible.

Prevention starts before the surgery with a thorough examination of the patient's previous scars and the scar's medical history.

- Planning of the incision, so it falls along existing skin lines or wrinkles and away from potential areas of tension, definitely helps.
- Cessation of smoking by the patient at least one month prior to surgery has proven to be beneficial.
- Fine handling of the tissues during the operation by a well-trained, experienced surgeon is an essential step in avoiding necrosis of the wound edges, hematomas and infection, all of which will create ugly scars.
- The surgeon must educate the patient how to take care of the wound and closely follow him/her postoperatively, in order to diagnose early signs of unsightly scarring.
- Massaging of the scars with a hydrating cream will soften the scar and minimize its height.
- Many people believe that Topical Vitamin E will help their scars look better after surgery. However, a study published in *Dermatologic Surgery* (04/99) reported that topical Vitamin E had no effect and even worsened the appearance of incision lines/scars in 90% of cases. While other studies showed, on the contrary, beneficial effects, I personally do not recommend Vitamin E.
- Silicone sheeting is becoming more popular for flattening and fading of scars, due to the pressure and moisture barrier of the sheeting.
- Application of ultrasound on the scar has been shown to prevent and improve scars postoperatively.
- Avoidance of excessive sun exposure and application of sun protection creams, balanced nutrition and, by all means, cessation of smoking are all of prime importance.

