



### 整形外科中心簡介

整形外科中心於1998年成立，已由跑馬地養和醫院進駐金鐘養和醫院專科中心，為更多市民提供高水平的專業醫療服務。中心延續養和『優質服務，卓越護理』的信念，由具豐富臨床經驗的專科醫生團隊主理，他們寶貴的經驗及完善的網絡，可促進和推動知識與技術交流，讓我們更緊貼最新的治療方案或技術發展。中心亦新增一系列升級的設備和嶄新儀器，以大幅擴大服務範圍，為你帶來優質、全面及跨專科的醫療服務。

整形外科中心設於金鐘太古廣場一座23樓，位於商業區核心地段，有港鐵直達，交通便利。全新設計的整形外科中心地方寬敞，可眺望中區及維多利亞港，環境舒適，特設多間獨立候診室及診症室，全面顧及和保護個人私隱。

我們的手術室採用正壓配置，溫度及濕度等指數均受嚴密監控，符合嚴格感染控制標準。皮膚激光治療室配備多部具「科研證效」之嶄新儀器，設備齊全先進，可進行各項日間手術、局部麻醉手術、皮膚激光及注射治療等醫療程序。至於全身麻醉手術、先天性外表缺陷之整形或重建手術等，則會在養和醫院的配套服務下進行。

此外，本中心三位駐診和四位客席整形外科專科醫生均具有不同專才和豐富的臨床經驗，致力為求診人士作出專業評估、診斷及治療。加上護士團隊熟悉養和醫院和各個專科的運作，能有效地因應病者的需要而提供最佳與適切的治療和護理方案。

接受整形或美容手術、皮膚護理及激光美容前，請先預約中心之整形外科醫生，經面診、評估分析及解釋治療方案後，便可預約接受治療。

### 服務範圍

#### 面部整形手術

- 雙眼皮手術
- 眼部下垂矯正術
- 眼瞼下垂矯正術
- 內外眼瞼手術（開眼頭／開眼角）
- 割眼袋手術
- 隆鼻手術收窄鼻翼手術
- 除去駝峰鼻手術
- 面部拉皮手術
- 面部脂肪移植手術
- 頸部線條提升手術
- 額部拉皮手術
- 唇形改善手術
- 隆下巴整形手術
- 削下巴手術
- 瘦面／削細腮骨手術

#### 體態整形手術

- 隆胸手術
- 乳房下垂矯正手術
- 乳房縮小手術
- 乳頭乳暈改善手術
- 乳房重建手術
- 抽脂手術
- 脂肪移植手術
- 拉肚皮手術
- 肚臍整形手術
- 汗腺切除手術／多汗症和腋臭微創治療

#### 皮膚痣及腫瘤治療

- 脫痣手術
- 乳癌修復手術
- 頭頸癌修復手術
- 皮膚癌修復手術
- 壓瘡／褥瘡治療
- 皮膚腫物切除手術

#### 先天性外表缺陷整形手術

- 唇裂修復手術
- 裂顎修復手術
- 唇裂繼發畸形修復手術
- 尿道下裂修復手術
- 兜風耳修復手術
- 小耳症修復手術
- 耳前瘻管切除手術
- 色素胎痣／先天性皮膚瘤
- 先天性肢體創傷

#### 創傷整形手術

- 急性面部創傷及創傷後整形手術
- 急性燒傷及燒傷疤痕治療

#### 皮膚改善療程

- 改善疤痕
- 激光美容
- 射頻緊膚
- 超聲波緊膚
- 改善橙皮紋／妊娠紋
- 微波治療改善多汗症

#### 肉毒桿菌素注射

- 除皺紋
- 改善面形
- 改善小腿外形
- 手心減汗

#### 透明質酸注射

- 除皺紋
- 豐滿面部
- 加高鼻樑

#### 皮膚激光治療

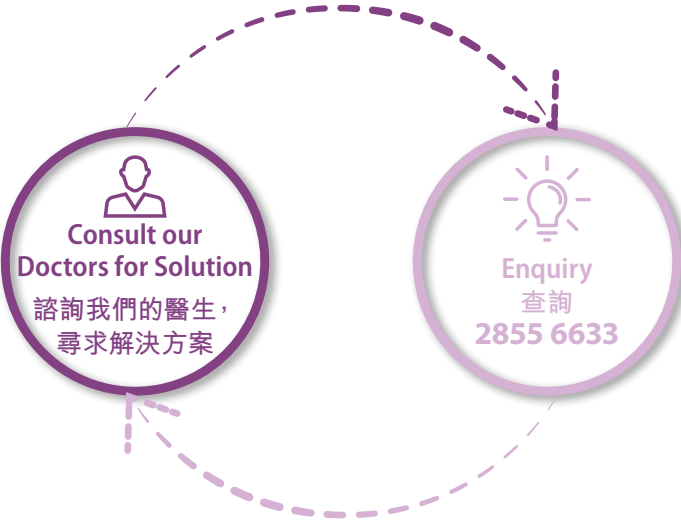
- 改善色斑
- 改善紅斑、血痣及微絲血管
- 除紋身色素
- 激光去痣
- 磨皮改善凹凸洞及疤痕
- 改善皮膚質素
- 脫毛

