Face lifts, nose- and breast surgery, abdominoplasties, liposculpture

Welcome to

The Institute of Plastic Surgery

Do you want to ***rejuvenate*** your face? We have contributed to the development of the methods that rejuvenate ***midface, eyes, lips and neck.***

Institute of Plastic Surgery

When you come to the Institute of Plastic Surgery you will get the advice and expert help you need.

The Institute of Plastic Surgery has patients from Scandinavia, North and South America, Europe and the Middle East and is one of the leading private clinics for aesthetic and reconstructive plastic surgery in the Nordic countries.

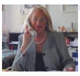
The Institute was founded in 1992 by Dr Jan B Wieslander (MD, PhD). He has more than 20 years medical experience and is one of the most respected specialists in Scandinavia within cosmetic and reconstructive plastic surgery.

Dr Wieslander is an established member of:

- Swedish Society for Esthetic Plastic Surgery
- Swedish Association of Plastic Surgery
- Nordic Association of Plastic Surgery
- American Society of Plastic and Reconstructive Surgeons

Our new 4-story clinic has 4 operating theatres and a modern postoperative ward (12 rooms). We have invested in safety.

Consultation that will help you choose



When you call us it is most often our medical secretaries that you speak to first. They will inform about various methods, and prepare your first consultation with the doctor.

Mutual decision

The conversation between you and the doctor – who will perform the surgery – means an open dialogue. We will also discuss such practical questions as time of treatment, your health, your choice of anaesthetic method, rehabilitation and what examinations you need before the surgery (eg ECG, X-ray,) and the price. At the first consultation the important pre-operative photo documentation will also be made.

” I am a 50 year old women that decided- after some years thinking-to do a face-lift and I have not regretted this for even a day. The surgery was without pain. I woke up after a few hours and felt great. The staff took good care of me. I felt no pain afterwards and the result was like I wanted. I am so satisfied!” Mona Paulsson

Our clinic has proven and unique safety

At the Institute of Plastic Surgery you can feel safe. And you can expect good results!

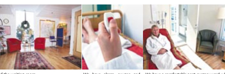
At the Institute of Plastic Surgery we do most procedures within cosmetic and reconstructive surgery. In many of our procedures we do so called "large" surgery, which is made with participation of an anaesthetist doctor. We also perform surgery under light forms of anaesthesia.

Furthermore the clinic has participated in the development of tissue expansion as method and this has made it possible to reconstruct large skin defects and skull injuries and has revolutionized breast surgery.

Before and after reconstruction of the face.

Dr Wieslander and nurse.
We have modern and technically advanced operating rooms.

One of our 4 operating theatres.



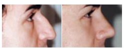
Part of the waiting-room.

We have alarm, oxygen and suction in all postoperative wardrooms.

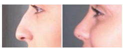
We have a comfortable post-surgery ward, where a specially educated anaesthetist nurse is responsible.

Rhinoplasty – changing nose shape and size – a dream for many

Nose surgery can mean anything from small corrections of the tip and cartilage under local anaesthesia to larger and more radical changes of the nose. Complicated and/or deformed noses are generally operated with so called open rhinoplasty. Nose reconstructions are often made with cartilage transplants from ears.



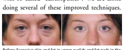
Before rhinoplasty. The nose is high with a so called hump and far too long. After rhinoplasty. A dramatic change.



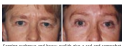
"I liked my face, apart from the nose – it ruined everything. It was high and had a large hump! Now my eyes and my mouth can be seen and my self-confidence has really become better. I have felt welcome and well taken care of at the clinic". Petra 27

Eyelid surgery and forehead lifts

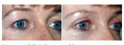
Eyelid surgery has been improved. We reshape the global line and fill out the dark ring under the eyelids. The shape of the eye is stabilised with so called "canthopexies". We are alone doing several of these improved techniques. Forehead lifts with endoscopic or traditional surgery is important and means a lift of the eyebrows, tightening of the skin around the eyes and weakening of the glabellar frown.



Before: Excessive skin and fat in upper eyelids and fat pads in the lower eyelids, so called tear trough. You look tired and sad.
After upper and lower blepharoplasties: The eyes look alert and you give an open and interested impression. The fat pads in the lower eyelids were used to fill out the dark shadow (tear troughs) below.

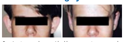


Sagging eyebrows and heavy eyelids give a sad and somewhat angry impression – although you feel happy. After forehead lift with endoscopic surgery (only tiny scars inside the hairline) and skin reduction in the upper eyelids. The patient looks happy and interested! The global line has been reshaped!



Large excess of skin in the upper eyelids.
After upper blepharoplasties made under local anaesthesia and sometimes analgetics and sedatives in the arm simultaneously. Now the patient looks younger!

Ear surgery



Prominent ears can be a considerable annoyance to young people. After ear reconstruction. Our technique gives harmonious ears and no visible scars or sharp edges that could indicate surgery.

Our new face lifts – a success. – you become what you see

Face lift today may mean everything from the whole traditional face lift to somewhat smaller operations like temporal lift, midface lift and lower face lift with tightening of jawline, chin and neck. True rejuvenation can be achieved.

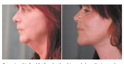
Before face lift

After face lift and lift of fat pads in the midface and laser treatment around the mouth and on the chin.

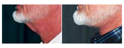
Face lift patients can at a later stage benefit from skin surface treatment like lasers.

Eyes and mouth decide much of the impresssion you give. If you have an unfavourable "sagging" of the corners of the mouth they can be lifted with a special operation and eyes that look tired can be tightened at the corners of the eyes.

