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get the cosmetic
surgery edge

the smart guide for potential patients



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welcome...deciding to have cosmetic surgery is a personal process, unique to every individual.

Most people considering cosmetic surgery have been unhappy with some part of their physical appearance for quite some time. For some men and women the goal is to turn back the clock, others only hope to correct physical imperfections that have affected their self-esteem for years. And while it is true that "beauty is only skin deep," for many people, cosmetic surgery can enhance self confidence and body image, strengthening their "inner beauty" as well.

While the decision to have cosmetic surgery is one you must make on your own, there is information that anyone considering an elective procedure should have. Once a person is armed with information, they know the questions to ask and the things to look for. This helps potential patients find a qualified, experienced physician with a safe and comfortable surgery centre, while creating a foundation for realistic expectations regarding what will happen before and after your surgery including risks and any potential complications.

This eBook discusses the important information you need to know in order to make the best decision for yourself. It also discusses aspects of surgery that can affect your daily life, such as financing or payment options, how long to take off from work, and how best to prepare for a surgical procedure.



welcome...

Thank you for downloading this eBook – we are sure you will find it very helpful. If you have questions regarding specific procedures or the practice's offerings, please call or email us and we will help you get the information that you need. We can also help to set up a consultation to help you determine if cosmetic surgery is the right option for you.

Warmest Regards,

Dr. Tim
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is seeing **believing?**

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So you're considering cosmetic surgery.

While it may have taken a while to get this far, serious questions may be looming in your head: how do you find the right physician? How do you find the information you need? Who can you trust?

Be a Discerning Consumer of Online Information

Today, many people turn to the Internet for answers to some very personal questions. But, how do you know that you can believe what you read? What should you look for? Where should you turn first? While you can always call a surgeon's office to get more information, sometimes getting online can get you the general information that you are seeking, immediately. Your online research might include:

Web Sites.

Physician Web sites can be a nice introduction to the doctor's practice, but don't let a nicely designed Web site be your sole reason to choose a doctor. You need to meet the physician, the staff, see the offices and ask questions. You need to make sure that you have chosen a physician with a solid record with whom you feel you can place your trust.

Before-and-After Photos.

These photos can really show a certain physician's style and give you a good idea as to what type of results specific procedures can deliver. We recommend Before-and-After photos as a means to help educate yourself with regard to surgical possibilities, but it is also important to remember that no surgical results can be perfectly duplicated.



is seeing believing?

Social Media Sites.

More and more Web sites encourage real-time interactivity and contain user-generated content. Physicians are getting on Facebook to keep in touch with their patients and share their story with an expanded audience online. They're also blogging about news and developments in the cosmetic surgery field. Patients themselves are using sites like Real Self to ask questions and hear from others who have had cosmetic treatments. It's a good idea to keep in mind that the opinions and perspectives you find on social media sites are just that – not necessarily 100% accurate and reliable information. Consider the source when determining the value of the advice you come across on social media sites.

Example of a Facebook page:

www.facebook.com/DrTimCosmeticPlasticSurgeon

Example of a blog:

www.drtimevlog.com.au

So, who can you believe online? Here is a list of resources we trust.

The ASPS

The Australian Society of Plastic Surgeons offers online resources for both the doctor and the patient.

www.plasticsurgery.org.au

The ASAPS

The Australasian Society for Aesthetic Plastic Surgery delivers news on the latest developments in cosmetic surgery. www.asaps.org.au

Breast Health Online

A website founded by a community of women committed to breast health.

www.breasthealthonline.com

The ISAPS

International Society of Aesthetic Plastic Surgery www.isaps.org



worth **1000** words

You know the famous saying: a picture is worth a thousand words. This axiom couldn't be more true than when researching cosmetic or plastic surgery or treatments for yourself. When you begin to explore different techniques, procedures and physicians, you will have the opportunity to look at many photos – Before-and-After photos that show patient improvement and surgeon results as well as the benefits or limitations to certain procedures. Think of them as a tool for visual communication.

“While photographs can be a powerful tool for understanding procedures and possibilities, it is important to remember that results can never be perfectly duplicated.”

