



KO SKIN SPECIALIST CENTRE

An all-in-one centre offering comprehensive cosmetic treatments and services.

Just look at any lifestyle magazine and you realise that we live in a world where beauty and youth hold sway. Many seek beauty and youth in a tube, pill or jab, and aiding people to look good with cosmetics is an industry that is worth billions in sales annually. Over the past decade or so, this has expanded to include medical aesthetics, where panoply of tools has been developed for doctors to make their patients look better. Everyone wants fast results and even faster recovery time. While it can be a challenge to try to keep up with the growing list of patient demands when it comes to beauty treatments, Ko Skin Specialist Centre is up to it.

Ko Skin Specialist Centre has come a long way since its establishment in 1997. "We aim to establish ourselves as a complete one-stop

integrated aesthetic services provider, specialising in anti-aging and aesthetic science technologies," explains Dermatologist Dr. Ko Chung Beng, who is also the founder of Klinik Dr. Ko & Ko Specialist Medical Centre. Since its establishment, Ko Skin Specialist Centre has positioned itself as Malaysia's largest laser cosmetology centre.

The centre is a fully equipped facility with the latest technology and a team of experienced and well-trained doctors that provide services ranging from skin treatments, plastic and cosmetic surgeries, cosmetic dentistry and orthopaedics. With more than 10 centres in Malaysia, and three more opening soon, the medical centre is bringing its vast services to more and more patients.



Photos courtesy of Ko Skin Specialist Centre.



Before and after treatment for acne.



Before and after treatment for hyperpigmentation.

SMOOTHER, MORE EVEN SKIN TONE

At Ko Skin Specialist Centre, one can get effective solutions for skin conditions such as acne, pigmentation, ice-pick scars, large pores and wrinkles. Since the advent of oral and laser treatments, countless patients have enjoyed notable results. "Obvious improvements can be seen in record time once you've identified the appropriate treatment for the patient," says Dr. Ko.

A common skin problem, acne is widely recognised as something that afflicts teenagers. However, the disease is not restricted to any age group. Many of us have had it. Some of us still do. It is a problem "that not only affects us physically, but mentally as well," says Dr. Ko. Acne sufferers tend to shy away from others and feel the ills of low self-esteem. According to Dr. Ko, acne is caused by excessive production of sebum from active sebaceous glands in our skin.



Consultant Dermatologist Dr. Ko Chung Beng whose medical centre specialises in anti-aging and aesthetic science technologies.

There are a lot of misconceptions about acne, Dr. Ko says. "I have come across patients who have peculiar beliefs about acne. Some of them think that acne is linked to liver problems, while someone else thought it was related to existing sinus problems. Clearly, there is no scientific evidence to prove any of that," he adds. But there are proven external and internal factors, which contribute to acne breakout. "Family or genetic history, hormone activity, skin irritation, stress or use of unsuitable skincare products are some of the causes," explains Dr. Ko.

There are several treatments available at Ko Skin Specialist Centre to target the different types of acne and acne scarring. Dr. Ko points out that oral medication works best for acne. Oral intake of the vitamin A derivative isotretinoin over a period of time can effectively "help



KO DERMACEUTICAL PERFECT

Ko Skin Specialist Centre has also launched its very own line of skincare products, KO Dermaceutical Perfect. "We work closely with our chemist to identify the right ingredients to customise the products, to address very specific facial skin conditions," explains Dr. Ko. This is also what sets KO Dermaceutical Perfect series apart from other skincare series. A skin health restoration program, the series features a selection of products – from cleanser to serum to moisturiser, just to name a few. The series is specially formulated to improve skin texture, while refining open pores and boosting collagen production. "The Perfect White 31, for instance, is a specially-designed skin lightening cream comprising high-tech ingredients to control everyday pigment disorders and reduce melanin production," explains Dr. Ko.

Dr. Ko also advises that good skin care, sun avoidance and regular facial treatments are beneficial for smooth and healthy skin. Regardless of the skin condition, what's important is that people know what treatments are available, who to consult for treatments and the after-care involved. "Just like driving, if you are not trained, you may crash the car. When handling the latest aesthetic machines and equipment – they can be the best in the world, but a doctor's skill and experience directly contribute to the treatment outcome," emphasises Dr. Ko.

to clear up acne by reducing the redness, bacteria and make the skin less oily". He also emphasises the importance of seeking treatments from skilled and experienced doctors with proven track records. "This is crucial. You should always consult the right doctor – a qualified dermatologist," adds Dr. Ko. Aside from oral medication, there are also laser or radiofrequency treatments and topical creams to help curb acne.

Hyperpigmentation is another fairly common skin condition. The condition consists of brown to grey-brown patches, which may be connected together or occur in random splotches. "Hyperpigmentation like melasma often occurs due to constant sun exposure, hormonal changes or even use of wrong skincare products," explains Dr. Ko.

Hyperpigmentation happens when there is excessive melanin production. While the condition is much more common in women, it is occasionally seen in men, especially in those with darker complexions. Understanding its causes is crucial for treatment success as this will determine whether the condition requires a specific or combination approach to deliver results. "Solutions for hyperpigmentation include chemical peels, microdermabrasion and lasers," says Dr. Ko.

THE IMPROVISED KO-JE TECHNIQUE

The Ko-Je technique is an innovative method developed by Ko Specialist Medical Centre, to cater to local needs. Inspired by a double eyelid surgery method practised in Japan, "the Ko-Je technique is an improvised method which promises better results," explains Dr. Mohd. Ruslan bin Johan, Consultant Plastic and Reconstructive Surgeon at the Ko Specialist Medical Centre. "The technique has been refined to an extent that we add the double eyelid without



Consultant Plastic and Reconstructive Surgeon Dr. Mohd. Ruslan bin Johan says the Ko-Je technique of double eyelid surgery promises better results.

casting away the unique shape of the Asian eye," remarks Dr. Ruslan, who designed the method.

According to Dr. Ruslan, the Ko-Je method was introduced to the medical centre about a year ago. The surgery takes about 20 to 30 minutes, and is performed under local anaesthesia. As compared to other methods, the Ko-Je technique has a faster recovery time. A seven to eight millimetre incision in the eyelid is made, while the excess fatty tissue that creates the appearance of puffiness or bags under the eyes (after the surgery) is removed "to make the eyes appear larger". Mild swelling generally subsides around three days after the procedure. And five days after the procedure, the stitches are removed.

Dr. Ruslan personally believes that "Making a lid fold is not so difficult but making aesthetically-pleasing lid folds requires great artistry, immense technical expertise and years of experience," emphasises Dr. Ruslan. Different methods are suited to different eyelids. "A good doctor will advise his patients on the best approach," adds Dr. Ruslan.

Dr. Ruslan encourages patients to research "the experience, specialised field and reputation of the surgeon" before any surgery. He says it is important to weigh the risks and costs. "Think through whether or not you really want the change," Dr. Ruslan advises.

Photos courtesy of Ko Specialist Medical Centre.



Before and after the Ko-Je method.