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Earlobe/Gauge Repair

Earlobes can be damaged due to a number of factors, such as accidental trauma from earrings being pulled, or even from a lifetime of wearing heavy earrings. There is also a growing trend to “gauge” the size of the ears by using a special instrument or earring to stretch the size of the earlobes.



Dr. Julie Khanna, MD
Director of Plastic Surgery

For torn earlobes, a patient may choose to correct the damage for aesthetic reasons or possibly to prevent infection. For “gauged” ears, some may wish to reverse this damage for personal or professional reasons. Fortunately, patients can choose to undergo treatment with Dr. Julie Khanna, our director of plastic surgery to repair their enlarged, partially split, or torn earlobes.

The surgery itself is normally minimally invasive, but because each case is so different, Dr. Khanna will choose the most appropriate method for repair at the time of the consultation. Depending on the amount of damage, a solution of TCA may be applied to the earlobe to help heal a small tear. However, if the damage is quite substantial, the hole will be repaired using a few stitches. Both treatment options are normally performed under a local anaesthetic in one of our procedure rooms.

Thermage for skin tightening “The Foundation of Youth”

It is scary to think that we typically lose about one percent of our collagen every year! This results in more obvious skin laxity as we age. Therefore, almost every patient who wants to look youthful and refreshed will benefit from Thermage. We consider Thermage to be “The Foundation of Youth” because



Dr. Sheetal Sapra, MD,
FRCPC
Director of Dermatology

building dense networks of collagen and improving facial contours provides the strongest and most solid foundation for all other anti-aging treatments. A simple analogy is building a house foundation out of cement, versus building it out of sticks. It is so important to build upon a solid foundation.

For patients wishing to correct areas of skin laxity, Thermage is an excellent non-surgical option. Thermage has been successfully used in our clinic for many years and continues to be one of the most popular procedures to have performed. It is loved by celebs such as Demi Moore, and has proven itself as an essential adjunct in the battle against aging. It can be used to correct areas of skin laxity along the jaw line, mid and upper face, eyes, and areas of the body. Being that it involves little to no downtime, patients can return right back to work the same day. We offer patients the most up-to-date Thermage system which includes vibration technology to further stimulate collagen and reduce any discomfort.

GliSODin Detox & Slimming!

The Skin Spa is excited to launch the GliSODin Advanced Detox and Slimming Program. For anyone that is looking to start or maintain a healthy lifestyle, this program is an excellent catalyst in the road to obtaining healthy skin and a slimmer body contour.



The Advanced Detox is used to cleanse the body of toxins, promote clear, healthy skin, reduce bloating, and promote healthy weight loss. The Detox is a 15 day program that unlike many detox programs contains all natural ingredients including berries, milk thistle and broccoli seeds, no laxatives, and includes a very “common sense,” non-restrictive diet plan. The mixture is taken with water twice daily and is designed to cleanse the entire body, improving not only skin complexion, but also liver function.

The Detox is most often followed by 3 months of the Slimming Program which is essentially a protein powder that promotes the growth of lean muscle mass and controls appetite in the road to achieving and maintaining your weight loss goals. We also recommend this for patients undergoing body contouring procedures such as Liposonix, Zeltiq, liposuction and abdominoplasty since this will encourage even more dramatic results and supports patients in furthering their goals and maintaining a healthy lifestyle for the long term.

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For first-rate cosmetic dermatology and plastic surgery procedures, visit the Institute of Cosmetic & Laser Surgery. We offer exceptional care and customized treatments to enhance your natural beauty and achieve the desired results.

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