Understand What a Procedure Can or Can't Do. In Before-and-After photographs you can clearly see what a procedure can or can't do. You begin to understand what Cosmetic Injectables can do, what a chemical peel can do, and what a facelift can do. All three of these treatments reduce wrinkles, but each does so in a different way, to a different extent, and sometimes to different parts of the face. You will begin to understand the difference between an eyelid lift and a forehead lift. In addition, you will more clearly understand what each treatment can't do – which is equally important.

Get a Feel For a Physician's Surgical Style. Make sure you view your physician's Before-and-After photographs. While all surgeons have attended medical school and are licensed under their state's rules and regulations, not every surgeon has the same education, experience, capabilities or style. Surgeons sometimes have preferred procedures and techniques and often these will be apparent in their patients' "After Photos." Take breast augmentation for example.

worth **1000** words

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While comparing the different Before-and-After photographs from various surgeons you may begin to notice that one surgeon's patients tend to have results with similar size or proportions. Not every patient has the same goals; and while the surgeons you consider may all be very gifted and experienced, you may feel more drawn to one style over another. This is especially prevalent in rhinoplasty (nose reshaping) and breast augmentations.

Bring In Photos That Show What You Like. When you are ready to have a consultation with a plastic surgeon you can bring photos to show what you like and your goals, as well as what you don't like. This will illustrate your expectations to your surgeon. It can also open a dialogue between you and your surgeon to ensure that what you want is realistic – one of the most important aspects of cosmetic surgery treatments. You want a surgeon to be truthful with you, not promise you the impossible.

While photographs can be a powerful tool for understanding procedures starting a conversation about possibilities, they have their limitations as well. Photos, particularly from print media, can be altered and not representative of a real person. Ask to see the results of real patients, read actual stories about patient experiences and ask to speak with specific real people.

Use photos as one of your learning tools. But remember that no surgeon can promise to deliver exact results you may see in a magazine or on the Internet. Remember to have an open, honest discussion with your surgeon about the range of results possible for you.



finding **the right** surgeon

Do not be fooled: any doctor can call themselves a cosmetic surgeon, but that does not mean that they are a board-certified plastic surgeon, that they specialize in plastic surgery or that they even have experience performing intricate plastic surgery procedures. So, how can you know you are getting an experienced, knowledgeable and certified plastic surgeon?

Look For Certification from Reputable Colleges and Societies

In order to distinguish doctors with specific education and extensive plastic surgery experience, several boards and societies exist to help patients find the most qualified surgeon. The Royal Australasian College of Surgeons (RACS) oversees the training of Australian plastic surgeons. When your surgeon says that he or she is certified it does not necessarily mean RACS certified, so be sure to check.

The RACS is the only college in Australasia approved by the Australian Medical Council (AMC) to certify doctors in both plastic and reconstructive surgery. Created to help protect patients, the RACS regulates the quality of medical education, designating qualifying requirements, regulating comprehensive exams and presenting certification to those who meet the established requirements.



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While certification from a reputable college can immediately tell you that a surgeon has met specific requirements, you should still ask any surgeon you are considering questions about:

- Their Training. Learn where they went to medical school and performed their residency. Look for a surgeon who constantly expands their education and improves their skills, or one who has trained with other experts in their field.
- Their Hospital Privileges. Where is the surgeon permitted to perform surgery? Your doctor's hospital privileges let you know that he or she is in good standing with the local hospital and has met their requirements of conduct and training.
- Their Memberships. Professional organisations and medical societies often have their own criteria for accepting doctors as well, such as ethical conduct, board certification, or specialisations.

