



# BUCHINGER AESTHETICS

Minimally Invasive  
Aesthetic Surgery



## **DR. MED. VERENA BUCHINGER-KÄHLER**

Aesthetic-Plastic Surgeon

My name is Dr. med. Verena Buchinger-Kähler. During the last 6 years, I worked as a plastic surgeon at the University clinic of Aachen. In May 2017, I took over the medical directorship of the Dr. Otto Buchinger clinic in Bad Pyrmont, a clinic that was founded by my great-grandfather. The core competence of our clinic is the therapeutic fasting cure according to the original Buchinger method.

Following the holistic treatment for our guests, my remit is to support them beyond the medical supervision of their fasting with my knowledge in aesthetic-plastic surgery. An in-depth consultation and development of an individual strategy are of great importance to me. Every face has its own characteristics that make it unique. My first aim is to analyze the ageing process and to understand the individual needs of each patient to revise this process without losing the personality. Over the last six years, my focus has been on personal counselling.

I look forward to meeting with you.



## HYALURONIC ACID

Hyaluronic acid is one of the major components out of the extracellular Matrix (the framework in which our cells are embedded) and is of most importance in retaining moisture. Hyaluronic acid can hold up to 1000 times its own weight in water and therefore assures a firmer, plumper and more glowing skin. During the aging process, volumetric redistribution towards the lower half of the face often takes place as well as volume loss, i.e. there is a decline in Hyaluronic acid content. Hyaluronic acid injections serve to rejuvenate the skin, replenish tissue and increase volume. Contouring of the lips or the cheeks, for example, can also be gently realized. The effect is immediately recognizable. The substance decomposes over a period of 8–10 months.

### Areas of application:

- Subcutaneous injection of the nasolabial fold
- Correction of the nasal form (without operation)
- Smoothing of smoker/upper lip wrinkles
- Contouring of lips, Lip volume
- Lifting of oral commissures/filling of marionette grooves
- Evening out of nasolabial fold
- Treatment of the tear trough (dark circles under eyes)
- Cheek filling or facial contouring

## BOTULINUM TOXIN

Botulinum toxin is the protein of a bacterium, that has been used in medicine since the 19th century to successfully combat spasticity or blepharospasms, as well as in the treatment of facial wrinkles. It inhibits the signal transmission to strained muscles, allowing them to relax and thus smooth out the wrinkles. The effect is built up over a period of 3 to 14 days and lasts between 4 to 6 months. The basic premise here is that Botulinum Toxin can prevent initial wrinkles from developing into extreme facial expressions or deepening of wrinkles.

### Areas of application:

- smoothing out of crow's feet (wrinkles around the eyes)
- Smoker lines around the mouth
- Forehead wrinkles
- Glabellar frown lines
- Masticatory muscle (facial slimming, grinding of teeth)
- Hyperhidrosis of the armpits
- Treatment of migraines





## THREAD LIFT

The new thread lift is applied to moderate age-related slackening of facial skin, where a total face lift (usually accompanied with an operation) is not yet necessary or desired. PDO-threads are placed under the skin with a needle and induce collagen synthesis. Your natural facial expression is retained. Different threads can be applied for different indications. The VENUS V-Line thread lift can be successfully applied to the face, neck, cleavage, upper arms, buttocks, the thighs, as well as other areas. An effect is immediately visible after the treatment, the complete treatment outcome is, however, reached after 4 to 6 weeks. The absorbable threads will fully disintegrate after some time. Thread lifting can last up to 2 years and can easily be repeated at any point in time.

Areas of application for the thread lift:

- Face:
  - Eyebrow lift
  - Midface lift
  - Firming of chin and neck
- Other body areas



## MEDICAL NEEDLING

### Percutaneous induction of collagen

This therapy can be applied for any skin type for skin rejuvenation, scar or stretchmark improvement through the regeneration of messenger substances without significantly lacerating the skin. When compared to laser treatment or peeling, this is not an ablative process. With medical needling, also known as percutaneous induction of collagen, needles of 0,5–2,5 mm depth are pricked into the skin of the affected area. The needle pricks generate thousands of micro wounds in the dermis and stimulate the skin cells to generate collagen, which in turn supports the plumpness and improves the quality of the skin. Scars become softer, wrinkles even out, the skin becomes firmer and the blood supply is increased. Needling can be applied to all regions of the body and for all skin types. It is particularly suited in combination with PRP.