### 手術前須知

追求美好事物是人與生俱來的本性，而不同年齡的人對美麗也有不同的詮釋。在現今社會，美麗的容貌及出眾的身材被視為較容易得到社會的接納與認同。有醫學研究顯示，人們在改善外觀後會顯得更自信，生活和工作也因此而變得更愉快和積極。

接受整形手術的目的是完善容貌和身段，使外觀保持年輕。一般整形手術並無急切性，所以在決定做手術前必須要充分考慮，並留意以下各點：

1. **不應為滿足他人而決定進行手術。**接受整形手術屬個人主觀的決定，但可諮詢親友作客觀性評估。
2. **不應對手術效果有不切實際的期望，**如：挽救破裂的婚姻、手術後可升職加薪、或滿足他人的欲望。
3. **明星或偶像的外貌只可作參考之用，並不能完全複製，**因為每個人的面貌和結構都不一樣。
4. **整形手術與任何手術一樣，都是有風險的，效果也不能百份百保證。**一般來說，手術由整形外科醫生主理，並在醫院或適當的醫療中心進行，手術的效果及安全會較有保障。
5. 在會見醫生時，是否已**清楚提出**：
  - 想改善的部位
  - 對該部位不滿的原因
  - 想達到的效果
6. 在會見醫生後，是否已**了解**：
  - 主診醫生的資歷
  - 手術室的設備是否完善
  - 手術的方式及過程
  - 麻醉方法
  - 手術風險
  - 副作用
  - 康復時間
  - 其他治理方法



# CENTRE INTRODUCTION AND PRE-OPERATIVE INFORMATION 中心簡介 及手術前須知

HKSH Plastic & Reconstructive  
Surgery Centre  
養和整形外科中心



# CENTRE INTRODUCTION AND PRE-OPERATIVE INFORMATION

## 中心簡介及手術前須知

### PLASTIC & RECONSTRUCTIVE SURGERY CENTRE

The Plastic & Reconstructive Surgery Centre, established in 1998 at the Hong Kong Sanatorium & Hospital, has relocated from Happy Valley to the HKSH Healthcare Medical Centre in Admiralty to bring high quality services even closer to you. We continue to abide by our motto of “Quality in Service • Excellence in Care”, and have brought in a new team of highly experienced and well-respected doctors in the realm. The Centre has also substantially expanded its scope of services through a series of equipment upgrade and new purchases, to ensure the provision of high quality, comprehensive and multidisciplinary medical services that you have come to expect from us.

The HKSH Healthcare Plastic & Reconstructive Surgery Centre is now in service on 23/F, One Pacific Place in Admiralty. Situated in the heart of Hong Kong’s central business district, the location is unparalleled in convenience and can be easily accessed by MTR and other modes of transportation. Overlooking the grand cityscape of Central and Victoria Harbour, individual waiting rooms and consultation rooms are specially designed to ensure privacy and inspire comfort.

Our procedure rooms utilise positive room pressurisation and temperature / humidity control in keeping with stringent infection control standards. Laser treatment rooms are fully equipped with “medically proven and certified” equipment to ensure not only optimal results, but also patient safety. Skin laser, injection treatments and procedures involving local anesthesia can be carried out at the Centre. Procedures requiring inpatient care, such as cases done under general anaesthesia, reconstructive surgery of congenital defect, will continue to be performed at the Hospital in Happy Valley.

All of our services are conducted by our highly qualified team of 3 resident and 4 sessional plastic and reconstructive surgeons, each with different areas of expertise and all with rich clinical experiences. Our dedicated nursing team is well-versed in the operation of the Centre and the Hospital, and plays an instrumental role in ensuring a pleasant experience throughout your transformation journey, attending to and serving your every need not only during treatment and procedure but also during pre-operative evaluation and postoperative care.