Your plastic surgeon should be proud of his or her schooling and will often prominently display diplomas, certifications and memberships. If you do not see any of these in the office, ask. And don't be afraid to ask very specific questions. Most doctors enjoy sharing their accomplishments with their patients.

finding **the right** surgeon

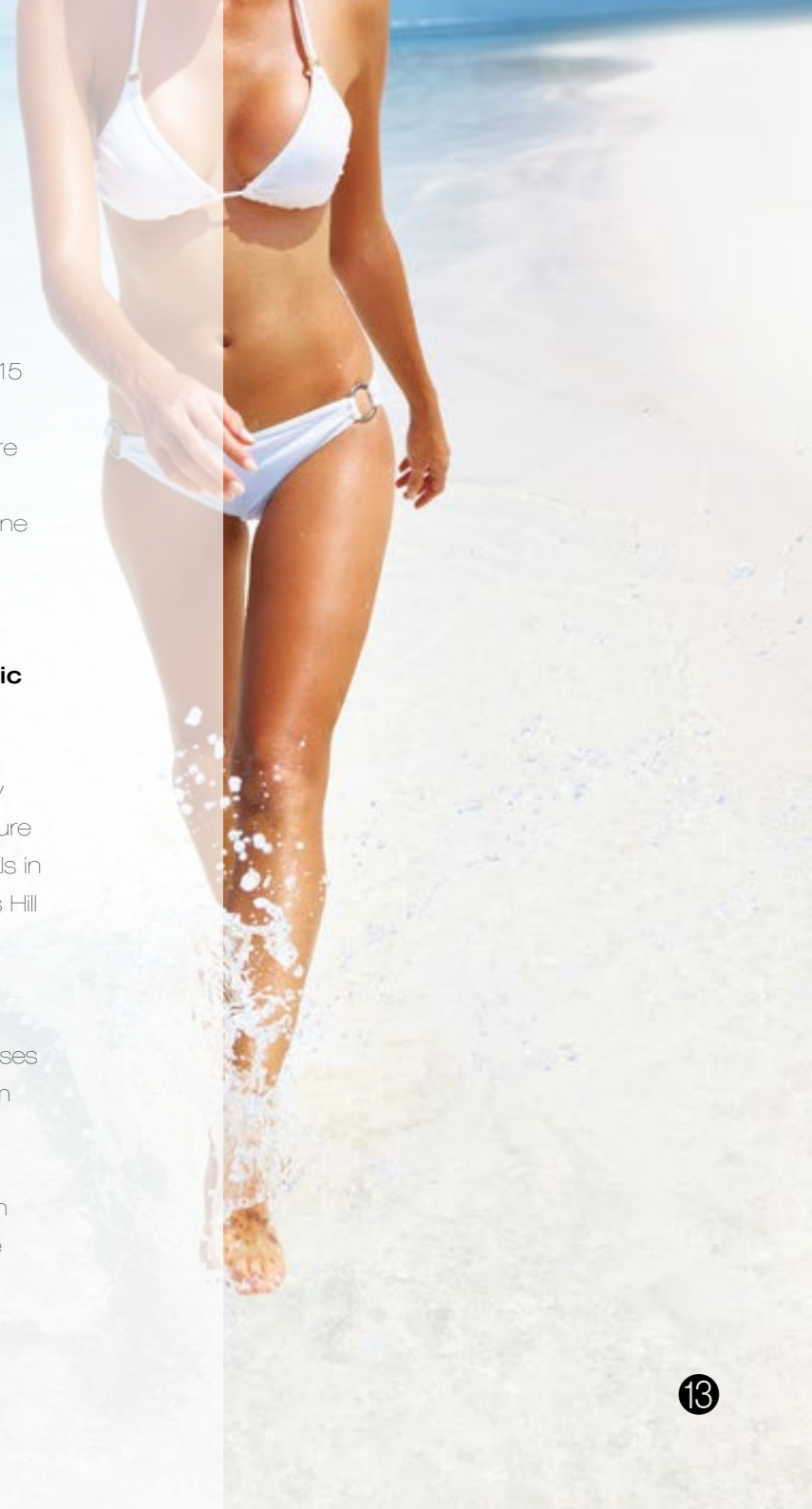
About Dr.Tim

Dr. Tim Papadopoulos has been practicing medicine for 25 years, focusing on cosmetic surgery for 15 years. A graduate with distinctions from Monash University, Melbourne, Dr.Tim completed his General Surgery training at the Austin and Repatriation Medical Centre in 1998, then returned to Sydney where he completed training in Plastic and Reconstructive Surgery in 2002. That same year he completed subspecialty training by attaining Fellowships in both Cosmetic Surgery and Hand Surgery. Dr.Tim is one of a select group of surgeons in Australia who is a dual diplomate with subspecialty training.