Well treatable with Medical Needling are:

- sun-damaged skin
- Wrinkles
- Scars, Acne scars, burn scars
- Stretch marks
- Hyperpigmentation

## AUTOHEMOTHERAPY/PRP

(PRP = Platelet Rich Plasma)

PRP-Lifting refers to an injection or external application of a specifically prepared endogenous blood concentrate. This completely natural form of therapy is one of the most modern and safe treatments within the field of aesthetic medicine. Stars such as Demi Moore and Kim Kardashian have undergone PRP-Therapy, also known as Vampire lifting, to rejuvenate themselves. The special preparation includes plasma in high concentrations of blood platelets and growth factors. The injection activates cells in the immediate surrounding area, the skin becomes tighter, fresher and firmer. PRP is therefore a simple and safe way of supporting endogenous regeneration and healing powers with modern biotechnology. The treatment of wrinkles with Autohemotherapy is low in risk, as it eliminates the risk of allergic reactions or any intolerances. It is only your own blood that is used – your very personal beauty elixir. In combination with needling it can give you exceeding results. To enhance the effect it can be repeated during your stay after three weeks.

### Areas of application:

- Hair loss
- Skin rejuvenation & tightening
- treatment of thinning skin



## SMALL INTERVENTION – BIG EFFECT

Our face is our calling card. A fresh and healthy look has an effect in all situations and positively strengthens the first impression. A lot of the time our sorrows, anger, daily routine and tensions show in our face. This can lead to a very strained and negative facial expression that does not reflect the reality. As a result, the wish to adapt the outer state of mind more to the inner emotional state often arises.

It often takes more than a change of lifestyle to balance the body, soul and spirit.

This is where my motivation as an aesthetic-plastic surgeon comes into play, to help you achieve holistic well-being for yourself.

This brochure serves to give you an excerpt of the minimally invasive methods that I can offer alongside the classic surgical operations. The former have the following properties:

- no loss of working hours, no downtime
- Social engagement is generally immediately possible
- no cuts or larger surface wounds
- local anaesthetic, no general anaesthetic required, low levels of strain

### CONTACT:

Dr. med. Verena Buchinger-Kähler

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### PLACE OF TREATMENT:

Clinic Dr. Otto Buchinger

Forstweg 39, 31812 Bad Pyrmont



# BUCHINGER AESTHETICS

## Price List for Treatments

(June 2017)

What follows is the current price list for treatments that we offer. To receive an individual offer, please arrange an appointment with Dr. med. Verena Buchinger-Kähler.

Telephone number : +49 (0) 5281 166-0.

### HYALURONIC ACID

Area	Price in Euro
Subcutaneous injection of the nasolabial fold	from 300
Correction of the nasal form (without operation)	from 280
Smoothing of smoker/upper lip wrinkles	ca. 230
Contouring of lips, Lip volume	from 280
Lifting of oral commissures/filling of marionette wrinkles	from 300
Treatment of the tear trough (dark circles under eyes)	from 250
Cheek filling or facial contouring	from 800

Invoices for subcutaneous treatment with Hyaluronic gel include expenses and materials used, in accordance with the Gebührenordnung für Ärzte (GOÄ) and include 19% VAT for non-medically therapeutic indications.

## BOTULINUM TOXIN

Area	Price in Euro
Smoothing out of crow's feet (wrinkles around the eyes)	from 180
Smoker lines around the mouth	from 180
Forehead wrinkles	from 240
Glabellar Frown lines	from 200
Neck	from 280
Masticatory muscle (facial slimming, grinding of teeth)	from 330
Hyperhidrosis of the armpits	from 560

Invoicing for the costs of the Botulinum toxin treatment will be in accordance with the Gebührenordnung für Ärzte (GOÄ) and include 19% VAT. Prices include the medical consultation, any necessary examinations and the follow-up inspection.

## THREAD LIFTING

(Prices may vary according to numbers & types of thread)

Area	Price in Euro
Face	from 450
Other body regions	from 350

## AUTOHAEMOTHERAPY/PRP

(PRP = Platelet Rich Plasma)

Area	Price in Euro
Hair loss	350–500
Skin rejuvenation & tightening	350–500
Treatment of thinning skin	350–500

## MEDICAL NEEDLING

Area	Price in Euro
Face	from 280
Cleavage	250
Scars and stretch marks	from 250 dep. on size