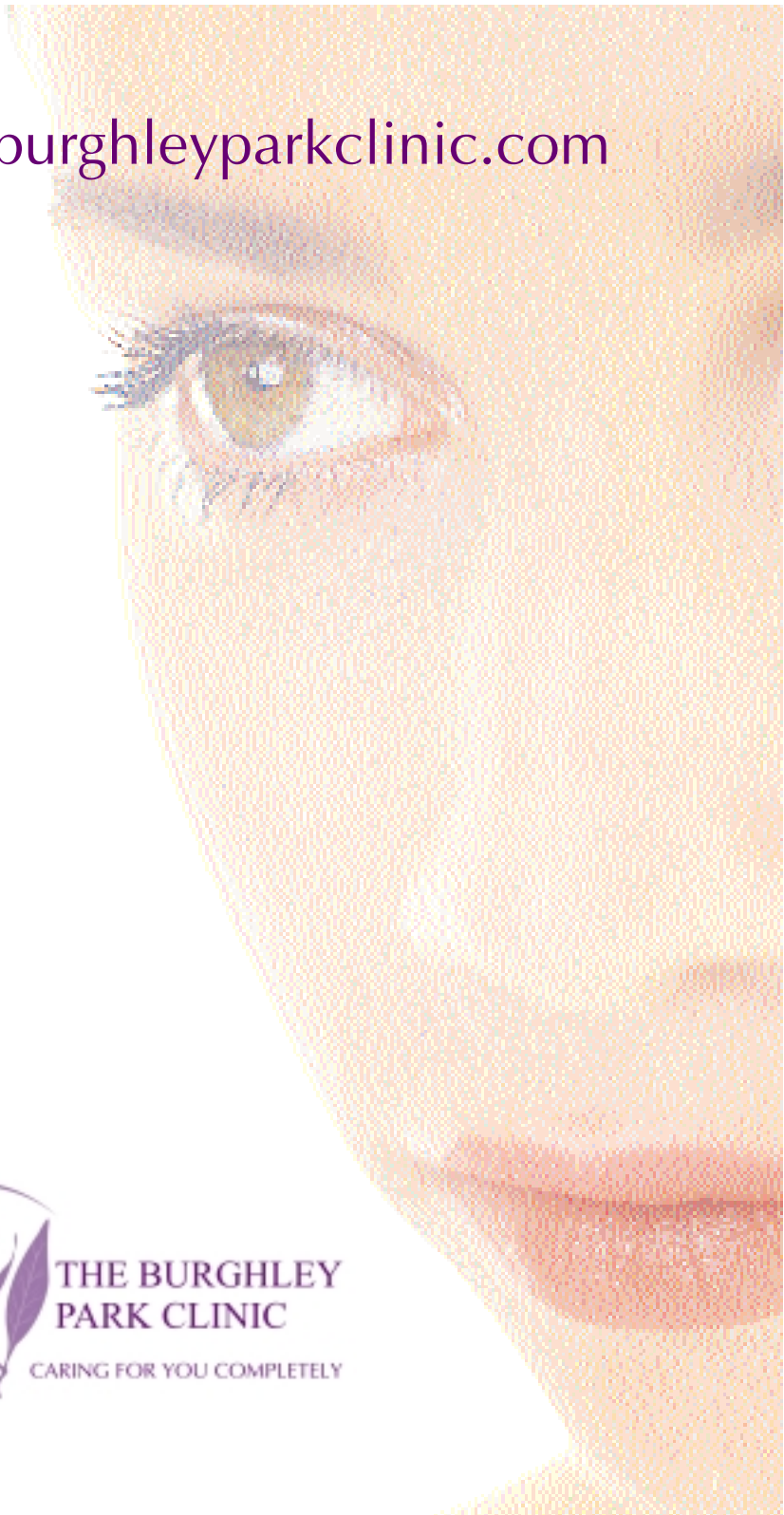


www.burghleyparkclinic.com



HEALTH SCREENING

TRAVEL MEDICINE

FINE LINES

PHOTOREJUVENATION

HAIR REMOVAL

THREAD VEINS

STRETCH MARKS

ACNE

MINOR SURGERY

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Welcome...



... to The Burghley Park Clinic

Here you will find a range of aesthetic medical treatments, as well as health screening, travel advice, and minor surgery for various conditions.

The Burghley Park Clinic provides a high quality range of services that can be tailored specifically to the needs of the individual.

