



# "LIVE YOUR BEST LIFE"

**the Jonathan Britto clinic**

For current news on Plastic Surgery, Aesthetics and Lifestyle Medicine

*February 2022 ~ The Biostimulation Issue*





## **Recapture your Youth**

***"With injectable biostimulators, we can deliver the actives accurately and precisely, placing the collagen modulators where they work with optimal efficacy"~ Karen***

### **What is Biostimulation?**

Biostimulators refer to a range of products that contain precursors for collagen repair and regeneration, resulting in the stimulation of the skin's biometabolism. These products are injected very precisely into the skin and sub-dermal layers. The goal is to increase the cellular



activity of skin fibroblast cells, so to create optimal skin physiology, enhanced cellular activity, hydration, and the synthesis of collagen, elastin, and HA (hyaluronic acid).

These injectables are biocompatible and totally absorbable. the treatments range from single injections of hyaluronic acid to combinations with amino acids, growth factors, vitamins and minerals. Unlike conventional fillers and injectables, biostimulators are designed to spread through the skin and integrate with the tissue, bathing the skin cells in a rich, nutritional 'soup' to support the natural healthy development of new collagen and actively reverse skin ageing. Treatments with biostimulators give noticeably natural improvements to the skin quality, texture and overall skin health.

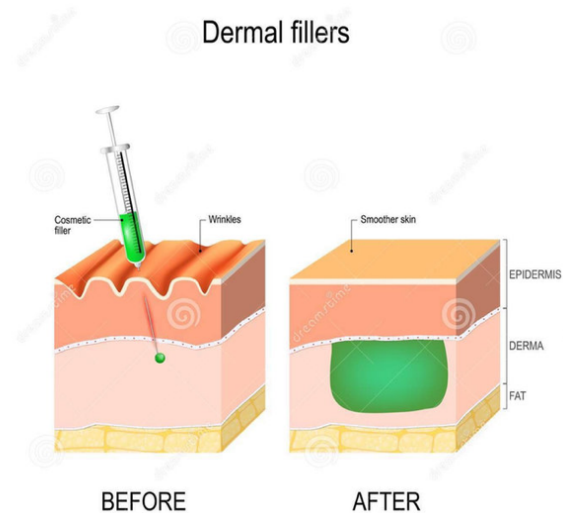
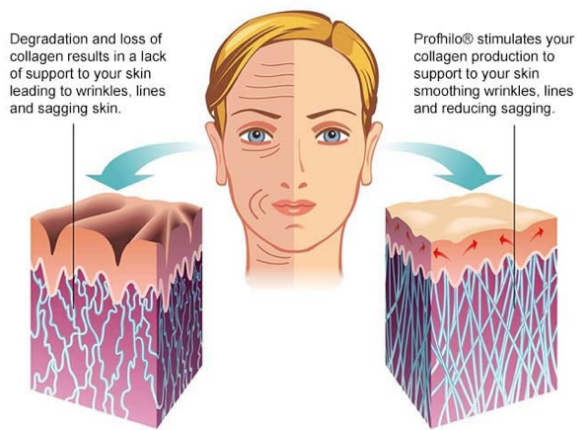
Here at the Jonathan Britto clinic, we describe the process as ***'injectable skincare'*** which places active collagen stimulators and key ingredients essential for the skins health where they are needed in the skin.

Our skin is amazing (you all know how we love skin at the JB clinic) and one of its main functions is to protect harmful things getting in and to stop useful things getting out! This is known as the barrier function of the skin. When developing ***personalised skin care plans*** for our patients, we ensure that to enhance the integrity of the barrier function is forefront.

Certain topical serums and creams do activate collagen modulation. However, we know the absorption of these actives is unpredictable - with the injectable biostimulators, accurate precision is achieved by expert hands. Skill is all, whether it be a surgical procedure or accurate placement of injectables. The placement of the biostimulation actives along with the depth and dose greatly affects the results and so the skill of the practitioner is essential in giving beautifully natural results.