### SCOPE OF SERVICES

#### Facial Cosmetic Surgery

- Double Eyelid Surgery
- Drooping Eyelid Surgery
- Ptosis Correction Surgery
- Canthoplasty
- Eye Bag Surgery (Lower Blepharoplasty)
- Nasal Augmentation Surgery
- Alar Reduction
- Nasal Hump Reduction
- Face Lifting
- Fat Transplantation to Face
- Neck Lift
- Brow / Forehead Lift
- Lip Contouring
- Chin Augmentation
- Chin Reduction
- Buccal Fat Reduction / Jaw Contouring

#### Body Contouring Surgery

- Breast Augmentation (Implant / Lipofilling)
- Breast Lifting
- Breast Reduction
- Nipple / Areola Reduction
- Breast Reconstruction
- Liposuction (Suction, Ultrasonic, Waterjet)
- Fat Transplantation / Lipofilling
- Abdominoplasty
- Umbilicus Reshaping
- Apocrine Gland Excision for Body Odour/Minimally Invasive and Non-invasive Treatment of Hyperhidrosis and Osmidrosis

#### Skin Mole and Tumour Surgery

- Mole Removal
- Breast Cancer Reconstruction
- Head and Neck Cancer Reconstruction
- Skin Cancer Reconstruction
- Bed Sore Management
- Skin Tumour Removal

#### Congenital Defect Reconstruction

- Cleft Lip Reconstruction
- Cleft Palate Reconstruction
- Post-cleft Deformity Reconstruction
- Hypospadias Reconstruction
- Bat Ear Reconstruction
- Microtia Reconstruction
- Preauricular Sinus Excision
- Birthmark / Congenital Skin Tumour
- Congenital Limb Reconstruction

#### Acute Injuries

- Facial Injuries (Soft Tissue and Skeletal Injuries)
- Burn and Scald Management

#### Improvement of Skin Imperfections

- Scar Management
- Laser Treatment
- Skin Tightening by Radiofrequency (Thermage)
- Skin Tightening by Ultrasound (Ultherapy)
- Cellulite / Stretch Mark Reduction
- Hyperhidrosis Treatment with Microwave (MiraDry)

#### Botulinum A Toxin Injection

- Wrinkle Treatment
- Face Reshaping
- Calf Reshaping
- Treatment of Hyperhidrosis

#### Hyaluronic Acid Injection

- Wrinkle Treatment
- Facial Contouring
- Nasal Contouring

#### Cosmetic Laser Treatment

- Pigmented Skin Lesion
- Vascular Lesion (Haemangioma, PWS, Telangiectasia)
- Tattoo Removal
- Mole Removal
- Acne Scar / Scar Treatment
- Surface Imperfection
- Hair Removal

### PRE-OPERATIVE INFORMATION

The pursuit of beauty is intrinsic, not only for women, but also for men. While perception of beauty differs by age groups and cultures, and there are many different motivations for undergoing plastic surgery, one of the most common reasons is to rejuvenate the face or the body. Nowadays, a beautiful face and an impeccable body can not only improve visual appearance, but may also affect societal acceptance. Research has shown that the enhancement of appearance can help improve self-esteem and confidence, positively impacting quality of life.

Nevertheless, careful and thorough consideration is advised before committing to any decision.

**1. The decision of getting plastic surgery has to be initiated by you** and not based on other people’s comments. You can ask family and friends for their opinions, but the decision should ultimately be made by yourself.

**2. It is important to avoid unreasonable and unrealistic expectation** about the outcome of the surgery, such as fixing an unfaithful marriage, getting a job promotion or satisfying others.

**3. It is impossible to copy the appearance of a particular celebrity** as everyone has unique facial features and structure.

**4. Like any other surgeries, plastic surgery can have risks and the result cannot be 100% guaranteed.** As long as the procedure is being carried out by a qualified surgeon in a properly equipped hospital or centre, the outcome of the surgery and patient safety can be more reasonably assured.

**5. During the consultation, you need to clearly state:**

- the part of your body where you want an improvement
- the reason for improvement
- the expected result

**6. After the consultation, you need to fully understand:**

- the qualification of your doctor
- the state of the procedure room (whether it is well-equipped and manages infection risks satisfactorily)
- the rationale of the advised treatment method
- the method of anaesthesia
- the risks of the treatment
- the possible complications of the treatment
- the length of the downtime
- the availability of other alternatives

### HKSH Plastic & Reconstructive Surgery Centre 養和整形外科中心

#### CONSULTATION HOURS

Monday to Friday  
10:00am – 6:00pm

Saturday  
9:00am – 1:00pm

Closed Sundays and Public Holidays  
Consultation by Appointment

#### 診症時間

星期一至五  
上午 10 時至下午 6 時

星期六  
上午 9 時至下午 1 時

星期日及公眾假期休息  
敬請預約

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