

# The East Preston Clinic



## NEWS

### TAMIS SURGERY

Mr Miles has been trained in Orlando Florida to perform minimally invasive surgery for early rectal cancer. This treatment is available via The East Preston Clinic.

### PHYSIO ACTIVE

The East Preston Clinic is happy to announce that Physio Active has now moved to the East Preston clinic and will continue to provide all of their services from the clinic..

### SUTURE FREE HERNIA

The East Preston Clinic is happy to advise patients regarding all types of hernia repair, including the "ProGrip" suture free hernia repair mesh.

### GALLBLADDER SURGERY

The East Preston clinic is happy to advise patients regarding day case laparoscopic cholecystectomy. It is possible for patients to go home on the day of surgery up to 9 times out of 10

### COLONOSCOPY WITH ENTONOX

Many patients prefer not to have sedation by injection during their colonoscopy. Studies have shown that Entonox (laughing gas) can provide adequate sedation for most patients. We are happy to

## Trans Anal Minimally Invasive Surgery

The aim of treatment for rectal cancer has always been to remove the cancer and prevent its recurrence. On the whole this has involved the removal of the whole rectum including the blood supply of the rectum and the associated lymph nodes. There has been very good evidence that this approach reduces the risk of the cancer growing back within the pelvis and so improves outcome for most patients. There is however growing evidence that this may be a more radical operation than is required in some patients with small, early cancers. Mr Miles has recently been invited to speak at the Association of Coloproctology of Great Britain and Ireland Meeting in Liverpool, describing a new technique to remove only the cancer leaving the rectum behind. This technique does

not involve any abdominal surgery the entire operation being performed through the anus using microscopic instruments and a telescopic camera. A recent analysis of all of the published data on this subject has shown that there is no difference in the survival to 5 years for patients with early rectal cancer (Dukes stage A pT1 and pT2) having either a radical resection of a minimal resection. There is however a significant difference in operative risk and the post operative function which is much improved in the minimally



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## LUNCHTIME FACIAL PLASTICS

In recent years many new, innovative office based procedures have been developed to cater for people who want to improve their facial features but without the significant downtime associated with surgery. These are often relatively quick procedures with people increasingly nipping out in their lunch hour for a facial treatment!

The paragraphs below give a brief overview of some of the most well known treatments available today. As with all medical procedures, however, decisions should not be taken lightly and it is thus important to be well informed and to explore all the options available to you with a well-qualified health care professional who can advise on what procedures would be most relevant to yourself.

I am an ENT Consultant and Facial Plastic Surgeon working in Brighton and Worthing. My specialist interests include office based aesthetic procedures to rejuvenate facial features along with nasal and facial plastic surgery.

My training has spanned South Africa, America and Europe where I was awarded the Joseph Fellowship in Facial Plastic Surgery. I am now also a Senior Lecturer at the Brighton and Sussex Medical School, teach on national and international courses plus have gained a qualification from the American Academy of Facial Plastic and Reconstructive Surgery.

### **Botox**

Wrinkles can be treated successfully with a protein called Botulinum Toxin A (Botox). The amount of toxin used in cosmetic procedures is small and extremely safe. After the skin is numbed with an anaesthetic cream, a tiny amount is injected into specific sites using a very small needle. It works by preventing

certain muscles from contracting to produce wrinkles, delivering temporary muscle relaxation that lasts around 12 weeks.

### **Dermal Fillers**

Static wrinkles are the lines that appear at rest and these do not usually improve with Botox but may be treated with Dermal Fillers. These are based on Hyaluronic acid that is a naturally occurring substance in your body that forms collagen. Fillers revitalize and add volume to the skin, giving a natural, softer look and results can be seen instantly lasting for up to 6 months

The most common areas treated:

- Nose to mouth lines
- Frown line between the eyebrows
- Lips

### **Non-Invasive Face-Lift**

The Exilis System is a non-painful ultrasonic treatment involving 2 to 4 half hour treatments with no down time whatsoever. Although it is available in over 700 centers in the USA, it has only recently become available in the UK and we are one of the few centres using the system. This new technology has been developed to give longer lasting tissue tightening for up to a year by encouraging new collagen formation. It is also effective for body contouring via fat volume reduction.

It is most effective on:

- Jaw line and neck
- Around the eyes and forehead
- Tummy and upper arms

All of the above procedures can be carried out in an outpatient appointment at the East Preston Clinic. You can find more information on all the procedures above by visiting the **website** [www.simon-watts.co.uk](http://www.simon-watts.co.uk).

Alternatively please call for more information or to make an appointment

**Tel: 01243 855169**