

# TATTLER

BEAUTY &  
COSMETIC  
SURGERY

2015



# TATLER'S FINEST

◁ fillings, and has laser scanners at his disposal to help build you new teeth should your old lot be shot. Basically, he's pretty much the tooth fairy for grown-ups.

*Consultation, from £130; veneers, from £1,500; white fillings, from £500 (dawoodandtanner.co.uk; 020 7935 0080).*

## BEST FOR BREASTS & TUMMIES

### PATRICK MALLUCCI SURGEON

What makes the perfect pair of boobs? Mr Mallucci thinks he has the answer. He's just published a paper surveying more than 1,000 men and women and discovered that the notion that men like big balloons, while women favour a more refined size, is simply not true. It's not size that counts, it's shape – and, based on his findings, he is designing a teaching template for surgeons around the world to help them achieve the most natural look. His mission is to enhance rather than distort – so don't expect him to pump up the volume unless you've got the ribcage and shoulders to carry it off. He favours teardrop-shaped implants and the majority of his cases are now treated as day procedures, so there are no more expensive overnight hospital stays. He is also increasingly using fat transfer as an alternative to implants or to even out and give symmetry to lopsided breasts. *Consultation, £250; breast surgery, from £7,500 (patrickmallucci.co.uk; 020 7901 8502).*

### NEW ENTRY ALEX KARIDIS SURGEON

Stop those man-boob jokes before they get out of hand and visit Mr Karidis, who has numerous canny techniques to combat 'moobs'. He uses liposuction to remove excess fat, and might make a very small incision just under the nipple to extract the breast gland to flatten the area and give more definition to the pectoral muscle. The end result? Your man can puff his chest up with pride on the beach. For women, Mr Karidis specialises in Ultherapy on the décolletage, which irons out the skin with ultrasound that stimulates collagen and elastin production. Be warned: it's highly effective but boy, does it hurt. *Consultation, £100; gynecomastia/liposuction for man breasts, from £4,900; Ultherapy, from £1,000 (karidis.co.uk; 020 7432 8727).*

### ADAM SEARLE SURGEON

'In the aftermath of the PIP implant scandal, a lot of women are asking to have implants

removed,' reports Mr Searle. 'People have a different outlook on boob jobs that is considerably less gung-ho than in days of old. A lot of older ladies are now opting for uplifts without silicone.' So what's the trick? Mr Searle uses patient's own tissue, by reconstructing the skin envelope with lots of internal stitching and fat transference (usually sucked out of other fleshy areas such as bums and tums) to fill and shape the breast. In some cases, if someone has longstanding implants and skin has become very thin, he might also use animal-derived collagen sheets. These little straps work like a hammock to support your own tissue and are used to create a slightly smaller but just as shapely breast. *Consultation, £250; breast augmentation, from £5,000; breast reduction, from £5,500 (consultantplasticsurgeon.co.uk; 020 7927 6515).*

### NEW ENTRY GUY STERNE SURGEON

Based in Birmingham at the West Midlands Hospital, Mr Sterne performs a lot of mastopexy augmentations, which combine breast implants with an uplift in one go. It's a more affordable option and requires significantly less downtime than two separate procedures. A fiend for detail, Mr Sterne also takes time to get the right size breast, measuring the chest wall to ensure it's in

proportion to the patient's frame and always accounting for what he calls 'boob greed'. 'Many patients often think they want a size larger than they actually need,' he says. 'While I never dictate what size they ultimately choose, we use special "chicken-fillet" pads that they wear in customised bras to give an indication of the weight.' *Consultation, £100; breast augmentation, from £2,995; mastopexy augmentation, from £6,210 (guysterne.co.uk; 0121 361 8008).*

### CHRIS INGLEFIELD SURGEON

As one of the first clinics in Europe to study lightweight breast implants, Mr Inglefield believes he has found the latest surgical advance. These new implants contain a gel that incorporates minute sicalate balls, which makes them about a third lighter than traditional ones, giving a softer, more natural feel. The reduced weight also means less stretching of the breast tissue, so less distortion or drooping of the boobs over time. All being well with the studies, the new implants should be available in a matter of months. 'This is one of the most exciting breakthroughs in cosmetic surgery for 20 years,' says Mr Inglefield. *Consultation, £250; breast augmentation, from £5,700 (lbs.co.uk; 020 7487 0900).* ▷

