

# The Skinny

CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Summer 2010

## ~ New VelaShape II™ Laser: Lose Inches and Reduce Cellulite – without Surgery ~

Contour has added a new laser to its arsenal of advanced technology for cosmetic enhancements, giving you an important new – and non-invasive – option to help you reshape your body and look your best.

The VelaShape II is the first FDA-cleared laser of its kind for both circumferential reduction (the medical term for losing inches) and reducing cellulite. The laser's combination of radiofrequency (RF) energy, infrared light, suction and mechanical massage increases metabolism in the body's fat cells and stimulates lymphatic drainage. And it works.

"Patients are seeing a reduction of several inches in problem areas such as the thighs, outer hip, abdomen, love handles, saddlebags and buttocks," Dr. Jochen says. "And they're also experiencing smoother skin that improves the appearance of cellulite."

"I'm on my third treatment and I do see a change. Even my husband says he sees a difference. I don't know how many treatments I will need, but the cellulite is disappearing," states Karla Teapila.

The VelaShape II treatment feels like a warm deep-tissue massage. Typically, four to six treatments are recommended, spaced about a week apart, but patients can determine when they're satisfied with the results they see. Each treatment lasts about 15 minutes per area. Most people experience no side effects, but some may exhibit short-term, localized skin redness.

"For patients who have cellulite or need to lose only a few inches, the VelaShape II could be a complete solution for their body-sculpting needs," Dr. Jochen notes. "And due to the skin-tightening effects of this laser, it's also an excellent comple-



ment to liposuction for those patients who need more significant removal of fat tissue."

He stresses, however, that neither the VelaShape procedure nor liposuction is a substitute for a healthy diet and regular exercise.

"But when stubborn fat deposits won't respond to dieting and exercise, we have options to help people achieve their body-contouring goals," he adds.

To learn more about the exciting new VelaShape II and if it's the right procedure for you, please call us to schedule a complimentary consultation.

We are currently offering a special introductory rate of \$149 per area, per treatment (See page 5).

## ~ Love Those Lasers! ~ How CO<sub>2</sub> lasers work their magic

"I see a big improvement and I'm very satisfied," says Robert Shea, referring to the results from the fractional CO<sub>2</sub> laser treatment for facial rejuvenation he underwent at the beginning of the summer. "I see a significant before-and-after difference."

Shea, a 74-year-old patient from northern California, wanted to "tone up" his skin and turned to Dr. Jochen for help. A former fighter, Shea characterizes his skin as tough. "I used to wash my face with 20 Mule Team Borax," he admits. He also was seeing the skin laxity that comes with age.

"Today there are dozens of different types of lasers used for cosmetic procedures," Dr. Jochen explains. "The major difference among them is their wavelength, or the color of the light they emit. The wavelength can be targeted to a specific type of skin tissue, leaving surrounding skin unaffected." The laser (which stands for light amplification by stimulated emission of radiation) works by generating energy that vaporizes or removes unwanted skin tissue, or stimulates the new growth of collagen in the skin.

To meet Shea's skin rejuvenation goals, Dr. Jochen recommended the UltraPulse® Laser from Lumenis and its Active FX and Deep FX applicators to deliver the Total FX treatment. The UltraPulse®

is a versatile fractional CO<sub>2</sub> laser that produces results in a single treatment. Contour's Fraxel® system works in a similar way, but takes three to five treatments.

"The human body is mostly water, and the CO<sub>2</sub> laser's light is absorbed in any tissue containing water – making it the ideal laser for skin resurfacing and tightening," Dr. Jochen says. The newest type of CO<sub>2</sub> laser is called "fractional." It sends tiny columns of energy down into the skin so healing occurs faster (instead of ablating a large area of skin like traditional CO<sub>2</sub> lasers).

"I had less than a week of downtime after the Total FX procedure," Shea says.

The CO<sub>2</sub> laser also stimulates the growth of new collagen in the weeks and months after treatment. "My skin just seems to get better with time," Shea notes. "The Total FX gives you a lot of bang for the buck."

Contour has invested in what we believe is the safest and most effective laser technology for an array of skin conditions. Whatever your goals for cosmetic enhancement, we're confident we have a laser that can help.



## ~ Find us on Facebook! ~

We invite you to check out Contour Dermatology's Facebook page at [www.facebook.com/ContourDermatology](http://www.facebook.com/ContourDermatology). Be sure to click "Like" to get regular notices of updates to our page.

You can view photo galleries from recent events, see the progress on the construction of our new Rancho Mirage building and in general, just stay in touch with what's going on at Contour. Even if you're not on Facebook yet, you can still view our public page at this address. Maybe it will inspire you to join this social medium phenomenon!



You're invited  
*Day of Beauty*

*Lovely Luau*  
 Saturday, September 11, 2010  
 10 a.m. to 4 p.m.

