

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Winter 2013

~AN AGE-LIFTING EXPERIENCE ~ Dr. Jochen Now Performs Necklift with Platysmal Plication

In addition to the mini facelift for tightening of skin laxity in the lower portion of the face and jawline, Dr. Jochen now performs the necklift with platysmal plication. Some patients will want both for their desired rejuvenative effects – ensuring balance with a lifted face. Others, however, may only need their neck done. For those who need both, it is ideal to do them at the same time to realize cost savings, fewer incisions and minimize downtime.

“The neck is a dead giveaway,” says popular author Nora Ephron of “Sleepless in Seattle” fame in her book “I Feel Bad About My Neck: And Other Thoughts on Being a Woman.” Our faces are lies and our necks are the truth. You have to cut open a redwood tree to see how old it is, but you wouldn’t have to do that if it had a neck.”

Who is the best candidate for a necklift?

According to Dr. Jochen, there are two types of patients who will benefit from a necklift. Those who have loose saggy skin, aka “turkey” neck, and those who have separation of the platysmal muscle bands which run vertically on both sides of the neck. Age is typically responsible for the muscle band separation, but not necessarily a factor for a saggy neck appearance as some people genetically tend to have looser skin in the neck.

How is the necklift performed?

For a necklift, Dr. Jochen makes a two-centimeter

incision under the chin. Through this incision with a lighted retractor, he separates the skin from the underlying muscle and it just takes about four or five sutures to reconnect the separated muscle bands.



Then any loose skin is pulled up, trimmed and the incisions are hidden behind the ears. Typically, a necklift takes about an hour to perform. The results are a more fit, youthful neckline which is in symmetry with a

youthful face or a simultaneously done mini facelift. For a modest investment and minimal downtime, the benefits of a necklift can last at least 7 to 10 years or more depending on the patient.

Local Anesthesia and Accredited Surgical Suite

Dr. Jochen performs cosmetic surgery procedures in Contour Dermatology’s AAAASF accredited surgical suite. Both the mini facelift and neck lift are performed under local anesthesia or twilight sedation at Contour Dermatology. The use of local anesthesia means less risk than general anesthesia and results in a lower cost for the procedure.

Chin Liposuction

Some patients may also desire to have liposuction to get rid of excess fat in their neck and this can be done at the same time a necklift is performed.

To see if a platysmal necklift the mini facelift or combination procedure is right for you, please call (760) 416-6971 to schedule a personal cosmetic consultation.

~ Introducing Dermapen A Non-Invasive Option for Scars and Other Blemishes ~

If you have scars or stretchmarks or other bothersome blemishes, chances are that you'd like to rewrite that story with a happier ending. Fortunately at Contour Dermatology we have such a pen to help write a clearer future – the Dermapen®.

The Dermapen was awarded Best Professional Skin Rejuvenation Device at the 2012 THE Aesthetic Show.



The Dermapen is an FDA-approved electronic device which offers an alternative to lasers and in some cases provides a better result depending on the patient and the condition being treated. Yes, it does actually look like a fancy Mont Blanc type pen, but instead of ink, the “writing” tool is a cluster of nine tiny stainless steel needles which oscillate at 25 times per second to 90 times per second. Called microneedling, this procedure is designed to pierce the skin to produce a “precision injury” which results in collagenesis – stimulating new collagen and elastin growth – as the body responds with wound healing.

Several case studies have indicated that the Dermapen may be better on acne and burn scars and stretchmarks due to the physical characteristics of the needle versus the infrared characteristics of the laser. Because it does not utilize heat or target melanin, the Dermapen is an excellent option for darker skin types. As the Dermapen is non-surgical and non-ablative, meaning it does not remove the outer layer of the skin, there is no downtime.

However, patients must be careful to avoid sun exposure for the first few days. While it accomplishes skin rejuvenation in a different method, one similarity of the Dermapen to the latest lasers is that it also employs fractional technology.

