

About the doctors

Both of the doctors are multilingual and fully licensed in the EU and Japan. They studied medicine at the University of Amsterdam and did their internship at the Academic Medical Center in Amsterdam, the Netherlands. After specialization at the Department of Plastic Surgery of the Nippon Medical School and the Jujin Hospital, they became certified cosmetic surgeons. In March, 1992, they opened Tokyo Skin Clinic, a specialty clinic for cosmetic dermatology and skin surgery, the first of its kind in Japan.

People from all over the globe, especially from English-speaking areas and other European nations visit Tokyo Skin Clinic. After moving to Roppongi with a high concentration of non-Japanese nationals, treatment of non-cosmetic dermatological problems became another important part of their practice. Thanks to close collaboration with Japan's leading laboratory, they have newest lab tests at their disposition. This has led them to be actively involved in STD screening and hormonal replacement therapy. Trained as primary care physicians in the Netherlands, they started a new project in cooperation with a Dutch public hospital in 2004: periodical health checks for Japanese residents in the Netherlands. Now they go back and forth between the two countries, serving the international community in Japan and contributing to health management of Japanese residents in the Netherlands and adjacent countries.

Dr. Okabe is well-known for her pioneer work in laser surgery and chemical peeling. In Japan they were the first to introduce Botox anti-wrinkle treatment and sclerotherapy for leg veins from Europe. They make continuous efforts to provide optimal treatments integrating the know-how currently available overseas and in Japan.



Yuri Okabe, M.D., M.A. Before becoming an M.D., she graduated from the French Department of Tokyo University for Foreign studies, obtained her master's degree in general linguistics at the University of Amsterdam and worked as a researcher for the Dutch Government. Ex-president of the Japanese Association for Cosmetic Surgeons. Honorary member of the Korean Society of Aesthetic Surgery, honorary member of the World Society for Anti-Aging Medicine, member of the American Society for Laser Medicine & Surgery, etc.



René du Cloo, M.D. Editor of the Journal of the Japanese Society of Aesthetic Surgery. Honorary member of the World Society for Anti-Aging Medicine, member of the Japanese Society for Plastic and Reconstructive Surgery, member of the Royal Dutch Medical Association, etc.

Cosmetic dermatology and surgery

We offer expert help to treat cosmetic skin problems and aging signs. Common problems we encounter in our practice are: moles, brown spots, rosacea, broken vessels, acne scars, scars, fine lines and wrinkles, suboptimal skin appearance in general. You don't have to learn to live with them. This leaflet contains a short description of main minimally-invasive cosmetic procedures to treat these problems. You can find the details of some of these procedures on our website.

General dermatology

You can turn to us for any problem with your skin, including nails and hair. We are specialized in **acne management**, offering a wide range of treatment options. The mainstay of acne treatment is medication, but there is a discrepancy between the acne medications available and/or recommended in Japan and outside Japan. They are mostly, if not all, available in our clinic, including Diane 35® (contraceptive pill for acne patients) and isotretinoin (Accutane® or Roaccutane®). In addition, we have our own products that are highly effective topical agents. By making a logical choice from a wide variety of drugs on the basis of the patient's symptoms and history and further adjusting the regimen depending on the reaction, all acne problems are essentially curable.

Skin cancer screening is something that especially people with fair skin from sunny parts of the world (like Down Under and the West Coast) often visit our clinic for. As cosmetic surgeons we always try to avoid unnecessary biopsies and surgeries, but when we cannot, techniques are chosen deliberately and procedures are performed with utmost care so as to optimize the cosmetic result.

Eczema and other chronic skin disorders that are induced or exacerbated by stress and also as a result of adaptation problems to environmental changes are typically seen among people who move to other countries. We are familiar with these issues and generally competent in their management.

STD check and treatment

In Europe dermatology usually also deals with sexually transmitted diseases (STDs). With advanced laboratory techniques, reliable diagnostics and adequate management of STDs are now possible. More information on this subject is available on our website.