Dr.Tim is a Fellow of the **Royal Australasian College of Surgeons (RACS)** and a member of **The Australian Society of Plastic Surgery (ASPS)**, **Australasian Society of Aesthetic Plastic Surgery (ASAPS)**, **The International Society of Aesthetic Plastic Surgery (ISAPS)**, **American Society of Plastic Surgeons (ASPS)** and **International Plastic and Reconstructive and Aesthetic Society (IPRAS)**. Dr.Tim was appointed on the Plastic Surgery Unit at Nepean, Westmead, Auburn and Blacktown Public Hospitals and is active in the training of future plastic surgeons by currently being one of the supervisors of training at these major teaching hospitals in the Sydney West Area Health Service (SWAHS). He also has private hospital appointments at Hunters Hill Private Hospital, Westmead Private Hospital and Nepean Private Hospital.

Dr.Tim is also the Founder and Medical Director of **CosmeticCulture Plastic Surgery & Cosmetic Centres in Pymont, Lane Cove and Penrith, Sydney**. His clinical practice focuses on cosmetic surgery of the face, breast and body, and the surgical repair of deformities resulting from cancer and trauma. Patients seeking cosmetic surgery will appreciate his compassionate care and surgical expertise. He combines state-of-the-art techniques with sensitivity and the highest level of patient care. He has authored many publications in medical journals and has presented his work both nationally and internationally. Throughout his career, Dr.Tim has continued to keep up-to-date with the latest techniques by regularly attending conferences and visiting surgeons at leading hospitals and clinics in Europe, USA, and South America.

Learn more at www.dr.tim.com.au.



the **surgical** setting

The word “surgery” often conjures up visions of hospitals, but ambulatory settings – surgical sites not in hospitals – are becoming more common. This is due to three things: medical advancements, technological advancements, and economical benefits. As few as one in five cosmetic surgery procedures are performed in a hospital. So, to which will you go? That is to be determined by your procedure, current condition, surgeon, insurance plan, and you.

The Location

Ambulatory settings, commonly referred to as surgical centres or outpatient centres, have gained popularity for many reasons, the first of which is that they are far less expensive than hospitals. In addition, most ambulatory settings have been created with the patient's comfort and convenience in mind. Doctors have gone out of their way to create ambulatory settings that are beautiful and warm, forgoing the austere, cold environment of a typical hospital. Most ambulatory settings have a better ratio of staff to patients so that the staff can be more attentive.

In order to determine an ambulatory surgical centre's safety, make sure that it is accredited by a reputable organisation. Accreditation agencies develop rigorous criteria that all centres must pass to ensure patient safety. Typically, these standards govern the layout of the facility, safety procedures and enforcement, and patient care as well as quality control programs to ensure the centre maintains a high level of performance.

Not all procedures are performed on an outpatient basis. Some procedures or patients require a hospital setting. And other procedures, while not requiring an overnight stay in the hospital, may still require a hospital location. Talk to your doctor to determine the best setting for your procedure.



the **surgical** setting

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In addition to your surgeon, there are other key players who will be present at your surgery. The type and number of assisting staff will depend on the procedure performed but can include:

- anaesthetist or anaesthetic nurse
- assisting nurse, scout nurse and recovery room nurse
- assisting staff
- aesthetician (for non-surgical procedures)

Dr.Tim performs most procedures at:

- Hunters Hill Private Hospital
- Westmead Private Hospital
- Nepean Private Hospital

All facilities are fully accredited.

fees & financing

There is no set cost for specific procedures – cost is determined by surgical method or technique, ambulatory setting, staff required, anaesthesia and the patient's current physical condition. There are many different avenues people can take in order to finance their surgery.

All cosmetic surgeries begin with a pre-operative consultation. This gives the surgeon a chance to meet you, discover what you would like to change or enhance and to hear about your expectations or goals. At the consultation, you can ask any questions you may have about the procedure, and the doctor can find out more about your medical history and current state of health. After determining the best procedure to fit your needs, as well as addressing any unique requirements you may have, you will be given an estimate for surgical costs.