Gone are the days of over filled, and poorly placed dermal filler treatments which led to the term 'pillow face' being coined for many a celeb. Now it's all about natural rejuvenation and making your own skin do the work so you look the best version of you.





### Action of Biostimulators

- Improves dermal thickness. Collagen thickening reduces the visible signs of ageing and improves skin texture.
- Increases the hydration of the skin and at the same time reduces the amount of trans-epidermal water loss.
- Reduces inflammation in the skin which controls active skin problems.
- Allows an environment for optimal skin health, reversing premature ageing.

### Biostimulators vs Dermal Fillers

Collagen is the 'mesh' of fibrous protein that gives our faces shape, structure, and support. Its production decreases with age - this being the primary cause for skin ageing. In expert hands, dermal fillers are useful to 'replace' the volume loss in the skin. Biostimulators, however, work by activating collagen stimulation increasing its production and mimicking youth.

We can use dermal fillers and bio stimulators in combination or separately and there are some new products which combine both mechanisms in one. For those that are worried about dermal fillers, bio stimulators are a fabulous way to rejuvenation the skin naturally.

***Nothing added ... just you!***

***Come and find out more from our aesthetician, Karen Sargeant at  
E-mail: [medsec@jonathanbritto.com](mailto:medsec@jonathanbritto.com)***



**or Call us: 02037521566**

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## **Elixirs of Youth**



***“ Collagen drinks, skin smoothies, bone broth ... all are sold as ‘collagen- rich’. We are told they will give us youthful, dewy skin and keep our joints mobile. So can we drink our way back to youth?” ~ Shyamala***

Collagen is a major structural protein which forms a fibrous matrix on which new cells grow. The cells responsible for collagen production are called ‘fibroblasts’ and are themselves stimulated by collagen - hence collagen begets collagen. This is biostimulation. The connective tissue network gives skin its smoothness, radiance and elasticity. Age, sun damage and environmental pollutants, all impact on our body's ability to make new collagen fibres, reduce the density of existing fibres and alter their integrity leading to the well.- known triad of wrinkles, mottled pigmentation and dry scaly skin.





Each collagen strand is made up of over 1000 molecules of three types of amino acids and is itself too large to be absorbed by the body in its whole form. Hydrolysed collagen however is collagen broken down into the amino acids proline, hydroxyproline & glycine (called peptide precursors) and is small enough to be absorbed in the small bowel.

They are water-soluble and stable at room temperature allowing them to be consumed as drinks and jellies. These form a group of products called nutraceuticals or "functional foods" - part of a billion dollar industry - that as yet is not regulated.

The collagen peptides are directed as needed by the body - so yes they may reach the skin, but are also taken up by our bones, muscles cartilage & tendons. Furthermore, production of collagen in the body requires nutrients like zinc and vitamin C in addition to the amino acids glycine, proline & hydroxyproline.

Much research has been done on these skin bioactive peptides with promising results. Studies show that both collagen hydrosylates and the peptides taken over periods from 8 to 24 weeks bring improvement in collagen density, skin elasticity and wrinkle formation, and hydration when compared to products with no action. Most oral collagen supplements also contain Hyaluronic Acid, Vitamin C and various antioxidants, all of which may themselves have a positive effect on the skin.

Other than their expense, the research into oral collagen supplements have not shown them to be harmful. At the Jonathan Britto clinic we recommend that oral collagen supplements are taken in parallel to a healthy diet and lifestyle. As always we promote our 4-pronged approach:





**Eat:** Although collagen itself is found only in animal (including fish) produce, its component amino acids - glycine and proline - are abundant in plant foods like sunflower seeds, seaweed, soy, cabbage asparagus and mushrooms. Hydroxyproline is rare in plant sources but along with proline and glycine is manufactured in the body. In addition, sources of zinc and vitamin c like seeds, citrus fruits, peppers and leafy

greens are essential for the body to produce more collagen.