At Contour Dermatology, the Dermapen procedure is performed by Dr. Timothy Jochen who adjusts the depth of the needling to tailor the treatment

from 0.25mm to 2.5mm – ranging from penetration of the stratum corneum to the dermis. While the Dermapen is relatively new at Contour, the needling technology is something the practice has offered for a while with the Dermaroller.

“The Dermapen gives us another option in creating a specific treatment plan for select patients,” said Dr. Jochen. “We’ve had good success with scar resolution, but it can also be used for fine wrinkle reduction.”

The difference between the Dermapen and the Dermaroller is that the Dermaroller is contingent upon pressure applied by the user and produces a wider horizontal rolling pattern whereas the Dermapen produces vertical injections set to a specific depth. The vertical action makes it especially effective in treating scar tissue and flattening stretchmarks. Dr. Jochen also explained that the Dermapen is effective for treating hard-to-reach places such as around the eyes, nose and lips.

Typically a series of three to five treatments is needed for optimal results, with treatments spaced



at least four weeks apart. Contour Dermatology is currently offering an introductory package price of \$1,800 for five Dermapen treatments which includes one free treatment. The cost per individual treatment is \$450.

To determine if you are a candidate for Dermapen, please call (760) 416-6971 to schedule a cosmetic consultation.

~ Ulysess Marroquin – Lighter and Leaner After Liposuction & Healthy Lifestyle Change ~

Ulysess Marroquin of Palm Desert eats more now than he used to and he weighs 45 pounds less – thanks to the nutrition and fitness counseling he received at Contour Dermatology. Brianne Ramirez, Contour's Certified Fitness Nutrition Specialist, began working with Ulysses this past September and he continues to check in every two weeks.

At 5' 9" and previously 246 pounds, Ulysses, 42, said, "I was overweight and had high blood pressure and other comorbidities." Now he's down to almost 200 pounds and is hoping to lose at least another 10 to 15 pounds.

"I had been trying to lose weight on my own," said Ulysses. "Most people know they need to eat healthy, but don't really comprehend how to go about it."

He looked into gastric bypass surgery; then his son, Kelton, suggested he try liposuction. Having been a patient of Contour Dermatology since it opened in 2001, he knew just who to see. "I went and talked with Dr. Jochen and found the liposuction feasible."

"With the liposuction, I lost about 5 pounds of fat. That's what got me going. It gave me a jump start."

Ulysses had two separate procedures – the abdomen in July 2012 and the flanks (love handles) in August 2012. He's also had a package of five VelaShape II treatments for additional circumferential reduction and for skin tightening and smoothing following the liposuction.

After the liposuction, Dr. Jochen put Ulysses in touch with Brianne who helped him establish a healthy lifestyle program – with menu planning and an exercise regimen. His journey began with a 21-day detox and specific meal

plans. "With the meals, I've been very compliant. If it's not on the list, I don't buy it," he said.

"The hardest thing to cut out was the salt," he said. "You'd think it would be sugar, about it was the salt I was craving more than anything. With the meal plans, I can use different spices and that helps."

Part of what Ulysses contributes to his success is planning. "When you cook, you see what is on the list for the next day and you make sure you've got good meals prepared."

After he was cleared by Dr. Jochen for exercise following his second liposuction procedure, Ulysses began going to the gym and hiking. His current exercise routine includes three days of weight training and two days of cardio.

"I'm feeling great right now - 45 pounds is a lot. The other day, I looked at some photos before the procedure and I can see the difference from where I was and where I'm at now."

His wife, Kyla, is also very happy that he lost weight. "Hypertension runs on my side of the family along with heart problems and my wife didn't want me to go through that. Her concern was a driving force for me as well," said Ulysses.

"I encourage anyone to do a lifestyle change. I tell my friends and family it's not a diet. Because diet you do for a little while, then it's back to your old habits. But if you do a lifestyle change where you change the way you eat and look at food and you do this on a daily

basis, the results are better."

