

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2008

~ Love Your Lips: Augmentation Can Turn Back Time ~

As we age, our lips lose their fullness, which can make us look older. Fortunately, recent advances in injectable fillers offer a safe and effective way to have fuller, younger-looking lips.

"When people think of lip augmentation, they often picture Angelina Jolie," says Dr. Jochen. "But the average lip augmentation patient is between the ages of 35 and 64, and chooses this procedure to restore lip fullness – not to overfill."

Hyaluronic acid fillers are the gold standard for lip augmentation. Hyaluronic acid is a natural substance found in the skin and other tissue that becomes depleted with age.

Today's fillers are safe and effective

The safest and most effective hyaluronic acid fillers used today include Perlane®, Restylane® and Juvederm®. The unique hyaluronic acid gel in these products restores lost volume and fullness to the lips, and they last longer than bovine collagen, which was once the only injectable option for lip augmentation (and required a skin test).



- Juvederm (from the makers of Botox®) and Perlane® (from the makers of Restylane®) are somewhat thicker than Restylane®, and seem to provide somewhat longer-lasting results (six months to a year, on average).
- Restylane® is especially good for filling so-called "smoker's lines"
- All three fillers also are very good for the treatment of nasolabial folds (the lines that run from the nose to the corners of the mouth)

Creating a natural, more youthful appearance

"Lip augmentation really can remove years from a person's appearance," Dr. Jochen says. "The key is addressing all the areas of the lips, including the laugh lines of the outer mouth, the lipstick lines on the edge of the lip, and the inner lip," he notes. "And by carefully selecting the appropriate filler for each area, we can create a natural, more youthful improvement that doesn't look 'done.'"

An attractive advantage of injectable fillers is that they require little to no downtime to achieve great results, he adds. The procedure itself takes only a few minutes, and there are no bandages, dressings or ointments. Patients can resume their regular activities immediately after the procedure.

To learn more about injectable fillers for lip augmentation, please call the office to schedule a consultation.

~ Contour's New Fractional CO₂ Laser: An Anti-aging Breakthrough ~

The skin-resurfacing treatment known as CO₂ fractional laser therapy has been called the anti-aging breakthrough of the decade. It combines the effectiveness of traditional CO₂ lasers – long hailed as the gold standard in removing wrinkles, lines and pigmentation – with a new application technique that delivers outstanding results without traditionally harsh side effects.

Advanced technology, amazing results

Contour recently acquired the most advanced fractional CO₂ laser available. It's called the ActiveFX™, and in one 30-minute treatment it can improve lines under the eyes and around the lips better than any other laser on the market today. During the same treatment, it also can shrink pores, reduce pigmentation, eliminate lines and tighten skin throughout the rest of the face. The treatment also stimulates collagen growth so improvements continue for several months after the procedure. And results can last for several years.

"In one 30-minute treatment it can improve lines under the eyes and around the lips better than any other laser on the market today."

Minimal downtime

"Equally important, this laser gives all the benefits of laser resurfacing without the extensive recovery," says Dr. Jochen. "After treatment with the ActiveFX, patients generally experience three to five days of mild swelling and about a week of sunburn-like redness, compared to two to three weeks of downtime and up to several months of redness with the traditional CO₂ laser."

How it works

Instead of emitting a solid beam of laser energy that destroys a large area of skin, the Active Fx sends out energy in a "fractionated" way – tiny columns of thermal damage are spaced so that tissue between each one is spared, resulting in a faster healing process.

Active Fx is different from other aesthetic procedures using fractional approaches because it employs CO₂ laser energy, which is considered by many doctors – including Dr. Jochen – to be the optimal treatment for photo-aged and environmentally damaged skin,



"CO₂ energy is ideal because it treats areas of discoloration closer to the surface, and it also penetrates deep into the dermis, eliminating damaged cells and stimulating new collagen growth," explains Dr. Jochen. "For patients who want significant results from a single treatment with very little downtime, the ActiveFX is an exciting new option."

Long-lasting benefits

The results of ActiveFX treatment are long term and, with proper sun protection, can last up to five years or longer. And while most of the effects of treatment become visible immediately, others – such as new collagen formation – build up gradually and become more evident over time, so most patients look even better three to five months after the procedure, Dr. Jochen notes.

If you would like to learn more about this remarkable new technology and whether it's right for you, please call us to schedule a free consultation.

"For patients who want significant results from a single treatment with very little downtime, ActiveFX is an exciting new option."

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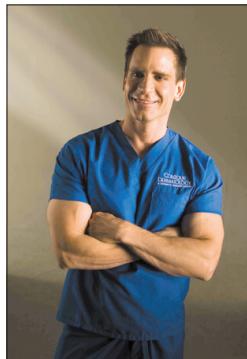
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~ Dr. Jochen Named "Teacher of the Year" ~

While Dr. Jochen consistently earns high marks from his patients, he also was recently named the 2008 Teacher of the Year in the Department of Dermatology at the Keck School of Medicine of USC, where he is a clinical assistant professor in dermatological surgery and has taught since 2002. In this role, Dr. Jochen supervises the work of dermatology residents (doctors in training) at the Edward R. Roybal Comprehensive Health Center in Los Angeles.