**Move:** Keeping active will boost circulation to the skin thereby allowing collagen & its precursors to be delivered to the dermis. This builds up the connective tissue of the skin and further stimulates collagen production as described. Make sure you get your heart rate up. If you are exercising outdoors, don't forget your sun block!

**Revive:** Indulge in skin healing aromatherapy which will also allow time for relaxation. Pop a few drops in a bowl of hot (not boiling ) water and place your face so it's bathed in the vapour. Sandalwood is anti-inflammatory and hydrating, lavender is antioxidant and rosemary has both anti-oxidant & antimicrobial properties.



**Sleep:** What can I say? You need both quality & quantity. Deep sleep is when repair will take place and old cells will be removed. So get to bed at the same time each night and try to get around seven hours of sleep. Keep hydrated during the day and make sure your bedroom is not too warm and light will help.

***For our “Restore & Refresh” 6-week skin rejuvenation plan by***

***Dr Shyamala Moganasundram***

***please contact us:***

***E-mail: [medsec@jonathanbritto.com](mailto:medsec@jonathanbritto.com)***



**or**  
**Call us: 02037521566**

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## **Synergistic Surgery**

***“In many parts of the face, a combination of a skin health, lifestyle medicine and appearance change surgery will bring a multiple gain in results and personal confidence” ~ Jonathan***



BEFORE

AFTER



## **Peri-orbital Oculoplastic Surgery**

Around the eyes and eyelids a combination of blepharoplasty surgery, and mentored diet, sleep and skin health will reduce dark circles and banish shadow from around the eyes, introducing reflection of light and youthful volume.

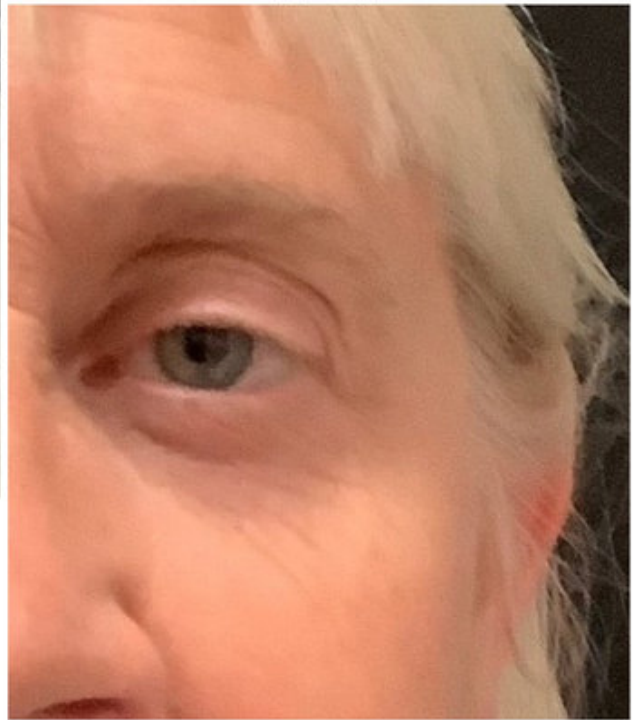






BEFORE

AFTER



### **Temple & Brow Surgery**

In the temple, the combination of 'Sculptra' for subcutaneous volumisation in a wide anatomical field with browlift for example, will bring youthful volume to the 'anatomical subunit' of the temple.







### **Facial & Neck Skin**

In the neck, Profilho, 'injectable skin health' maintains the hydration and natural moisturisation of the skin. The surgery re-balances the layers of the face, whereas the Profilho manages the quality of the skin envelope and maintains the youthful compliance and hydration of the skin.



### ***“Synergistic surgery”***

Send over your selfie photographs, to see how Jonathan can help you. We are happy to offer a short complimentary phone call on the basis of photographs. We can then offer you a face-to-face detailed analysis, assessment, and costed plan for a joined up approach.

Make a change: for you in '22...

***Come and find out more about ‘synergistic surgery’  
by Mr Jonathan Britto***



***E-mail: medsec@jonathanbritto.com***

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