At **CosmeticCulture Plastic Surgery & Cosmetic Centres**, we work with many insurance companies and we offer financing options.

Insurance Companies

Many insurance companies do not cover elective cosmetic procedures, but they do cover reconstruction procedures, such as breast reductions and functional or congenital nasal reconstructions. Those that do offer coverage may place restrictions on what is covered as well as ambulatory settings or length of time covered in the hospital. Check with your insurance provider to determine what your coverage handles.

Financing

We understand that just coming to the decision to have plastic or cosmetic surgery is a big step for many people. Once you have made the decision and choose Dr. Tim as your surgeon, we want to help you make your dreams a reality. Needing to take out a loan for surgery is very common. While we don't offer direct financing, we can help you apply for a loan, as well as work with your financial institution to provide needed information in order to get the loan procedures started.



setting expectations

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While the decision to have plastic surgery is very personal and unique for each patient, there is a common "chain of events" that people go through leading up to the decision. It usually starts with disappointment or frustration about a physical attribute – this could be a physical deformity, the way your body or skin is ageing, the shape of a feature, or the balance of features put together. Then there is hope when you begin to believe there may be something you can do. Finally, there is realisation that there are treatments that have worked well for others just like you. The excitement begins to grow.

Possibilities to Actualities

While the possibilities for improvement or enhancement may seem endless to one person, they may seem difficult to imagine for another. For either type of person, the key is to have realistic expectations.

The more you understand both the strengths and weaknesses of any type of procedure, the more clearly you can make your decision regarding treatment and create realistic expectations for your surgery. Your doctor or the staff can help you clearly understand what can be improved by which method and what type of results to expect.



your consultation

All cosmetic surgeries and some non-invasive procedures include a pre-treatment consultation. At the consultation, Dr.Tim will provide you with the required information so as to ensure that you are fully informed going into the surgery. However, the consultation is also the perfect time to ask any questions you may have. Some people have questions they have been wondering about for some time, while others may not even know what to ask. So, how should you prepare for the consultation?

What to Bring

Dr.Tim will want to know about your current health condition as well as your medical history. Bring your records to help provide the most thorough amount of information – including allergies, prior surgeries, illnesses and the medical history of your immediate family. We recommend bringing any photos that you may have that illustrate your goals or expectations for the treatment.

What to Ask

In addition, the consultation is the perfect time for you to ask Dr.Tim questions about their background and about the procedure, including information about possible risks or complications.

- **About the Doctor:** You'll want to make sure that the surgeon has had a lot of experience performing the procedure you are interested in. Find out how many of these procedures he or she has performed and how often they perform them. Ask to see patient Before-and-After photos. Ask if there are patients you can talk to who have had the procedure you are interested in.
- **About the Procedure:** Find out exactly what happens during the procedure. What technique will be used? Are there newer techniques that you should know about? Will you have incisions? Where? What type of sutures will you have and will they require a separate visit for removal? Will you have anaesthesia? What kind? Are there side effects with interested in having more than one type of procedure performed ask if the procedures can be combined into a single surgery.

your consultation

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- **About Recovery:** How much pain or discomfort should you expect afterwards? How will it be treated? How many days will you need to be away from work? Will your movement be limited? If yes, for how long? Will you require special dressings, bandages or garments? How noticeable will your surgery be to others? Should you avoid certain activities? If yes, for how long?
- **About Results:** When will results be visible? How long will results last? What will and won't be affected? Will you need follow-up treatments? What if you need a touch-up treatment or modification?
- **About Risks and Complications:** What are the types of possible risks and the percentage of people who experience complications? What are side effects? Ask your physician to tell you about previous complications he has experienced in the past. While not a comfortable question, you should expect an honest answer.



preparing for **surgery**

The decision to have cosmetic surgery is a decision to feel better about yourself. So, what can you do leading up to the day of the surgery to help support your decision? Mentally, it's good to have all of your questions answered and to have sufficient information about the procedure to make you comfortable. Physically, there are many things you can do as well.