By virtue of our long experience in general practice, we encourage and value a personal, holistic approach to your care. Please read through this brochure and do not hesitate to contact us for further advice or information.

Dr June Morris
MB ChB DRCOG DCH MRCP



Dr Peter Crouch
MB BS (T) GP DMJ(I)



Mrs Sarah Bailey
Therapist



Ms Julie James
Therapist



Injectable treatments



At The Burghley Park Clinic we use a selection of treatments to treat fine facial lines. Chemical peels, microdermabrasion, dermal fillers and photorejuvenation all have an effect on fine lines. Other possible treatments include collagen injections, laser resurfacing and cosmetic surgery.

Injection treatment with diluted botulinum toxin temporarily paralyses underlying muscles and, as a result, lines are less noticeable or disappear altogether. It is a particularly effective treatment for reducing fine lines and wrinkles on the upper face – on the forehead, between the brows and around the eyes.

Procedure

The procedure is performed whilst you are sitting upright. This helps the doctor achieve the best possible result, as some of the facial creases and contours are altered if you are lying down. The skin is lightly cleaned, and small amounts of diluted botulinum toxin, Type A, are injected into the areas likely to give the best results.

Advantages

The treatment is quick and causes minimal discomfort. It is safe and effective, and has been used widely in the USA since 1990. Lines are less noticeable or disappear altogether, giving a more relaxed appearance to the face.

Side effects

No severe reactions have been observed following treatment, but some minor allergic reactions have been noted. Local symptoms, such as pain at the injection sites and some redness and bruising, may occur, and there may be a temporary loss of sensation, but these effects tend to be localised and short-lived. Very rarely, there may be a slight drooping of the eyelid following treatment to the forehead. This is easily treatable.

Treatment programme

It will take 4-5 days, on average, and sometimes a little longer, for the muscle weakening to begin. Once established, the effects usually last for 3 months – occasionally longer. If this is your first treatment, you will be seen in 2 weeks' time to assess the cosmetic effect. Every face is different and, very occasionally, some refinement to the dose or additional treatment may be necessary to achieve the desired effect. Thereafter, many patients prefer to come back for re-treatment at the first sign of a return of muscle activity; others prefer to leave it until the muscles are fully active again.

Microdermabrasion



Microdermabrasion is a form of mechanical exfoliation. It is also known as particle skin resurfacing. It is a non-invasive, non-surgical procedure that uses a highly controlled spray of fine crystals to remove the outer layer of the skin, revealing firmer and more radiant skin underneath.

This treatment is helpful for improving skin texture, unblocking pores, removing excess oil and possibly reducing fine lines. It also helps treat sun-damaged skin, superficial age spots and acne-prone skin.

Procedure

A small microdermabrasion machine bombards the skin with thousands of sterilised crystals, and a vacuum suction removes these particles and the dislodged skin. The force with which the particles are propelled and the speed at which the device is passed over the skin, determines the depth of treatment.

The process rejuvenates the skin in a number of ways. The combination of skin exfoliation and the slight vacuum stimulates the underlying structures to produce new, healthy cells in the basal layer of the epidermis. This leads to

increased cell turnover and improved blood flow. The average time for complete cell regeneration to the surface of the skin is about 4-5 weeks, at which time you should start to see significant results.

Advantages

This procedure causes little pain and discomfort. There is no recuperative period. It treats all skin types and there is no 'down time'.

Side effects

Generally, the skin is a little pink after treatment, but this quickly settles. There is a small risk of experiencing certain side effects such as bleeding, infection and increased pigmentation.

Treatment programme

Optimum results are obtained through a number of treatments, typically four to eight, spaced 7-14 days apart. Initial treatments are performed more conservatively, allowing assessment of any skin reaction. More aggressive treatments can then be performed, depending on the skin's response and progress, and your needs. There is virtually no healing time required after microdermabrasion, as rebuilding of the outer layer of the skin is rapid.



Photorejuvenation



Photorejuvenation is a treatment breakthrough using Intense Pulsed Light (IPL™) technology to improve the appearance of skin showing signs of ageing or sun damage. It specifically targets brown spots, thread veins and fine lines to give a safe, non-invasive solution that can be tailored to your individual needs. The Intense Pulsed Light (IPL) shorter wavelengths remove the vascular and pigmented lesions, while the longer wavelength energy is able to rejuvenate the skin.

