

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Spring 2016

~ Presenting UltheraShape and CoolShape Mini Combination Procedures Deliver Better Results ~

In boxing, it's called a "one two punch." In cosmetic surgery, it's typically a combination of treatments or products that deliver the best results and that's what patients want: **results**.

Unless you're talking about a surgical procedure like a mini facelift or eyelid surgery, rarely is one treatment a "one-hit wonder." One treatment will always make a difference, but for the best and most dramatic results, cosmetic procedures usually require a series of sessions and a combination approach.

Incorporating Ultherapy into the practice a few years ago and with the upgraded VelaShape III laser, the Contour Dermatology practitioners have been seeing great results with the combination of these two non-surgical procedures. So much so that the practice has coined the term "**UltheraShape**" to promote this dynamic duo.



Before

After

Uplifted by Ultherapy – Ultherapy is a deep ultrasound treatment that addresses the structural layers of the skin and provides both lifting and skin tightening on the brow, face, lower face, neck and chest.



Before

After

Vivaciously VelaShape III – VelaShape does its magic by utilizing radiofrequency, mechanical suction and heat to smooth and tighten skin. VelaShape is performed on the lower face and neck. It's also great for reducing cellulite and inches around the abdomen and thighs, but for the UltheraShape combo, the treatment is focused on the face/neck area.

UltheraShape Package includes:

- 1 Ultherapy treatment for full face and full neck
 - 6 VelaShape III treatments – lower face and full neck
- Package Price: \$6,999 (**Save \$1,101**)

Contoured Chin with CoolShape - CoolShape is another exciting non-surgical combination Contour Dermatology offers for maximum results. This package combines the CoolSculpting CoolMini applicator to freeze fat under the chin followed by the VelaShape III laser to further smooth and tighten the skin.

CoolShape Package includes:

- 2 CoolMini treatments spaced two months apart
 - 6 VelaShape III treatments for the chin area
- Package price: \$2,999 (**Savings \$801**)

To schedule a consultation to see if UltheraShape or CoolShape Mini will benefit you, give us a call at **(760) 423-4000**.

~ It's Getting Cooler Every Day at Contour ~



The Contour CoolSculpting Team shows off their cool "quintuplets."

(L-R) Jessica Neal, NP-C, Anne Marie Johnson, Esthetician, Christina Guerrero, LVN, Xarlyn Rantung, NP-C, (not pictured is Lawrence Smalley, MA)

How cool can it get at Contour? You tell us. Based on popular demand for the non-surgical fat reduction that CoolSculpting offers, The Skinny Center at Contour Dermatology now has four CoolSculpting machines. What this means is that we can now offer same-day, walk-in service for CoolSculpting treatments.

But wait... it gets cooler! CoolSculpting has upgraded its applicators and they are now faster. Some treatments that used to take an hour now only take 45 minutes. With four machines, we can also treat more than one area at the same time, making it even more convenient for our patients.

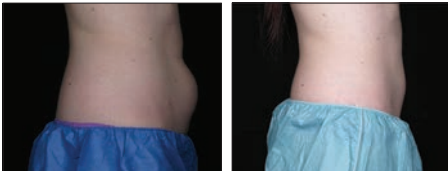


Before

After

only affects the fat cells, which are then naturally eliminated by the body after a few weeks. Originally cleared by the FDA for the treatment of stubborn fat in the abdomen and flanks, there are now six CoolSculpting applicators to target a variety of areas and Contour Dermatology's Skinny Center has them all.

- CoolCore™ - *abdomen and core area*
- CoolCurve™ - *for flanks aka "love handles"*
- CoolSmooth™ - *other areas of pinchable fat like outer thighs*
- CoolFit™ - *for straighter areas like arms and inner thighs*
- CoolMax™ - *for larger circumference areas*
- Cool-Mini™ - *for double chins and other small pockets of fat like "bra fat"*



Before

After

One of the reasons CoolSculpting is so popular is that it is non-surgical and there's no downtime. Another reason is that it can help just about everybody. If you have pinchable fat, CoolSculpting can freeze it away.

Are You Ready for a Cool Change?

Based on the research of Harvard scientists, CoolSculpting's revolutionary body contouring gets rid of fat permanently – reducing about 25% of fat cells in one treatment. This cooling technology

With more than 1 million CoolSculpting procedures performed worldwide, men and women everywhere are getting a better view of themselves thanks to individual treatment plans tailored to their bodies' needs.

Call us at **(760) 423-4000** today to schedule your CoolSculpting consultation.

~ Don't Sweat It Out - ~

Botox Helps Hyperhidrosis

"Don't sweat the small stuff," is a great life philosophy. This phrase became the inspiration for an entire series of books, selling more than 25 million copies. But what if what you are sweating is the anxiety of profuse sweating?

Sweating is an essential body function to keep the body cool, but in some people, the sweat glands become overactive resulting in constantly annoying and embarrassing wet underarm circles, or sweaty hands, for example. Hyperhidrosis is a medical condition in which a person sweats excessively and they sweat even when the body does not need cooling. Areas affected by hyperhidrosis include the underarms, soles of the feet, palms of the hands, face and the scalp.



