

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Issue 1, 2022

~ Captivating Cheeks! ~

Restylane Contour for Cheek Contouring

The latest filler from Galderma is Restylane Contour. This next-generation hyaluronic acid (HA) filler is FDA-approved for use in the cheeks, and with a name like Contour, we couldn't have named it better ourselves! It is the only cheek filler with XpresHAN Technology,TM which is clinically proven as one of the most expressive fillers on the market for maintaining movement and facial expressions.

There are two groups of people who will especially appreciate the long-lasting, natural-looking results of Restylane Contour for cheek contouring. The first group is men and women who have experienced age-related facial volume loss in the mid-face region. This dermal filler is denser than fillers for fine lines and wrinkles, and it provides excellent dermal support to plump up a flattened or sunken mid-face area for a more youthful and vibrant appearance.

The second category includes even younger people who want to enhance their cheek profile and build up the outer cheek area – to mimic the appearance of more prominent cheekbones or provide a more well-defined apple of the cheek.

And perhaps a third group of patients would be those who want cheek enhancement but don't want

surgical implants and prefer the non-surgical option of filler.



Before



After



Before



After

The expert injectors at Contour Dermatology have been loving the results of Restylane Contour, as have patients. It's no surprise that in a clinical study, 100 percent of patients were satisfied with their cheek contour at 12 weeks, but it is astounding that that same 100 percent still agreed one year later. On average, Restylane Contour results last up to one year, and some patients have stated they've seen even longer lasting results. Off-label uses of Restylane Contour include injecting under eyes, and nasal labial folds, depending on the severity of the crease.

One of the things Dr. Timothy Jochen is mindful of when counseling patients about filler corrections is to take into consideration a person's entire facial profile. His approach is more than a two-dimensional, straight-on mirror image. He strategically injects filler to impact a person's 3-D profile – how they look from all angles.

"Restylane Contour is a great filler for rejuvenation because it really improves a person's overall facial balance," commented Dr. Jochen. "It makes a big difference in restoring youthful fullness and contoured definition."

~ New from SkinMedica — It's DiamondGlow® ~ *A Relaxing Treatment with Glowing Results*

In jewelry-making, a diamond cut is a specific style of etching metal so light reflects off it and it shines like the many facets of a diamond. But what if it were an actual diamond chip? Imagine having your face polished by real diamonds? Does that sound scary or luxurious?

Diamond-tipped technology is at the center of a new treatment by SkinMedica. It's aptly called DiamondGlow® and it is an advanced skin resurfacing treatment we've recently added to the practice. This treatment is performed by our estheticians, and they will select from a variety of diamond tips based on your skin type as different tips deliver different levels of exfoliation to help renew your skin. There's even a smooth tip for the delicate skin around your eyes and lips.



How does DiamondGlow work?

DiamondGlow is like a custom facial and dermabrasion treatment combined. The device extracts impurities and exfoliates dead skin cells as it infuses the serum of your choice to nourish their skin. The treatment also can be performed on the neck. It is fully customizable to each person's specific needs. Men and women love the glowing results and who doesn't want that radiant glow of health?



Esthetician Adriana Ortiz performs a DiamondGlow treatment at Day of Beauty on Suzanne Schwartz.

For whom is DiamondGlow recommended?

Patient Profile #1 – You want to look your best and glow at an upcoming special event.

Pick a Vitamin C infusion or a Skin Brightening Protocol.

Patient Profile #2 – You want to reduce the appearance of your pores.

Your esthetician will select the Pore Clarifying Protocol.



Patient Profile #3 – You have a problem area you want treated.

The treatment will be customized to your particular condition. (May require a series of treatments.)



SkinMedica Serum Options Include:

- Pore Clarifying Pro-Infusion Serum
- Skin Brightening
- TNS® Advanced+ Serum
- Ultra Hydrating Pro-Infusion Serum
- Vitamin C infusion



~ Radiant Radio Personality Bianca Fort ~

Holds Her Chin Up High

Bianca Fort is the sweet voice you hear in the afternoon on U92.7 FM. The 33-year-old syndicated radio host got her start in radio early, doing an internship with the station at 16 while at Palm Springs High School. This beauty is also in the public eye doing live radio remotes and sharing videos and posts on YouTube and Instagram.



Before Chin Liposculpture

Bianca has been a fan of Dr. Timothy Jochen and Contour Dermatology for several years. She started with a little Botox, has had dermal filler to correct a slight nose slant, and most recently, she's been a live demonstration patient at a Day of Beauty event receiving VelaShape III around her midsection. Before that, Bianca did a "casting call" demonstration of chin liposculpture, which she had in 2021. And she's currently on round two of laser hair removal treatment to reduce underarm hair.