**Refreshments • Hors d' oeuvres • Prize Drawings**

Aloha! Bring a friend and join us for a luau-themed Day of Beauty complete with refreshments, prize drawings and exceptional savings on our most popular procedures.

**Reservations Required.**

**RSVP: 760-416-6971**

555 East Tachevah Drive, Suite 2E 106 • Palm Springs



PROCEDURES	SPECIAL PRICE	REGULAR PRICE
Botox®	\$9 per unit + \$50 mail-in rebate	\$10 per unit
Dysport®	\$3 per unit + \$50 mail-in rebate	\$3.33 per unit
Restylane®	\$375 per syringe	\$500 per syringe
Perlane®	\$375 per syringe	\$500 per syringe
Laser Hair Removal - Upper Lip, Chin & Underarms	\$79 per area	\$99 per area
Laser Hair Removal - Bikini/Brazilian	\$199 per area	\$340 per area
Total FX™ Fractional CO <sub>2</sub> Laser	\$750 per area	\$999 per area
Fraxel® Laser	\$450	\$500
IPL™ Foto Facial™	\$299	\$399
Juvederm™	\$375 per syringe	\$500 per syringe
Sculptra™ (Buy 2 vials, get 1 free for 1st 10 patients.)	\$450 per vial	\$500 per vial
Radiesse™	\$399 per syringe/\$650 two syringes	\$600 per syringe
Beta Lift Peel	\$90	\$125
Re-Vitalize Peel™	\$85	\$125
TCA Peel	\$300	\$499
Green Tea Infused Vibradermabrasion	\$50 face only	\$125 face only

**~ Product Spotlight: Glytone ~**

An outstanding skincare line that's only available in physicians' offices, Glytone products offer the highest level of free glycolic acid for skin rejuvenation and health. Each glycolic acid formulation in the Glytone line exfoliates, renews and hydrates, so skin takes on a brighter and more youthful appearance. Glytone's products also help fight acne breakouts.

For many individuals, the strength of glycolic acid in a product that will produce optimal results can increase over time as skin becomes acclimated to the acid, so the products lose their effectiveness. That's why Glytone created its Step Up system, so that you can gradually increase

the level of glycolic acid to meet your needs. The Glytone products Contour currently carries are:

**Step Up:**

- Mild Gel Wash - (ideal for aging skin)
- Facial Lotion, Step 1
- Facial Lotion, Step 2

**Body:**

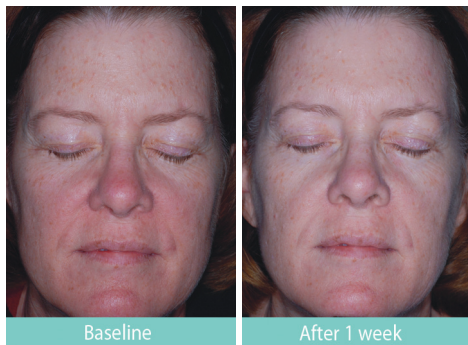
- Exfoliating Body Wash
- Body Lotion SPF 15
- Hand Cream SPF 15



To learn more about the Glytone skincare line, please call or stop by the office.

## ~ Rosaclear™ from Obagi®: All-in-one System for Treating Rosacea ~

The folks at Obagi have done it again – developed an exceptional product that delivers what it promises.



The Rosaclear System is the first and only complete therapeutic system developed specifically for treating the signs and symptoms of rosacea. This all-in-one system is designed to effectively reduce redness and flushing, along with treating the acne-like pimples of rosacea – helping patients achieve a clearer, calmer and more balanced-looking complexion.

The Rosaclear System includes:

- Gentle Cleanser (for sensitive skin, it gently removes bacteria and other irritating residues)
- Metronidazole Topical Gel USP, 0.75% (available by prescription only)
- Hydrating Complexion Corrector (anti-inflammatory agents help reduce redness while soothing and calming the skin; light-reflective minerals lead to a more balanced-looking complexion)

Also available is Skin Balancing Sun Protection SPF 30 (sold separately), a specially formulated, chemical-free, tinted UVA/UVB sunscreen that easily blends with the skin.

If rosacea has you seeing red, the Rosaclear System from Obagi could be just what the doctor ordered! Stop by the office to learn more.



## ~ Contour Staff Favorite Products

### Laura Moroney, RN Recommends Neo Cutis Bio Gel & Journée ~



"I use the Neo Cutis products we carry at Contour. I love them," states Laura Moroney, RN.

"In the morning, I wash my face with a benzoyl peroxide wash and then apply the Neo Cutis Journée Bio-restorative Day Cream which has an SPF 30, some great antioxidants, plus vitamins C and E. In the evening I wash my face, use Retin A and then apply the Bio-Gel Bio-restorative Hydrogel on top. Both of the Neo Cutis products feature PSP, a protein blend of human growth factors and cytokines and interleukins. They also are

formulated with hyaluronic acid. These elements help stimulate collagen and smooth fine lines, as well as rebuild damaged skin," she explains. They also are light-weight and fragrance free.