Instead of camouflaging your underarm stains by wearing black or dark clothing or constantly applying more antiperspirant which contains aluminum, there is a simple and affordable treatment – Botox. Yes, the same Botox you love to relax your brow wrinkles and crow's feet, can be injected to

calm down the sweat glands, resulting in four to five months of relief at a time. Patients have indicated they've received relief for six months or more; however, we tell patients the estimated duration based on the information from Allergan, the manufacturer of Botox. Botox is FDA approved for use in the axillary area. Dr. Jochen also has injected it in the soles and palms with good success.

For axillary, the typical dosage is about 50 units of Botox per underarm. Sometimes insurance companies will pay for this treatment, depending on your insurance, and in some cases if you can show that other treatments have failed, such as medications

which have unwanted side effects and topical prescription antiperspirants which are not a great solution for other areas of the body.

If you are tired of dealing with hyperhidrosis, give us a call to schedule a consultation to see if Botox might be a good option to help improve your quality of life.

~ Earlobe Restoration - "Ears Looking at You, Kid" ~

It can happen in an instant. A once beautifully pierced ear becomes a torn earlobe. It could be little one's grabbing hands, getting a hooped earring caught in a shirt or any number of scenarios. What do you do now?

Dr. Timothy Jochen provides expert repair of earlobes including torn earlobes as well as sagging earlobes where

a person has a larger hole piercing than desired due to years of wearing heavy dangling earrings. Dr. Jochen also has successfully repaired the earlobes of people who have stretched their earlobes to accommodate large gauge earrings.

For a torn earlobe or an enlarged hole, he performs a simple outpatient procedure where he cuts away

a sliver of the skin to then suture the fresh skin on each side back together to produce as cosmetically appealing a result as possible, utilizing

specific types of sutures and techniques for a near undetectable result.

Sutures are removed in one week, with a six-week follow up. Ears can then be repierced if desired. In earlobes where the lobe

has lost fat with age and earrings do not present symmetrically, he can simply inject filler to plump up the lobe.

Whether its age, an accident or restoration due to a style of earring that no longer suits you, earlobes are just like any other part of your face that can benefit from cosmetic rejuvenation.



Before



Immediately After

~ La Rue Cole Gives SkinMedica HA5 A High Five ~



As a Patient Care Coordinator at Contour Dermatology, La Rue Cole advises patients on the best cosmetic procedures and skin care products for their individual needs so she is well aware of all the benefits of each treatment and product. She also personally

tries each new product so she can have first-hand knowledge. La Rue has incorporated many Contour products into her skin care regimen.

Her new favorite is SkinMedica HA5 – a hydrating complex with five sources of hyaluronic acid. “I’m in love with this product,” said La Rue. “I use it morning and night. Even at the end of the day, my face still feels soft from the morning application.”

For people with dry skin, she recommends they use it before their moisturizer, but for her personally, she says, “I don’t even use a moisturizer any more, just the HA 5. I’m not a super dry skin person.”

SkinMedica HA5 is designed to help your skin produce its own moisture. “It’s like putting a topical filler on your face,” said La Rue. “In just a few minutes after applying it any small lines look so much better and they stay looking that way throughout the day.”

This product is not just a woman’s product. “Men and women are both loving this product,” said La

Rue. “They like that they can see results in about 20 minutes.”

Patients who use Retin-A can simply blend the HA5 with their Retin-A or apply it on top of the Retin-A.

Special offer: SkinMedica HA5 retails for \$178 for a 2-ounce bottle. If you mention that you read about it in The Skinny, you’ll receive a 15% discount to try it.

Below is La Rue’s current skin care regimen, but she says she is always mixing it up. La Rue is a big proponent of product layering. She also uses two different cleansers from two different brands – a gentler one for morning cleansing and a stronger cleanser at the end of the day.



LA Rue’s Morning Routine

- Obagi Foaming Gel Cleanser
- SkinMedica Lytera for skin brightening
- SkinMedica Vitamin C+E- antioxidant protection
- SkinMedica HA5 – hydrating complex
- Obagi Elastiderm Eye Cream
- Neova DNA Repair SPF 25 Sunscreen

La Rue’s Evening Routine

- SkinMedica AHA/BHA Exfoliating Cleanser
- SkinMedica Rejuvenative Toner
- SkinMedica Vitamin C+E
- SkinMedica HA5 blended with Renova
- SkinMedica Eye Repair



~ Congratulations to Contour Medical Biller Natalie Orozco & Her Family ~

Please join the Contour Staff in welcoming
Charlotte Rose Auldridge

Born March 8, 2016 ~ 7 lbs., 14 oz., 19 ¾ in.
Proud Parents: Natalie Orozco and James Auldridge



~ Ditch the Razor – Delight in Smooth Skin ~

Ladies – are you tired of shaving or waxing your underarms and legs? Men – do you or does your significant other wish you had less hair on your chest or back?

Laser hair removal is an easy and permanent solution to dealing with unwanted hair. In just a few short sessions, typically a package of six, you can be on your way to smoother skin and forget about those cuts and nicks from shaving.

