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OCTOBER 14, 2013
DR JULIAN DE SILVA SPECIALIST FACIAL COSMETIC SURGEON



WRITTEN BY:
Debbie Rose

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I had always promised myself that when I reached a certain milestone birthday, I would treat myself to a blepharoplasty, this is tightening of the eyelids to remove the droopy overhanging eyelid, creating a more youthful appearance... sounds amazing doesn't it? Not for one minute did I have any doubt that I would not actually have this procedure, I have never had any fear ,because I know that for successful surgery a lot of research is required....Fast forward 3 years and it's happening this week... eek, now I feel a little trepidation... but only a little, it really is more a feeling of excitement, I can't wait for the results and that is exactly what I'm focusing on.

Dr. Julian de Silva is my chosen surgeon, based at The Centre in Hammersmith in a very chic clinic, where the consultation and procedure takes place. The reception staff and the clinic manager instill a feeling of complete ease. I have had 2 consultations, the first was mainly to establish my expectations, the actual




procedure and the recovery, the second was to ensure that I was indeed okay to have the operation, my medical status and to complete copious amounts of very necessary paperwork. 'A' okay, fully fit, blood tests good, date set.

Let me explain why I chose Dr de Silva and his high-tec clinic. Dr. Julian De Silva is a London cosmetic surgeon who specialises in facial cosmetic surgery, only. Dr. De Silva has considerable experience in cosmetic and reconstructive facial surgery from fellowships in London, Los Angeles and New York. He is one of only a handful of elite surgeons to be recognized, with both European and American qualifications and memberships.

Dr. De Silva has a formidable track record of accomplishments including a number of prizes and awards during the past decade of practice, including the gold medal for research in London at Imperial College and prize at the Royal College of Medicine Annual Meeting. He has also made a meaningful contribution to surgical advancement, including over 30 peer-reviewed journal articles and book chapters. He has set an unprecedented standard as the only surgeon in his cohort to have completed two randomized control studies in surgery, considered the gold standard and highest quality of surgical evidence. Dr. De Silva has also led a number of innovations including pioneering research into the use of laser technology and stitch-less tissue adhesives.

Dr. De Silva was nominated by his peers for "Best Doctor" for his surgery practice. He is one of a few cosmetic surgeons, with certifications in surgery by the American College of Surgeons and British Royal College Societies. By focusing only on cosmetic surgery of the face, unlike general plastic surgeons who perform many other procedures, Dr. De Silva developed super-specialized skills from his considerable experience and developed innovative techniques to match the needs of his patients, such as rapid recovery and short downtime following procedures.

Dr. De Silva is recognized as an expert on the latest advances in facial cosmetic surgery and is currently lead editor of a super-specialty book that includes the majority World renowned surgeons in the US and Europe. His philosophy focuses on the use of small incision and fast recovery techniques, to give natural looking results, that provide the ultimate in small incision surgery eliminating scars and expediting recovery. Dr De Silva's goal is to help his patients look better and feel better about themselves.

With such impressive qualifications, vast experience and a wealth of knowledge and credentials, the choice was simple. Dr. De Silva spent a lot of very valuable time explaining the treatment plan, putting me at ease and describing the post operative care. My feeling of confidence and excitement was growing, rapidly. My own preparation was simple – avoid certain medications, caffeine and alcohol for 48 hours prior to the procedure and collect my advised prescriptions from the chemist- ointments and anti-biotics. I was having my blepharoplasty carried out using just a local anaesthetic and with a little help from some medication for pain relief and to keep me calm immediately before the op, it all sounded pretty straight forward. I have absolutely no fear whatsoever, just excitement and anticipation for the results that will follow my procedure.

Follow my experience, coming very soon.

www.londonfacialplasticsurgery.co.uk

Tags: Cosmetic Surgery, Dr de Silva



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OCTOBER 27, 2013

DR. JULIAN DE SILVA, COSMETIC SURGEON WITH THE MAGIC TOUCH.



WRITTEN BY:
Debbie Rose

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Three weeks have passed since my blepharoplasty with Dr. Julian De Silva and my eyes are already refreshed, refined, more open and now have a brightness and youthfulness that I didn't think I could ever regain.

My experience at the hands of Dr. De Silva I can honestly say, was more simple and less painful than a bikini wax or a filling, no offense intended to my lovely dentist or beauty therapist. The procedure for my Blepharoplasty may have taken a little longer than a filling or wax session, approximately an hour, but the ouch factor on a scale of 0-10, 10 being unbearable, was... zero!!! I felt absolutely no pain during the procedure and no discomfort afterwards. I must stress that this was my experience, others may have a mild degree of discomfort following the operation. I wore sunglasses for 3 days only when leaving the house as the eyelids were slightly swollen and a little discoloured with a small amount of bruising, not really even as bad as 2 black eyes! After three days only the closest of friends and family noticed my eyes appeared 'sore' looking, as though I'd had a good old cry. I popped back to see Dr. De Silva a week after the procedure to have the stitches removed, it was an exciting day, the little blue stitches came out with ease and I was stunned that the scar, which fell into the natural eye socket fold, was almost invisible. Dr. De Silva informed me that the

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scar may actually become a little more visible for a while and then fade. This is exactly what has happened, the skin was still a little discoloured for a further 10 days and the scar looked a little more apparent, but that may be due to the fact that I use a 10 times magnifying mirror! To the naked eye, the area just appeared minimally sore and the scar tiny, but the skin has tightened, the eyelids have a far more clearly defined eye socket area already. Dr. De Silva said that the healing process varied for everyone, but I could expect continuing improvement over the next few months.