Good Health

It is important to be in good physical health before any surgical procedure. If you have diabetes or are immune-compromised in any way, you should get both under control before your treatment. Both can slow-down the healing process and a compromised immune system can make you more susceptible to infection. Talk to your doctor ahead of time to find out if there are steps you can take to control either of these disorders.

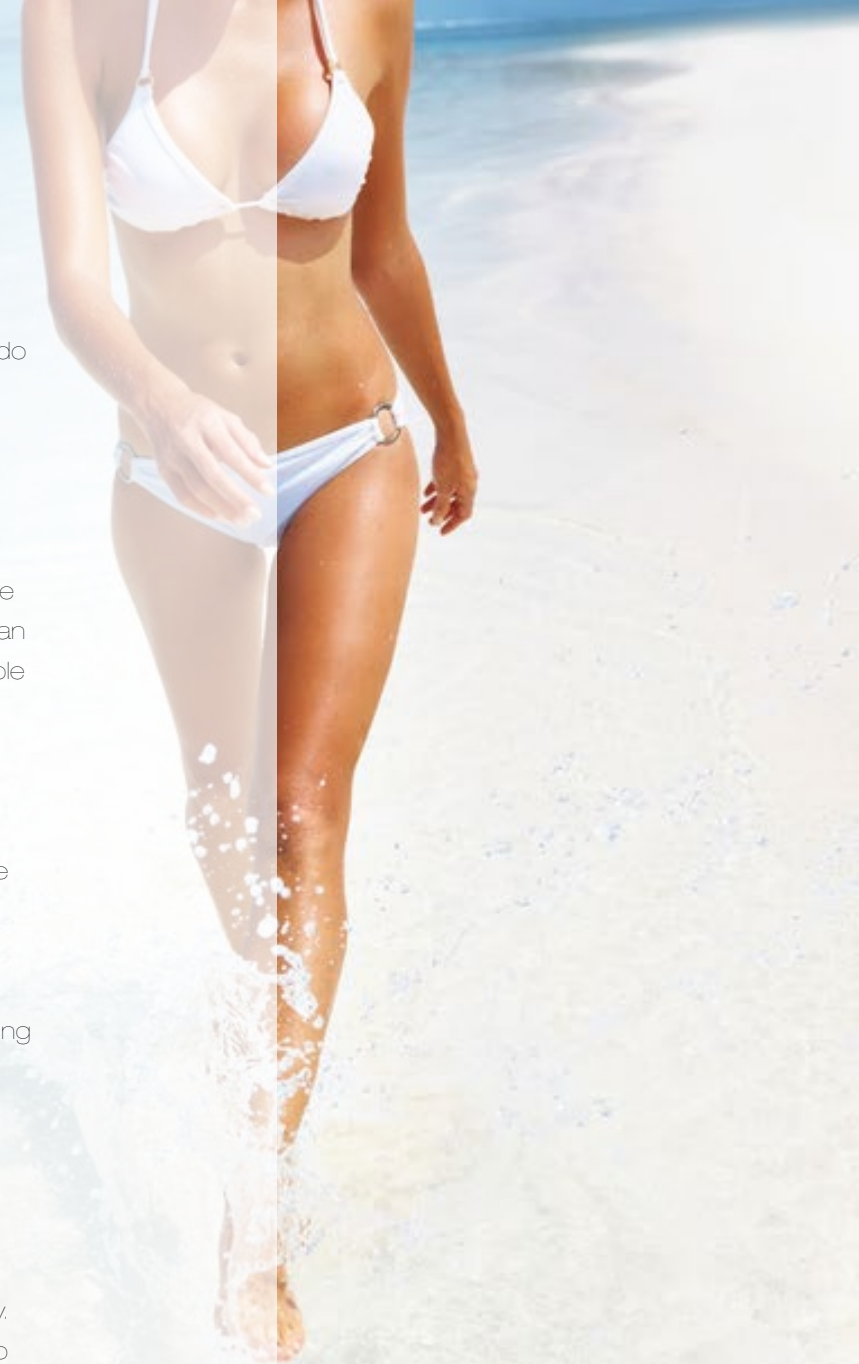
Stop Smoking

You probably think you understand all of the hazards of smoking. And while everyday side-effects are well known, the surgical side-effects are very serious. Smoking can cause complications both in surgery as well as during the recovery process. People who smoke have a tougher time under anaesthesia. Also, smoking restricts blood vessels, making it very difficult for your cells to receive the oxygen that they need during surgery. Likewise, not having enough oxygen can slow down the healing process, hampering your body's ability to recover.