Photorejuvenation treats the entire face, rather than a limited area, for an aesthetically pleasing result. In addition, it can be used on the neck, chest and hands. The aim of this treatment is to produce smoother, even-toned and more youthful-looking skin.

Procedure

A cool gel is applied to the area to be treated and you will be given dark glasses to protect your eyes from the bright light. Patients can request pre-treatment with topical anaesthetic. The IPL hand piece is applied to your skin, and pulses of light are emitted. You may feel a slight sting, like the snapping of a small rubber band, as the

hand piece moves over the skin. On average, it takes 30 minutes for a single treatment.

Advantages

Most people can return to work the same day and resume all their normal activities – there is no ‘downtime’ associated with the treatment, which is in contrast to laser resurfacing. It is a low risk procedure involving minimal discomfort.

Side effects

There may be some redness or swelling after treatment. Very rarely, there may be some blistering or bruising. The face may feel warm or ‘tight’. Freckles and age spots may look gritty for a few days. Normally, this settles quickly. After a series of sessions, you should notice a gradual improvement in the condition of your skin.

Treatment programme

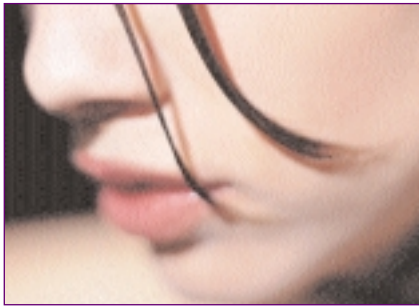
Depending on the condition being treated, and its severity, a series of up to five or six treatment sessions may be recommended. By dividing the programme into several treatments, the procedure provides gradual improvement with very low risk.



IPL™
Quantum SR™



Dermal Fillers



Dermal fillers are products that can be injected to help smooth lines, enhance the outline of the lips or create non-permanent fullness in certain facial areas. However, their main use is on the lips. Ageing causes the lips to lose their definition and they become feathered; their structure gradually shrinks. Dermal fillers create a fuller look. At The Burghley Park Clinic, we use Restylane™, Perlane™ and NewFill™ dermal fillers.

Procedure

A session takes, on average, 30-45 minutes. For wrinkle treatment, no pain relief is necessary. However, when enhancing lips, pain relief in the form of a local anaesthetic is often used. During treatment, tiny amounts of crystal clear gel are injected into the skin with a very thin needle. The gel then gives natural volume and smoothes wrinkles. This natural product integrates with the adjacent tissues allowing the free passage of vital nutritive elements, and the result looks healthy and natural.

Advantages

No pre-testing is required. Restylane™ and Perlane™ bind with water to give a very smooth and natural result. The effects of these dermal fillers are seen almost straight away. NewFill™ differs in that, after treatment, the dermal filling effect *gradually* develops over a few months. These treatments are long-lasting but not permanent, and they offer a safe alternative to surgical correction.

Side effects

There may be some swelling, redness, pain, itching, discolouration and tenderness at the implant site. These symptoms typically resolve spontaneously within 1-2 days after injection into the skin, and within a week after injection into the lips. A very small number of patients have experienced localised reactions, thought to be of a hypersensitive nature. These reactions have either started after injection or after a delay of 2-4 weeks, but, in general, are moderate and self-limiting with an average duration of 2 weeks.

Treatment programme

Follow-up is at the discretion of the client. How long the treatment holds its effect is very individual, depending on many factors such as age, skin type, lifestyle and muscle activity, as well as the injection technique. The effect lasts, on average, between 6 and 12 months.

Light-Based Skin Treatments



At The Burghley Park Clinic we use laser and light-based technologies to offer safe and effective treatments. These can be used for aesthetic reasons, and also for a variety of medical skin conditions.

Acne

Acne is caused by obstruction and inflammation of the sebaceous glands, and results in unsightly spots, blackheads, pustules and, sometimes, scarring. Clear Light™ is a new, light-based technology that has been shown to be effective in rapidly clearing a significant proportion of acne lesions. A course of eight treatments over 4 weeks has been shown to produce rapid, visible results, with no side effects. The treatment is suitable for all body areas, including the chest, back and the sensitive beard area.