Many face lifts are combined with eyelid surgery, elimination of the dark ring below the eyes (the tear troughs) and enlargement of the malar bones and the lips with autologous material, like fat or grafts. The wrinkles around the mouth are treated with laser/dermabrasion. We concentrate on eyes, malar bones (mid-face), mouth and neck.

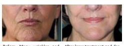


Excessive skin (and fat) under the chin and along the jaw makes you look much older. After neck- plasty. The impression is a much younger person-true rejuvenation is achieved.



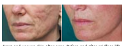
A man, 60 years, with too much fat under the chin and skin excess on the neck.
After lower face lift and elimination of fat under the chin. Looks much younger. Says he is met quite differently now by others.

Skin rejuvenation (laser, dermabrasion, chemical treatment)



Before: Many wrinkles and folds around the mouth and on the chin.

After laser treatment and dermabrasion. Smooth skin



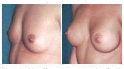
Scars and uneven skin after acne. Before and after midface lift. Laser treatment was used later.

Breast surgery – augmentation, lift, reduction, reconstruction

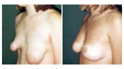
The breasts are an important and delicate part of the woman's body. For several reasons many women say that they have problems with their breasts – problems that we at the Institute of Plastic Surgery most often can solve.

We do breast augmentation, breast reduction, correction of breast deformities or asymmetry and reconstruction after breast cancer. Our own technique with intraoperative ***tissue expansion*** and special equipment gives the finest shape of the breasts and the lower breast pole also when we go via the axillary skin.

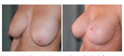
We mainly use new 3-layered cohesive silicon implants or so called anatomic implants since they have become softer. An intense research shows that these implants are not harmful and they are now on the US market also for aesthetic use.



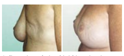
Woman, 26, with small breasts. Augmentation via the axilla with the new silicon implants. The scars are not visible and the shape of the breasts is good. With our technique we preserve the sensation in the breasts.



Tubular breasts before and after reconstruction with mastopexi, areolaplasty and implants. Our special technique!



Woman, 25, with sagging breasts. No breast-feeding before!
Two years after breast lift. Scars hardly visible and normal sensation in the breasts. The technique often makes it possible to breastfeed.



Profile several years after loss of the left breast due to breast cancer and after reconstruction with tissue expansion. Only one large operation with anaesthesia. No new scars. Nipple and areola reconstructed with tatooing technique with local anaesthetics.

To the left: Heavy breasts that cause pain in shoulders and neck. Skin problems under the breasts.
Two years after reduction and breast lift. The pain is gone. The sensation in the breasts is maintained thanks to our special technique. We have never had any serious complications with these techniques that are performed under general anaesthesia.

Normal breast augmentation.
No breast scars!

Liposculpture – liposuction or augmentation with autologous fat

Liposuction – or with another word liposculpture – has been refined and is now an important part of the Institute's activities. The operation is made with local anaesthetic or with general anaesthesia. More than 15 years' experience shows that the result of our liposuction technique will be lasting.

New liposculpture techniques

Our technique enables elimination of much larger volumes of fat than before. At the same time more operations can be made with simple forms of anaesthesia. Traditional indications are: neck, abdomen, thighs (trochanters) and the inside of knees and thighs. We can also sculpture the lower legs.

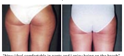
Eliminated fat can for example be used for augmentation of lips, cheeks, malar bones, buttocks and much more!

Young woman with fat deposits under the chin and along the jaw edges and distinct so called hamster pouches.
After liposuction via a small incision under the chin. The skin has contracted. Stable result for more than 10 years.

Woman, 35, with a large abdomen after several pregnancies and some overweight. Large abdominoplasty (tummy tuck). Liposuction of waist and hips + muscle plasty at first operation. Then, at session two, liposuction of the central parts of the abdomen. Through this method in two steps complications (skin problems) have been avoided. The angling of the scar gives a better waistline. All skin between the old umbilicus and the pubic area has been removed.

Lip augmentation – fat, graft or V-Y plasties

Thin upper lip with practically no visible lip mucosa.
After mobilising lip mucosa from the inside with so called V-Y plasties. Now the lips can be enlarged further with autologous material if desired.

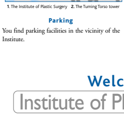


"Now I feel comfortable in pants and I enjoy being on the beach". Lena 27

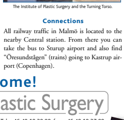
” I have consulted the Institute of Plastic Surgery, Dr Jan B Wieslander. I would like to express my full confidence and I am satisfied with the treatment. The whole staff is very kind and helpful and feels responsibility.” With kind regards. Margaretha von Fielitz

It is easy to find us!

The Institute of Plastic Surgery is located in the Western Harbour of Malmö city, Sweden, close to the famous Turning Torso tower. We are easy to find! Furthermore the Institute is close to hotels, restaurants, trains and buses as well as swimming areas.



1. The Institute of Plastic Surgery **2.** The Turning Torso tower



The Institute of Plastic Surgery and the Turning Torso.

Parking

You find parking facilities in the vicinity of the Institute.

Connections

All railway traffic in Malmö is located to the nearby Central station. From there you can take the bus to Sturup airport and also find "Öresundstågen" (trains) going to Kastrup airport (Copenhagen).

Welcome!

Institute of Plastic Surgery

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We are today a complement to the public health institutions. Read more in our new book.

The book illustrates reconstructive plastic surgery and liposculpture. For example an extensive description of breast reconstructions after cancer with tissue expansion or microsurgical flap techniques. Liposculpture (liposuction and building up with autologous fat) is shown in a thorough way.