If you smoke, it is recommended that you quit smoking a month before your surgery. If you have difficulties quitting smoking, talk to your doctor about treatments or help that you can get.

Avoid Certain Foods, Drugs and Medications

Over-the-counter drugs that include aspirin can thin the blood which can cause difficulties in surgery. You will be asked to refrain from aspirin, aspirin-containing products, vitamin E, and St. John's Wort up to two weeks before your treatment. Ibuprofen and non-steroidal anti-inflammatories should not be taken in the two days leading up to surgery. Some treatments may require avoidance of other drugs, vitamins or minerals. Dr.Tim will give you a complete list of foods and products to avoid.



preparing for **surgery**

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Personal Preparation

To make your recovery as pleasant as possible, it is good to prepare your home and lifestyle beforehand. Your doctor can suggest many conveniences that may help you, depending on your treatment. For people who have operations that temporarily limit what they can reach or pick up, moving needed objects from tall cupboards or shelves to waist height can be very helpful.

You will need somebody to drive you home when you are released after your treatment. You will not be allowed to drive yourself home if you have been under anaesthesia or other types of pharmaceuticals. Also, we recommend having someone with you for the first 24 to 48 hours after your surgery.

The Day of Your Surgery

To make the day of your surgery go as smoothly as possible, be sure to have followed all of your doctor's pre-operative guidelines. Arrive at the surgery centre bathed, but do not wear any make-up or perfumes.



risks & **complications**

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All surgeries come with some level of risk or chance for complications, although the chances are very low. It is important for you to be fully informed before your treatment and your doctor will go over possible complications with you in full detail during your consultation. This is also the time to ask them any questions you may still have. Closely follow all pre- and post-operative instructions given to you by Dr.Tim or his staff. If you have been asked to avoid certain foods, medicines, drugs, vitamins or minerals, do so. If you are told to wear a compression garment or refrain from certain activities after the treatment, follow these instructions. They are made with your safety in mind as well as to help your recovery go as smoothly as possible.

Scars

There is no such thing as "scarless" surgery. If there is an incision, there will be a scar. Dr.Tim take great care to place incisions in the most discreet places whenever possible.

Each individual will scar differently. Some people will heal with barely a trace of an incision mark while others may be susceptible to darker or raised scars. A minority of people may develop keloid scars (bumpy scar tissue that sometimes requires revision).

Scars have a long healing cycle. You will see remarkable changes in your scars in the first 3 months, but you will not know what a scar will ultimately look like for 12 to 24 months after surgery. Scars take a long time to mature. So, while scars slowly become less and less noticeable, it is important to remember that it may take a year or two before your scar has completed its healing cycle

recovery

Recovery is an important part of the cosmetic or plastic surgery experience. It's important to take good care of yourself, allowing yourself enough downtime and not pushing too hard to get back into your normal activities. As medicine continues to improve through new technologies and techniques, surgery becomes less traumatic for the body and people are able to recover more quickly. Still, you need to give your body the correct amount of time and rest before you resume all levels of activities.

The recovery process begins as soon as the surgery ends. If you had surgery under general anaesthesia, don't be surprised if you are very cold when you first awake. The nurse will wrap you in a warming blanket to help fight any chills. If you are having an outpatient procedure – where you get to go home the same day – you may need to stay at the doctor's office or surgery centre for a couple of hours. When you are released, you will need a friend or family member to drive you home – you will not be able to drive yourself home. We also recommend having someone stay with you for the first 24 to 48 hours.

What you need to do during your recovery will depend on the procedure. Here are some basic guidelines.