This annual award is conferred by the residents who are taught dermatological surgery techniques by Dr. Jochen. He teaches one class per month.

"It's tremendously gratifying to be selected for this recognition," he says. "I truly enjoy teaching the latest surgical techniques and sharing how the practice of dermatological surgery can change patients' lives. This award is wonderful affirmation of the career path I've chosen."



Dr. Jochen Among the Top Providers of Restylane®

Dr. Jochen was recently awarded the Double Platinum Level Provider designation -- the highest level awarded to physicians by Medicis Aesthetics, the distributor of Restylane® in the United States. Dr. Jochen is ranked 33 out of 15,000 Restylane® providers in the United States. Internationally, Restylane® has now achieved the 10 million treatments milestone.

More than simply a reflection of volume, Double Platinum Level designation also is achieved by demonstrating a high degree of technical expertise.



"As one of the country's elite providers of Restylane®, Dr. Jochen has an exceptional record of safety, good outcomes and patient satisfaction," says Shannon Monroe. "He is clearly a trusted source for these non-surgical treatments."

"As with so many medical procedures, volume translates into proficiency," Dr. Jochen notes. "In other words, the more procedures you perform, the better your outcomes. We're proud of our track record in using Restylane® and that so many patients trust us to be their provider of these treatments."

~ Give The Gift of Youth! ~

The holidays can make you feel like a kid again. So, why not look younger too! Our Gift Certificates make great gifts or stocking stuffers. You choose the amount and the recipient can use the gift card toward any product or service they desire.

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Happy Holidays!



~ Elevess®: New “Feel Good” Dermal Filler Now Available ~

Our array of dermal fillers was recently expanded with the FDA approval of Elevess®, a new injectable filler for facial wrinkles and scar improvements. What sets this new filler apart from other products is that it combines hyaluronic acid with the anesthetic drug Lidocaine for patient comfort. In fact, the product's tagline is "The feel-good filler."

Hyaluronic acid – which is used in other well-known dermal fillers including Juvederm® and Restylane® – is a naturally-occurring component of healthy and hydrated skin that functions as a framework to hold together collagen and elastin



(the skin's "building blocks"). When injected into the skin, hyaluronic acid binds to water and provides volume to fill smile lines and other creases and folds.

Elevess® is a technologically advanced formulation that delivers the highest concentration of hyaluronic acid available in a dermal filler, so it promises durable results in smoothing out facial lines and wrinkles – and restoring youthful volume. And the results are immediate, with no downtime.

If you'd like to know more about Elevess, please give us a call or stop by the office.

~ Restylane®: New Study Shows Long-lasting Effectiveness ~



In other dermal filler news, a recent study shows that the effect of Restylane® – another hyaluronic acid-based filler – lasted 18 months or longer in 95% or more of patients who had just one repeat injection in that time period. This finding is significant enough that the FDA has approved

a label change for Restylane® that reflects this new duration data for the treatment of nasolabial folds (smile lines).

"This longer-term data is good news, affirming that Restylane® delivers long-lasting results with just one 'touch-up' a few months after the initial treatment," says Dr. Jochen.

To learn more about whether Restylane® is the right choice for you, please call or visit the office.

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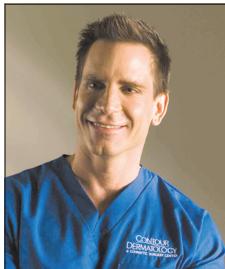
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~ Dealing with Dry Skin ~



Ordinary dry skin (the clinical term is xerosis) is seldom serious, but it can be uncomfortable and unattractive as plump skin cells shrivel, creating fine lines and wrinkles.

Most dry skin is due to environmental factors

such as exposure to hot or cold weather with low humidity levels (hard to avoid when you live in the desert!), long-term use of air-conditioning (also hard to avoid here!) or central heating, and excessive bathing.

The good news is that you can do a lot on your own to improve your skin. Effective strategies include using moisturizers regularly, avoiding long, hot showers and baths, and avoiding harsh, drying soaps.

If patients have very dry and scaly skin, I often

recommend an over-the-counter cream that contains lactic acid and/or urea. When more serious skin diseases are present, such as psoriasis or ichthyosis, there are prescription medications and other treatments available. Dry skin can also lead to dermatitis, which causes red, itchy skin. In these cases, treatment may include lotions containing hydrocortisone.

Bottom line, if you have concerns about dry skin, please make an appointment so that I can take a look. Dry skin is not something you have to live with just because you live in the desert. There are a range of safe and effective treatment options to help keep your skin moist and healthy – and this is my ultimate goal as your dermatologist.