To schedule your fitness/nutrition consultation with Brianne Ramirez, please call (760) 416-6971.



~ Staff Product Pick: Kara Crane, NP-C Loves the Glow of Retin-A



Ask Kara Crane what one product she couldn't do without and she'll tell you Retin-A.

"I think this is the product that gives you the most noticeable results. I think it's the best thing that people can use on their skin, no matter what age they are. It helps with acne in teen patients, adult acne and it's also an anti-aging product as it stimulates collagen production and reduces fine wrinkles," said Kara.

"I use it every night. Well, I would say at least five nights a week."

Kara uses the 0.05 % strength Obagi Tretinoin and depending on the time of year, she may add a little Cerave moisturizer if her skin is drier. I stay out of the orbital rim, but it can be used closer to the eyes. Some of her patients even use Retin-A on their necks, but Kara says her neck is too sensitive to apply it there.

But the main reason she likes it – "It gives you that glow. Retin-A thins out the dead layer of skin that thickens as we get older. It keeps your skin looking fresh."

Precisely because Retin-A thins the outer layer, sun protection is essential for Retin-A users. "If people are using Retin-A to reap the anti-aging benefits, then they must use sun protection. It's counterproductive otherwise."

Introducing Lytera Skin Brightening Complex by SkinMedica The Next Generation in Skin Brightening

Hyperpigmentation is one of the most common skin care concerns. In addition to lasers, for years, one of the most effective solutions for lightening hyperpigmentation has been topical treatment with hydroquinone. However, some people are sensitive to hydroquinone.

For sun spots, age spots or any spots caused by hormones, inflammation or acne as well as for larger patches of skin discoloration such as melasma now there's a new product by SkinMedica which is hydroquinone-free. Not only does Lytera include skin lightening agents, it also features a proprietary blend of antioxidants, a mild exfoliant and moisturizing ingredients to further benefit the skin. The active ingredients in Lytera that promote skin brightening include a stable, lipid soluble ester form of Vitamin C, hexylresorcinol, tetrapeptide-30 and 4-ethoxybenzaldehyde.



"Lytera is a silky and elegant formula that is gentle enough for all skin types," says Contour Dermatology Cosmetic Consultant La Rue Cole.

"We're excited to offer this clinically proven formula to help people get a more even complexion."

In one clinical study comparing Lytera to a product containing hydroquinone, over 500 patients were treated with both as test products - one product on the left side of their face and one on their right with applications twice daily for 12 weeks. Significantly more people preferred the Lytera.

Lytera is designed to be used in the morning and evening after cleansing and toning. If incorporating it into your SkinMedica skin care regimen, it should be used following TNS products. In the evening, also add retinol and moisturizer after applying Lytera. Patients typically see results in as little as four weeks, with continued progress over time. Lytera retails for \$125.

~ Welcome Dianna Labib, RN Contour's New Laser Nurse ~



Dianna Labib, RN joined the Contour Dermatology team in late November. She brings 10 years of nursing experience to her new position at Contour where she will focus on cosmetic laser procedures at the Rancho Mirage office.

Labib, M.D. whom she met at the hospital when he was a resident. Initially she worked for her husband's neurology practice for a year before taking a hiatus to begin a family. The Labib's have two sons – Max, 7, and Tony, 5, and a young daughter, Racquel, 2½. With the two older children in school, Dianna had been working part-time for a desert area plastic surgeon for the past year before joining Contour.

"I like healthcare because it is a constantly change and evolving field," she said. "It's always getting better, more non-invasive and is always interesting. I especially enjoy cosmetic work. I like helping people in an upbeat, positive manner."

Among her experience includes six years as an operating room and neuro-intensive care nurse at Baptist Health Hospital in Little Rock, Arkansas. She earned her RN degree at the Baptist Health School of Nursing. Additionally, Dianna holds a certification from the National Laser Institute as well as a certification in Botox, dermal fillers and chemical peels from the American Association of Aesthetic Medicine and Surgery.