Basic Guidelines

If your procedure takes place above the shoulders (neck, head, face), keep your head elevated for several days, even when you are sleeping. This will help minimise swelling or bruising.

If your procedure requires a compression bandage or garment, make sure to keep it on for the full duration. Your body needs extra support and the bandage or garment will help minimise swelling.



recovery

If your procedure involved your skin you may need to stay out of the sun or wear extensive sun block for several weeks.

Your doctor will let you know when you'll be able to bathe, wear make up, do light activities and participate in more strenuous activities. You may feel as though you are an exceptionally strong and resilient person, but you still need to give yourself the gift of time and rest when it comes to recovery. Take it easy. Take it slowly. Treat yourself kindly and, before you know it, you'll be back to all your normal activities.

Cosmetic surgery procedures can help you look better and feel better about yourself. Many people say that it helps them look on the outside how they feel on the inside. Others say that it gives them the selfconfidence that they have been lacking or the courage to be more true to themselves.

Each person is unique and will have their reasons for having a treatment. But, once you've had the treatment, it is important to continue to treat yourself kindly and with great care. Continue to follow age-defying activities such as getting enough rest, lowering stress and eating healthy. Follow your doctor's instructions. And get ready for many, many compliments on the "new you" – the you that has been waiting to come out for so long.



maintaining your result

If you have made the decision to have a cosmetic procedure, why not support it with a healthier lifestyle? Your actions can help the procedure last longer, ensuring a vibrant, healthy, happy vision of you.

Slowing Down the Ageing Process

Many people seek cosmetic or plastic surgery in order to "turn back the hands of time" or to at least help them age more gracefully. While plastic surgery can't stop the aging process, it can slow it down quite a bit, especially with some help from you.

- **Protect Yourself From the Sun.** The sun ages skin faster than anything else. By breaking down collagen and drying out skin, sun damage causes sagging and wrinkles to flourish. In addition, sun damage can create unsightly skin pigmentation irregularities from sun spots to skin cancer.
- **Drink Plenty of Water.** Our bodies are made up of water and our cells need ample water in order to stay healthy and function properly. Keeping your body properly hydrated allows the body and organs to function better and it also greatly influences your skin. From hydrating dry, chapped lips to preventing fine lines and wrinkles, drinking enough water can help to battle many signs of aging.
- **Reduce Stress.** This is probably one of the most important subjects in health right now. Stress has been shown to tax all of the body's organs including the heart, but it also wears away a vibrant face. If you are stressed out chances are your brows are knitted together or your face is scowling. The last thing you need is a matrix of wrinkles on your beautiful face. Take preemptive measures to reduce stress and learn tools that help you cope better. A happier you makes for a younger-looking you.

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maintaining your **result**

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- **Give Yourself the Gift of Sleep.** Sleep is an important part of our daily lives, but many people are not getting enough of it. From hectic lifestyles and crazy working hours to family obligations and incessant insomnia, many things can rob us of needed sleep hours. Sleep allows your body to recharge, makes you more alert and sharp during the day, and helps you cope with daily stresses as they happen. If you are burning the candle at both ends, look for ways that you can cut back on certain activities so that you can get an extra hour of shut eye. If you have insomnia, talk to your medical professional about available treatments.

- **Eat a Healthy Diet and Maintain a Healthy Weight.**

Being overweight makes people look older than they are. On top of that, weight gain can stretch out skin and tax the body – all things that can age us prematurely. Being at a healthy weight and eating right allows our bodies to function properly. Good nutrition helps to ensure that our bodies are getting the fuel, vitamins and minerals that they need.



thank you

Thank you for taking the time to read this eBook. If you have questions about plastic surgery, please don't hesitate to contact us on 13000DRTIM or info@drtim.com.au

For more information about cosmetic enhancement, visit:

www.drtimvlog.com.au

www.drtim.com.au

www.cosmeticculture.com.au

And be sure to check out our social media sites:

Facebook: www.facebook.com/DrTimCosmeticPlasticSurgeon

Twitter: @realdrtim

Linked In: Dr Tim Papadopoulos



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