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Stretch marks

Stretch marks (or striae) are extremely common, occurring mainly as a result of growth spurts, pregnancy or weight gain. The factors leading to their development are poorly understood. The ReLume™ Repigmentation Phototherapy System uses incoherent UV light to improve the appearance of stretch marks by restoring pigment to the affected area. State-of-the-art fibre optics deliver light to the area being treated. There is no pain during the procedure and patients can resume normal activities immediately. Usually, a course of treatments is required, and prolonged improvement can be achieved through maintenance treatments.

This treatment is also suitable for acne scars, burns, surgical or traumatic scars, and laser resurfaced and chemically peeled skin.

Psoriasis and Vitiligo

These quite different skin complaints have been shown to respond to BClear™ ultraviolet light therapy.

Psoriasis is an inflammatory skin condition characterised by red, scaly patches due to the overproduction of skin cells. BClear™ delivers localised, therapeutic light to the affected skin, slowing down the proliferation of skin cells and improving the appearance of the psoriasis. The therapy usually consists of eight to ten treatments, each treatment being given 2-3 times a week. Further treatment may be required after a period of time.



Vitiligo is a condition characterised by white patches anywhere on the body. These patches are the result of destruction of melanocytes in the skin: the cells responsible for the production of pigment. BClear™ uses a fibre optic device to deliver UVB light to the affected area, stimulating the production of pigment. The treatment is not painful, and patients can resume normal activities immediately. Multiple treatments lasting several months may be required for satisfactory repigmentation.

Rosacea

Rosacea is a skin condition of the face that gives the cheeks and nose a flushed appearance. As the condition progresses, small blood vessels and tiny pimples begin to appear on, and around, the reddened area. Early diagnosis and prompt treatment can halt the progress of the condition. There are many treatments available for rosacea, but at The Burghley Park Clinic we offer treatment with Intense Pulsed Light (IPL™). This can successfully treat dilated blood vessels and redness, without injuring the surrounding healthy skin.

Haemangiomas

Some people are born with prominent clusters of blood vessels in the skin, which have a cherry-like appearance. Intense Pulsed Light (IPL) is an effective treatment option for this condition.

Port-wine stains

Some people are born with a purple staining of the skin, known as a port-wine stain. These lesions can be extensive and are often covered very effectively with camouflage make-up. However, the appearance of port-wine stains can be significantly improved either with Intense Pulsed Light (IPL) or laser treatment.



Skin Treatments



At The Burghley Park Clinic we believe that, in some cases, the best results can be achieved by *combining* therapies. We can offer various skincare treatments; some are carried out in the clinic, while others are products suitable for various pre-treatment and ongoing treatment at home.

At The Burghley Park Clinic we can advise on product lines that you may find useful to supplement your treatment. Our product range is continually developing, as new technologies become available. We have practical experience of a wide range of complementary skin treatments – including the Agera® Rx, Eden Aesthetic and the Mene & Moy ranges of skin treatments.

Agera®

Agera® Rx is a skincare treatment regimen available only from medical practitioners. The Agera® Rx product range includes treatments for anti-ageing, acne and skin pigmentation.

Agera® Rx utilises nanoDelivery™ technology – a way of transporting tiny molecules of essential ingredients through the skin to the deeper layers of

the dermis. This gives maximum effect whilst minimising skin irritation. The Agera® Rx anti-ageing, acne and hyperpigmentation treatments are based on a series of special peels – these can be combined with the use of products at home, over the course of a 4-6 week period.

Mene & Moy

Mene & Moy offer an extensive range of skin cleansers, skin rejuvenation products, moisturisers and peels. Some are 'clinic only' treatments, whilst others can be safely used at home under medical direction, as maintenance or home treatment courses.

Eden Aesthetic

Eden Aesthetic facial masks are particularly beneficial after microdermabrasion, intense pulsed light or laser therapy treatment. Their soothing effects can be felt immediately, as the specially contoured facial masks are chilled before use. They release their active ingredients (such as Green Tea and Aloe Vera) as they cool the skin after treatment sessions. Many customers use these products to continue their therapy at home, as the masks can be taken away and reused several times.

Some of these product ranges are only available from medical practitioners, following an in-depth personal consultation. Please ask us for details when you visit The Burghley Park Clinic and we will be happy to advise you.

Hair Removal



Men and women with unwanted hair in any site can be safely and effectively treated with the latest laser and Intense Pulsed Light (IPL™) systems. We can customise your treatment according to the colour and texture of your hair, and the area of the body to be treated.

