

# BRIDGING THE GAP BETWEEN GP AND AESTHETICS



Dr Nik Davies

DR NIK DAVIES is a GP, Cosmetic Doctor and Educator working at Dolce Vita Skin on the Central Coast of NSW. Here, he tells us more about his work and passion for aesthetic medicine.

## The importance of consultations

I have been a GP now for almost 10 years and feel that it has definitely helped me in aesthetics. A core component of both general practice and cosmetic medicine is the consultation. This was touched upon at medical school but as a post graduate trainee in GP this was a key skill focus which is something that takes years of practice and constant self development. Getting the consult right ensures that you hit patient expectations and helps your future self avoid unnecessary problems.

Secondly, in both cosmetic medicine and general practice, everyday we are using medicines and prescribing medicines. At the end of the day, in aesthetics we are using prescribed medications to carry out medical treatments! An idea that I feel is sometimes lost in our field. I have cut my days of GP down to one a week for now and this involves a full day of skin checks and skin cancer operations, another passion of mine which crosses nicely over in aesthetics.

Being a key opinion leader for Teoxane and recently taking on the role of medical advisor for Silk Laser Clinics Australia means my week is action packed – not sure I could fit much more! During COVID, as with everyone else, my aesthetic practice closed for around 10 weeks. That was tough! Luckily I was able to pivot back to seeing more GP patients. Currently, with the improved situation, I have been

able to move back to aesthetics which is definitely more of a passion for me.

## The treatment that will be big in 2021

I think that 2021 is going to be a massive year for our clinic (Dolce Vita Skin, Erina) and myself. I am super excited about my hair transplant surgery treatments with the Neograft machine – another area of medicine which bridges the gap between GP and aesthetics. For years I have been prescribing various medications

to help reduce/slow hair loss in both men and women. It's an absolutely heart breaking condition causing a lot of grief for the patients. So to have something to offer that actually works, and gives amazing results, is fantastic.

I think this area of medicine is going to be massive this year and the years to come. It is a huge issue for millions of people and I think

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the problem may be the lack of knowledge of options for treatment. I get so much out of treating aesthetic patients – there is nothing more rewarding than patients telling me how my treatments have changed their lives and most importantly given the confidence that they used to have. Something the Neograft will do so well!

On a personal level, I would certainly love to get on an international flight to anywhere by then end of the year or maybe even attend an international conference – here's hoping!  
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Dr Nik performing Neograft treatment