Dianna also appreciates the level of customization that can be accomplished with the variety of lasers available at Contour Dermatology to achieve the end result of clearer skin for each individual patient.

A native of Little Rock, Arkansas, Dianna moved to the desert in 2006 with her husband, Bishop

In her leisure time, she enjoys spending time with her family, cooking, entertaining friends, watching movies and the science channels on TV.

RANCHO MIRAGE EXPANSION

Here we grow again! Contour Dermatology recently broke ground on a new office building at our 42-600 Mirage Road location in Rancho Mirage. The new building will be known as Building C and is located to the rear of our existing parking lot. Contour Dermatology will occupy 2,200 square feet of this 4,000-square-foot building which will provide us with an additional four exam rooms and one procedure room along with a beautiful lobby – designed in similar fashion to our existing facility. We'll share more details with you as we determine the final plan. The new building should be open fall 2013.



It's a Girl for Yardena!

Congratulations to Yardena Trevino, our Operations Manager, on the recent birth of her daughter. We wish you and your family much joy.



Jordan Isis Castillo

Born February 12, 2013
7 lbs 9 oz 20 inches long



~ New SAFE FUE Hair Transplant Technique Offers Minimally-Invasive Option for Select Patients ~



Timothy M. Jochen, M.D

as great a harvest as the tried and true follicular unit transplantation (FUT) method of which I have done thousands of cases.

As I am always looking for ways to deliver the best results for our patients, I learned of the SAFE method of FUE transplantation developed by James A. Harris, M.D., FACS of Greenwood Village, Colorado. Over a year ago, I went to Colorado to train with Dr. Harris to learn this revolutionary new technique and am now one of only a few surgeons in the country to offer this acclaimed technique as an option for hair transplant surgery.

This FUE technique is accomplished using the Powered SAFE Scribe - a power operated 0.8 mm punch

Follicular unit extraction (FUE) hair transplantation is now more successful and efficient than ever before. In years past, I did perform FUE transplantation for the right patient, but this painstaking procedure was more timely and therefore more costly and it did not previously yield

graft instrument which greatly increases the viable number of hair follicles able to be harvested with less damage to the follicles. This technique also increases the number of hairs that can be harvested per hour, thereby reducing total procedure time and cost.

With the Powered SAFE Scribe, the FUE hair transplant is now considered minimally invasive. Because of the small individual punches of harvested hairs, there is no visible scarring and the healing time is faster. However, as with any type of FUE method, the harvested hairs are more fragile than with follicular unit hair transplantation and the overall transplanted growth rate can still be slightly less than with FUT.



With the FUE technique, we are literally harvesting hundreds or thousands of individual hairs one at a time. The Powered SAFE Scribe makes the procedure easier by vibrating around the hair follicle to isolate it as I excise it for re-transplantation.

I recommend the SAFE FUE method of hair transplantation to patients who want to wear their hair relatively short or those who want to avoid the small linear scar that results from follicular unit transplantation.

Contour Dermatology Opens New Office in Beverly Hills



Contour Dermatology is pleased to add the prestigious zip code 90210 to its roster of locations. This past fall, we opened a new office in Beverly Hills at 436 Roxbury Drive. Those of you who have family or friends in Los Angeles County are welcome to tell them about our closer proximity to them. Essentially, we moved our Santa Monica office to an available space in Beverly Hills. At the Beverly Hills office, our services are exclusively devoted to cosmetic dermatology – primarily Botox, Dysport and Fillers along with consultations for mini facelifts, necklifts, blepharoplasty, liposuction and hair transplants. We now have four Southern California locations to serve you and your friends.

Contour Dermatology Locations

Palm Springs

1180 North Indian Canyon Drive
Suite E-419

Rancho Mirage

42-600 Mirage Road
Building A-1

Newport Beach

1401 Avocado Avenue
Suite 610

Beverly Hills

436 North Roxbury Drive
Suite 117

760-416-6971 • 888-977-SKIN