Procedure

The aim of the treatment is to destroy the hair follicle without damaging the surrounding tissue. This is done by heating the follicle to a destructive temperature. First you will be given a skin test. This involves testing a small area of skin to see how it responds. Generally patients are seen a week later to assess the effect on the skin, and this can be used as a guide to optimise treatment.

If you are having laser treatment, you will be asked to shave the area prior to treatment. For IPL treatment, trimming of the hair to a few millimetres is adequate. You will be given darkened glasses to wear to protect your eyes from the light. Cool gel will be applied to the area to be treated, and the doctor will then work systematically over the area with the hand piece. There may be a slight smell of burning, but this is quite normal. Treatments can

last from a few minutes to an hour or more, depending on the size of the area to be treated.

Advantages

Larger areas can be treated by these methods, rather than by electrolysis or tweezing. It is effective in almost any area of the body where smoother, hair-free skin is desired. Hair regrowth should be finer, sparser and lighter in colour.

Side effects

The area treated will look red and feel hot. The hair follicles may appear swollen, but this is normal. Care should be taken to prevent trauma to the affected area for 4-5 days following treatment. If the skin is broken or a blister appears, an antibiotic ointment can be applied. Rarely, very dark skin may lighten following treatment, and skin that is tanned may burn.

Treatment programme

The number of treatments required depends on the area you wish to have treated, your skin type and your hair's growth cycle. Treatment continues until the hair is gone, and several treatments are often necessary.



Thread Veins & Leg Veins



Unightly veins can be a problem for many men and women.

Thread veins, or spider veins, are small, superficial, purple or red veins seen just under the skin. They are also known by the medical term 'telangiectasia'. These tiny veins are usually seen as clusters on the face and legs. Rosacea is a skin condition that causes both redness of the face and facial telangiectasia. Varicose veins are enlarged vessels that have widened as a result of weakness in the vein wall, which stretches. They are generally visible on the legs.

At The Burghley Park Clinic we offer a range of therapies to treat these particular problems.

Injection microsclerotherapy

This technique is used on leg telangiectasia. It involves the use of a tiny needle to flush a small amount of irritating fluid into the thread veins, helping to reduce their appearance. The injections cause minimal discomfort, and you can immediately return to normal activities. A support stocking or tubigrip is worn for a few days after treatment. There may be slight bleeding and, later, some bruising which fades. Repeated treatments are usually necessary for gradual improvement.

Intense Pulsed Light (IPL™)

Intense Pulsed Light is used to treat telangiectasia on the face, including the nose, and on the legs. It is successfully used in the treatment of rosacea. Cool gel is applied to the area to be treated, and the hand piece directs intense pulses of light that damage the thread veins without harming the surrounding skin. It feels like the snap of a rubber band. Afterwards, the skin is red and, later, there may be slight bruising. Generally, courses of treatment are required at 3-4 weekly intervals for an optimum result.

Laser therapy

Varicose veins, the deeper blue veins, respond to a different type of light therapy – laser therapy, in the form of ND Yag. Cool gel is applied to the veins to be treated, and pulses of precise light energy are directed at the area, damaging the vein without harming the surrounding tissues. Afterwards, the skin is red and there may be some bruising. Courses of treatment are generally recommended in order to achieve the best results.

Veinwave

This is a method for treating thread veins, rosacea and telangiectasia. It involves passing high frequency, microwave energy into tiny blood vessels. Like laser therapy, this selectively damages the vein without harming the surrounding tissues. Unlike the laser therapy, however, this can be performed on suntanned skin.

All of these therapies can be used alone or in combination, in order to achieve the best results for any individual.

Minor Surgery Clinic



Many people are unhappy about skin lesions that are unsightly or troublesome, but not medically serious. At The Burghley Park Clinic we offer a range of treatments for a wide variety of such problems.

Underpinning these treatments is a commitment to quality. As doctors, we have an ethical and moral obligation to our patients to recommend safe, appropriate treatments.

Minor surgery

Minor surgery describes a range of techniques that can be used to eliminate unsightly and troublesome skin problems.

Sebaceous cysts, benign moles and papillomata can be surgically removed under local anaesthetic. A small amount of local anaesthetic is injected to numb the area, and the lesion is then removed. Sometimes, stitches may be necessary. Some lesions respond well to 'sutureless surgery', whereby the lesion is left to heal naturally, and no stitches are needed.