"These products really make the skin look radiant and healthy and feel great. I have gotten many compliments on my skin since using the Neo Cutis products. I recommend them to anyone who wants a great, daily hydrating maintenance program," says Laura. As a laser nurse, she also notes that these products are great for post laser treatment use.



## ~ Asclera™: A New Treatment for Varicose and Spider Veins ~

Are you embarrassed to wear shorts or skirts because of unsightly veins? Well, there's good news, and it's called Asclera.

Asclera (polidocanol) is an injectable substance used to treat small varicose veins and spider veins in the legs. It received FDA approval in March of this year, and has been safely and effectively used in Europe for more than 40 years. In that time, over 5 million treatments have been performed with a very high success rate. We're very pleased to now offer it at Contour.



### How the treatment works

Like other pharmaceutical sclerosing agents (the medical term for this type of injectable substance), Asclera is injected into an affected vein where it irritates its interior walls, causing it to constrict and close. This prevents blood flow and can eliminate the swelling, bulging, discomfort and discolor-

ation which can be caused by small varicose veins or spider veins. Asclera is best suited for treating varicose veins of 1 to 3 millimeters in diameter, or spider veins less than 1 millimeter in diameter.

### What to expect

Before the procedure, the treatment area will be thoroughly cleaned and a topical anesthetic may be applied to numb the injection site. Asclera itself has anesthetic properties, which helps make treatment more comfortable. For most patients, and depending upon the number of sites being treated, the entire procedure takes about 30 to 45 minutes.

Most patients are able to return to their regular routines soon after treatment (a compression stocking may be prescribed to enhance healing) and will see results after one to three Asclera treatments.

## Save Almost 50% on Liposuction Book Now During Our Spectacular Summer Special!

### Tumescent Liposuction \$1,599 per area\* (regularly \$3,000)

We've reduced our price so you can more affordably reduce thighs, hips, abs, buttocks, love handles, arms, neck and other problem spots for less!

\*Procedure must be scheduled by 9/30/10.

### Also on Special

### New VelaShape II™ Laser for Cellulite Reduction Introductory special \$149 per area

- FDA cleared for circumferential and cellulite reduction
- Lose inches
- Improve appearance of cellulite
- Feels like a deep tissue massage
- VelaShape is a great complement for liposuction patients as it tightens and smoothes skin.

Call (760) 416-6971 to schedule your appointment, complimentary consultation or for more information.



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## ~ Know Your Nails ~



**Timothy M. Jochen, M.D**

Nail disorders affect many older adults because as we age, our nails thicken and become more susceptible to infections (especially fungal infections). Circulatory problems and medication use also

tend to increase as we get older, which

boost the risk of developing a nail disorder. Here's a look at some common nail conditions:

**Fungal infections** (medical term: onychomycosis) – These are more frequent on toenails than fingernails. They often begin as a white or yellow spot under the nail tip; as the fungus spreads, it can cause the nail to discolor, thicken and crumble. Treatment can include oral medications, an antifungal lacquer, topical medications, even surgery.

**Bacterial infections** – The most common cause of a bacterial infection is injury to the nail or surrounding skin, or frequent exposure to water or chemicals. Symptoms include redness, swelling and pain. Antibiotics (oral or topical) are necessary to clear it up.

**White spots** – Usually caused by a mild injury, white spots eventually grow out and aren't cause for worry. If you suddenly see several white spots and don't remember injuring your nail, however, it could indicate an infection or other medical condition (especially if the spots don't grow out).

**Splinter hemorrhages** – These appear as a reddish-brown vertical line that looks like a splinter. Usually caused by injury, certain medications or medical conditions can also cause them.

**Mucinous cysts** – These appear as clear, jelly-filled pimples at the base of the nail, and can be painful and damage the nail. Cyst removal is the recommended treatment.

**Warts** – Warts are viral infections that affect the skin around or beneath the nail, and can be painful. Treatment involves freezing or applying chemicals to destroy the wart.

**Dark spots or streaks** – If such a spot or streak appears and is not the result of injury, see me. This could be melanoma, a very serious form of skin cancer.



**Nail ridges** – Vertical nail ridges (running from cuticle to nail tip) are common and often more prominent as we age, but they're not a health concern. If your fingernails change color or develop horizontal ridges, see me or your primary care physician – this could signal underlying health problems such as respiratory disease, malnutrition or even a heart attack.

If you have any questions or concerns about your nail health, let me take a look.

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### Contour Dermatology Locations

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**(760) 416-6971**

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**(760) 416-6971**

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Santa Monica, CA 90404  
**(310) 817-2662**

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