I was completely dedicated to the aftercare needed following my procedure, in my application of the ointment and eye drops, and I took my various pills religiously, this I'm certain had a huge impact on my speedy recovery. Dr. De Silva uses very specific techniques and small incisions to ensure minimal scarring and quick and healthy healing.

The surgical facility in West London has attained the Central Quality Commission (National organization to certify office facilities and hospitals). The Centre in West London is a surgical outpatient facility built to the highest standards and not only meets all building and fire department requirements, but also exceeds standards specified by the Central Quality Commission (CQC). All medical staff members are certified in Cardiac Life Support. You are therefore in supremely safe and capable hands, unquestionably.

The philosophy of the clinic is based on providing out patients with exceptional service and care and the clinic is the only London cosmetic practice to specialize entirely on the face, which enables Dr. De Silva to give his patients greater expertise, innovation and care to achieve the changes they seek. There have been considerable innovations in cosmetic surgery over the past 5-years alone and he believes that better results come from dedication to a few cosmetic surgery procedures, leading to exceptional results, rather than to do all types of plastic procedures all over the body. His focus remains to give his patients the best possible natural looking results to improve their looks, therefore their confidence and make them feel better about themselves.

When you make the decision to have a cosmetic procedure, research is of the utmost importance, checking for the correct medical credentials, experience and good ethics is extremely important. Dr De Silva has more than enough to instill the confidence that I personally required to go ahead with my blepharoplasty, they include:

Professional Awards

- Selected as London 2012 Olympic Athletes' Surgeon
- Nomination for Best Cosmetic Surgeon (PSP)
- Nomination for Best Practice in London
- Good Practice Award by British Association
- London Deanery Prize for Top Leadership Program
- Nomination for Innovation in Healthcare, HSJ Awards
- Masters with Distinction at Imperial College London
- Nomination for Best Patient Care at National Awards

Academic and Training Awards

- Awarded MD Postgraduate Degree
- Merit award in Postgraduate Certificate for Leadership Skills
- Distinction and top performer in Masters at Imperial College London
- Imperial College London Innovation Award
- West London Gold Medal Research Award
- Merit award in Basic Sciences



Certificates

- University of London United Medical and Dental Schools of Guy's and St. Thomas's Hospitals
- University of London Degree in Masters with Distinction
- CQC
- Nomination for Hospital Service Journal Awards

Teaching Honours

- American Association of Oculo Facial Plastic and Reconstructive Surgery Annual Conference, invited speaker and teacher for Facelift and Rhinoplasty Programme included International Lecturing and Anatomy Cadaver Surgery Demonstration.
- Awarded the highest sum of National Funding for an innovative and pioneering new Leadership Programme in Healthcare, unprecedented award on two separate occasions.
- Revolutionized the delivery of community healthcare by training clinical members of staff to delivery care in a completely novel tripartite service, nominated for prestigious National Hospital Service Journal Award.
- Pioneered the first and only course for the support and development on new surgeons with Modernizing of Medical Careers in the National Agenda for medical training.
- Won the prestigious Gold medal Research Prize as Surgical Trainee and Researcher at Imperial College London.

These accolades and awards are seriously impressive, but just as impressive is Dr. Julian De Silva himself, he is a quietly spoken and modest gentleman, who is inspirational in his ability to empower you to make the correct decision for your chosen procedure.

www.londonplasticsurgeryclinic.co.uk

Tags: Cometic surgery, Dr Julian De Silva, facial cosnetic surgery



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
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OCTOBER 31, 2013
FEED AND REPAIR YOUR WINTER RAVAGED SKIN WITH VITAL C HYDRATING REPAIR CREME



WRITTEN BY:
Debbie Rose

[VIEW GALLERY >>](#)

As you open this extremely minimalist and unassuming jar of goodness, the very first thing you notice is the strong and fresh aroma of oranges, and this remains until the very end of the jar. This ultra-hydrating, Vitamin C and anti-oxidant rich emollient formula a most remarkable crème, it combats the visible effects of stress, fatigue, smoking and other dehydrating environmental factors. This light and souffle-like, but rich at the same time product, is a seriously efficient cream. It can help most skin issues, such as: Rosacea; aging and dehydrated dry skin: post skin peel; post operative skin; sun damaged and burned skin and sensitive skin. With high levels of vitamin A,C and C, which are potent anti-oxidants, the benefits harboured in this pot are many. Vitamin C is a stable vitamin, which can help to accelerate collagen production. Vital C Hydrating Repair Creme is: ultra hydrating; it combats visible effects of stress, repairs aging skin; it promotes healthy cell renewal and is rich in anti-oxidants in an emollient formulation. The Vital C range is concise but effective, it is comprised of: Cleansers; Serums; Masks and eye creams. The Vital C Hydrating Repair Creme, is not cheap, but taking into account it's efficacy I don't think £68.95 is unreasonable.

Very recently I had an extremely skilled procedure carried out on my upper eyelids, I had Blepharoplasty with Dr. Julian De Silva, it was a huge success. Dr De Silva gave me a list of medications, creams and ointments to buy to ensure a speedy recovery and minimal healing. One of the items I needed, was a vitamin C serum or cream, so it was most fortuitous that I received this IMAGE Skincare



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Vital C repair Creme. I have been using it now for the 4 weeks following my procedure and together with Dr. De Silva's skilled surgery, my scars are virtually non-existent. I can without hesitation recommend this cream, it is a super-powerful product, perfectly capable of delivering a high-octane assistance. In short...this magical moisturising, barrier protecting Vital C Hydrating Repair Creme should be your new winter BFF!!

www.skingeeks.co.uk

Tags: Beauty products, Skin Geeks, skincare, Vital C Hydrating Repair Creme



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