Other services

For the convenience of non-Japanese-speaking clients, most commonly prescribed drugs can be purchased directly at our clinic. Health checks including gynecological examinations (Pap smear) are also performed in our clinic. Radiological examination, MRI, endoscopy, and other examinations that require special equipment can be arranged for at nearby hospitals where English is spoken, as well as referrals to other specialists.

Procedures

carbon dioxide laser - a precise and bloodless surgical instrument used to remove skin tumors and pigment changes, to smooth scars and wrinkles (laser resurfacing), etc. (from ¥ 52,500)

laser hair removal - a speedy and effective way of getting rid of unwanted hair. GentleLASE or GentleYAG (face from ¥ 31,500; body from ¥ 26,250)

helium neon laser - a non-surgical laser with anti-inflammatory and biostimulative effects used for eczema, etc. (from ¥ 5,250)

glycolic acid peel - safe chemical peeling for general improvement of skin appearance and rejuvenation, also effective for acne and related conditions (from ¥ 31,500)

Botox - injection of facial muscles to correct expression lines such as forehead creases and frown lines (from ¥ 63,000); also used for the treatment of hyperhidrosis (¥ 157,500)

hyaluronic acid injection - a simple way to improve wrinkles. Also for lip and nose augmentation (from ¥ 63,000)



fat reduction - for body reshaping (liposuction from ¥ 210,000; lipodissolve from ¥ 63,000)

liporecycle - injection of fat removed by liposuction into skin defects and deep folds (from ¥ 262,500)

vein treatment - treatment of dilated and varicose leg veins by sclerotherapy (from ¥ 63,000) and of facial spider veins by GentleYAG laser (from ¥ 26,250)

eyelid surgery - correction of droopy eyelids and bulging lower lids (from ¥ 157,500 per eyelid) and eyelid crease formation (from ¥ 73,500 per eyelid)

mesotherapy - direct injection of active substances into the skin to treat warts and keloids (from ¥ 15,750), to reduce cellulites, to improve skin tone and texture, etc. (from ¥ 63,000)

subcision - a technique to loosen and raise depressed scars like pitted acne scars with a needle (from ¥ 63,000)

GentleYAG tightening and lifting

- depending on its setting, GentleYAG can also be used for remodeling loose tissue (from ¥ 63,000)



scalpel surgery - conventional, but sometimes inevitable to remove a skin tumor completely, to reduce the size of a scar, etc. (from ¥ 52,500)

*For accurate estimates you are kindly requested to make an appointment for a consultation.

Consultation fees

You will be charged a fee for every visit, which depends on the time your consultation requires:

~25 min.	¥ 10,500
26~40 min.	¥ 12,600
41~55 min.	¥ 14,700
56 min.~	¥ 17,850 yen + ¥ 3,150 per 15 min.

- Fees reduced by 50% will apply to the first hour of a follow-up consultation within 3 months after the last visit during the regular office hours.

- Penalties may apply to no-shows and cancellations.

JAPANESE HEALTH INSURANCE CANNOT BE USED.

CREDIT CARDS ARE NOT ACCEPTED.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Opening hours

Mon*, Wed & Fri 2 pm - 7 pm **open* once or twice a month
Tue, Thu & Sat* 9 am - 2 pm

We are open on Japanese national holidays. Unless indicated otherwise in the webcalendar, we are closed from 5th to 7th and 15th to 18th each month. We close for a period of about ten days in January, May and September due to our business trips to the Netherlands. Please refer to the web-calendar for exact dates.

CONSULTATION ONLY BY APPOINTMENT

Access

From Roppongi Station

4-min. walk from exit 5 (Oeido Line)

5-min. walk from exit 3 (Hibiya Line)

From Roppongi- 1-chome Station

3-min. walk from exit 1 (Nanboku Line)

By car

Exit Kasumigaseki or Iikurakatamachi on the Metropolitan Highway C1. Paid parking is available along the street behind the building.

Our office is located on the second floor of a pink and grey striped building facing Roppongi Dori Ave.



scan for map
to mobile

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General Information



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tokyo skin clinic

since 1992