The reason several treatments are needed is that your hair grows in cycles and the laser light only targets hair follicles in the active stage of growth. Typically treatments are scheduled four to six weeks apart, but you will see a reduction of hair with each treatment.

What can you expect during a treatment? Treatments usually only take about 15 to 30 minutes depending on the area being treated. Patients wear goggles to protect their eyes and are offered a topical numbing cream to make the process more comfortable and it takes about 15 minutes for the numbing cream to set in. The laser itself feels a little like a

snapping rubber band. It doesn't hurt, but it may sting the first time until you get used to the laser pulses. Since the laser light produces heat, patients are given a cool pack they can apply to the treated area between rounds of pulses.

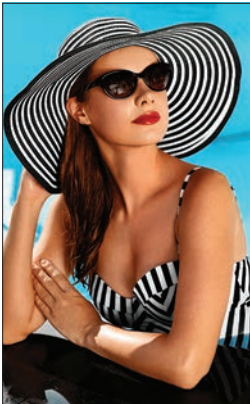


The first step is a consultation to determine the areas in which you want laser hair removal and to develop a specific treatment plan for you. The Laser Center at Contour Dermatology has two lasers which are specifically designed for laser hair removal – the Gentle YAG Pro-U and the Gentle LASE.

The Gentle YAG is safe even for olive and darker skin. This laser also can treat lighter hair, although blonde and gray hairs do not respond as well as dark hair.

“Women especially love to have their upper lip and chin hair lasered,” said Kylie William, Contour Dermatology Director of Marketing and Cosmetic Consultant who meets with patients. “The bikini area is also very popular and now is a great time to get laser hair removal to begin seeing results for bathing suit season.”

~ Seven Skin Protection Tips for Summer ~



3. **Apply sunscreen** - broad spectrum SPF 30+ sunscreen - and reapply it every two hours or more frequently if swimming or exercising. Also, remember to put

1. **Wear a hat** – but not just any hat. Wear a broad-brimmed hat for maximum sun protection.

2. **Protect your eyes** and the delicate skin around your eyes with sunglasses.

sunscreen on these often forgotten areas: back of your neck, your ears, lips, top of your feet and hands.

4. **Wear sun-protective clothing** and swim wear with built-in UPF protection.

5. **Seek shade** when possible and avoid peak hours of sun 10 a.m. to 4 p.m. for any length of time outside.

6. **Find fun indoor things to do** or go to the pool in the evening.

7. **Get rid of sun damage** – summer can be a good time to get rid of existing sun damage. Chemical peels and laser procedures are an affordable and effective way to remove years of sun damage.

~ Mohs Surgery – A Most Effective Cure for Skin Cancer ~



Timothy M. Jochen, M.D

When you first learn that the shiny bump on your arm or scaly patch on your head is actually skin cancer, it can be a little nerve wracking. The good news is the aberration is likely one or the other of the two most common forms of skin cancer – namely, a basal cell or squamous cell carcinoma. The even better news is both varieties respond extremely well to a surgical treatment known as Mohs. This highly specialized and precise technique offers the highest cure rate among treatments for skin cancer.

Mohs also aims to preserve as much healthy skin as possible for maximum cosmetic results.

An enduring method

Mohs micrographic surgery was first developed in the 1930s by Dr. Frederic Mohs. While new skin cancer treatments are constantly being developed, Mohs has stood the test of time and required very few refinements. I frequently recommend it in more aggressive or invasive skin cancer cases because a surface lesion may only represent the “tip of the iceberg” problem-wise. Once a biopsy is performed, it could be a patient’s skin cancer is no longer even visible. A good analogy is to think of cancer cells as being similar to tree roots. Just as tree roots grow downward and outward into the earth, so do cancer cells grow downward and outward into the layers of the skin.

Layer by layer

Such an in-depth problem requires an insightful solution. That’s where Mohs comes in. The beauty of Mohs surgery lies in its precise nature. Rather than remove a large area of skin tissue blindly, I

use the Mohs technique to zero in and remove a visible tumor along with a thin layer of surrounding tissue. The tissue is then examined under a microscope and if any evidence of cancer is revealed, I’ll go back in and remove another thin layer of tissue

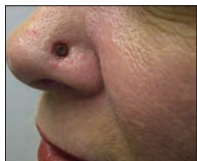


from the same area. The procedure continues in this manner until all samples are shown to be free of cancer. Typically, most tumors require one to three stages for complete removal.

Mohs surgery is performed as an outpatient procedure in our office. Patients remain awake the entire time while a local anesthesia is administered around the area of the tumor. The whole process can take a few hours. You can read, watch TV or bring your headphones to listen to music or a podcast. We do everything we can to make our patients as comfortable as possible.

A winning technique

Painstaking though it may be, the results are well worth it. Mohs surgery is shown to be successful at eradicating basal cell and squamous carcinomas in almost 100% of cases.



Before



After

While scarring is an inevitable possibility following any surgical treatment for skin cancer, Mohs, minimally invasive technique lessens its extent. That’s why Mohs is especially good for patients suffering from carcinomas in highly visible spots like the face and upper body.

Between its high cure rate and pleasing cosmetic results, Mohs is a win-win.

Contour Dermatology Locations

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