Skin tags, warts and seborrhoeic keratoses (senile warts) often respond well to cryotherapy which destroys the

lesion by freezing it. In addition, cryotherapy is especially effective for the treatment of warts and verrucae. All of these treatments are carried out with minimal discomfort, and there is an immediate return to normal activities. Follow-up is arranged, as appropriate.

Nuisance sweating

Nuisance sweating, or hyperhidrosis, is the term given to excessive perspiration from the armpits. Treatment with diluted botulinum toxin is effective in significantly reducing perspiration. The procedure involves injections with a tiny needle into the sweat gland of the armpit. It causes minimal discomfort, and the effect lasts for 3-6 months. It can safely be repeated as required.

Vasectomy

Vasectomy can be carried out quickly, safely and effectively under local anaesthetic, with a prompt return to normal activities. Pre-operative counselling and follow-up are vital components of the care package to ensure the best outcome for the individual concerned.



Health screening & Travel Clinic



At The Burghley Park Clinic we aim to tailor health screening to your individual needs, offering both flexibility and choice.

Health screening

Health screening offers you the traditional 'check-up', and the opportunity for assessing the health implications associated with your particular lifestyle. Heart disease and cancer are the major causes of disability and death in our society. While these illnesses are not completely preventable, we can advise on healthy lifestyle change that will help reduce your risk of getting these conditions. In addition, you will be improving your general well-being.

As a minimum, a health screen will involve taking a full medical history, family medical history, occupational history and a full physical examination, including urinalysis and ECG. Additional testing available includes blood tests, spirometry, audiology, retinal photography, intraocular pressure testing, ambulatory blood pressure monitoring and heart rate monitoring.

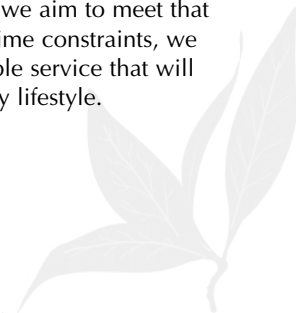
For women, a similar health screen will apply, but with the option of further appropriate testing, such as smear tests. We appreciate that ladies may prefer a female nurse or doctor, and that men may prefer to see a male practitioner.

The results of the health screen, and any advice or suggested follow-up, will be made available to you, and also to your usual GP as a professional courtesy.

Travel Clinic

The Burghley Park Clinic offers up-to-date advice and the immunisations required for holiday or business travel. At our Travel Clinic, run jointly by nurses and doctors, we aim to offer a personalised and flexible service. Family holidays have become more exotic in recent years, and the needs of different family members may vary. Our general practice experience provides the necessary expertise for offering the latest advice and immunisation schedules for families with babies and children, nursing mothers or pregnant ladies, and older travellers who may have pre-existing health problems.

The modern business traveller is often faced with a complex itinerary at short notice, and, again, we aim to meet that need. Given your time constraints, we aim to offer a flexible service that will fit in with your busy lifestyle.



Would you like to know more?



The Burghley Park Clinic is situated in Taw Hill in north-west Swindon, just off the Northern Orbital Road (Thamesdown Drive).

Please feel free to give a member of our team a call on **01793 709580** to discuss your requirements. We will be happy to explain what's involved with each treatment, likely costs, expected number of treatments, or other options open to you. All major credit cards are accepted.



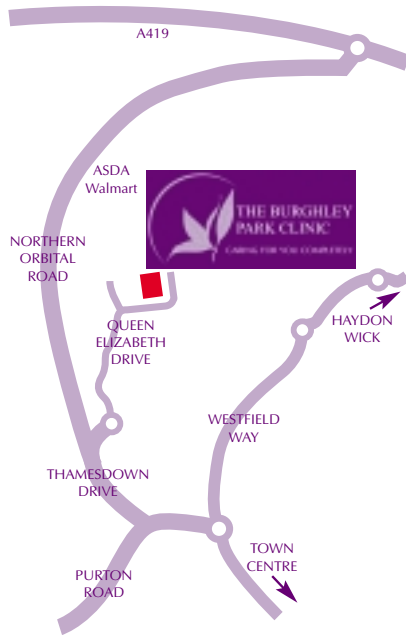
The Burghley Park Clinic is continually investing in new technology and treatments, so to learn about the latest developments, call the clinic or visit our website:

www.burghleyparkclinic.com



THE BURGHELEY PARK CLINIC

How to find us



You can download a digital map from the website:
www.burghleyparkclinic.com



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