You'd never know it now, but a few years ago, Bianca went on a journey to lose a significant amount of weight — more than 50 pounds. Happy with the results of her weight loss, she was still bothered by a slight "double chin," so when the opportunity presented to have chin liposuction at Contour, she was all in. "I admit I was a little bit nervous," she said. "This is the only surgery I've ever had. But it was the simplest procedure. To be able to be awake (during the surgery) and not filled with pain and to take the bandages off in two days was amazing." The only discomfort she said she had was the feeling of pressure when the tumescent anesthesia was first injected. Then after a few moments, she felt no pain at all during the liposuction procedure.

Bianca was compliant in wearing the head strap for chin compression for two weeks, which worked well as she didn't have any appearances during that time; she was just behind the microphone.



After Chin Liposculpture

"I didn't even bruise that much," she said. "I had a little soreness for a few days after the procedure when eating and moving my jaw."

What does she think of her results? "I feel it's such a difference," she exclaimed. "We do a lot of videos. Before,

I had this little double chin area I could see no matter what angle I tried. You can cover up certain areas, but not that. It's nice now. It's such a different feeling. I can tell the difference in photos and videos. And with my job, it totally makes a difference to have confidence."

What Bianca appreciates most about her experiences at Contour Dermatology is trusting they will give her natural results. "I feel like they are open to listening to what I want the end result to be — youthful, not to look like a different person, just the best version of me I can be."



On-Air Personality Bianca Fort of U 92.7 FM and James Johnson at Contour Dermatology's Day of Beauty/20th Anniversary Celebration.

Bianca chronicles her fun and flair as a beauty and fashion social media influencer and life in the desert @beautieandthebeat on Instagram and Livin La Vida Local PS on Instagram and @Bianca On Air on YouTube.

"I feel like they are open to listening to what I want the end result to be — youthful, not to look like a different person, just the best version of me I can be."

~ Staff Product Pick ~

Three Treatments Skye Crounse Likes



Skye Crounse
Esthetician

Skye Crounse is a licensed esthetician and has worked at Contour for a little over a year as an esthetician and receptionist. Her enthusiasm for skin care is genuine. "I love medical-grade products that are results-driven and product work," she said. "It's not just instant gratification. I want something that's going to work and give me results.

And I want to share it, so other people know about it and get the results they are wanting to achieve." Today, she is sharing three of her favorite skincare products (well, one is a set) among the physician-grade products available at Contour.

Obagi Professional-C Microdermabrasion + Mask — "I call this my "red carpet product." Any time I have a special party or anything I want to look extra special for and put makeup on, I use Obagi C. It has a high percentage of Vitamin C — 30 percent — and the ultra-fine exfoliating crystals do a great job of prepping your skin for the next application of products or makeup. It takes off dead, dull skin and really gives you a great glow and refreshing look. A little goes a long way. You can also leave it on for 20 minutes as a mask. It's a super exciting product. I love it!

Obagi Nu-Derm Clear, Blender and Tretinoin — I call these three Nu-Derm products "my powerful three." Any time someone wants to get just one product, I explain that they work together. The 4% hydroquinone in the #3 Clear and #5 Blender really address hyperpigmentation, i.e., dark spots, whether from hormones or sun, and the Retin-A helps with that and wrinkles, fine lines and skin cell turnover. Once you get over phase one of your transformation, which may include redness and dryness, the results will be worth it!

TNS Advanced+ Serum — I won this product as a prize at work! I had heard great things about it but had not tried it yet. I began using it right away. I like to track how a product works. So, I had a base picture done. In first week, I noticed a difference in the crow's feet around my eyes, as well as lines in my forehead. Obviously, not everyone has that early of results, but typically people will start to see some noticeable results at two weeks. I love the growth factor blend and peptide complex — the percentage and the type of growth factors are what makes the product. It's the only growth factor product proven to address sagging skin. It helps with fine lines, coarse wrinkles, overall texture and skin tone. My skin got better and better with it, and it's only improved. Everyone noticed right away and asked, "What have you done?" And TNS Advanced+ Serum was the only thing that was new to my regimen. I will always love this product.

~ Contour Staff Welcomes New Babies! ~

Congratulations to our Human Resources Manager Jessica Wells and her husband, DJ Wells, on the adoption of their son. They became his foster parents at his birth and the adoption was officially finalized January 11, 2022!



Jameson Levi Wells

March 22, 2021

5 lbs, 8 oz

Proud Father: DJ Wells



Congratulations to Xariyn Rantung, NP-C on the birth of her first child.

Xolara Cecilia Pulido-Rantung

April 7, 2021

7 lbs 19.5 inches

Proud Father: Wendhy Nickelson Rantung



~ Ready for Action! ~

Lutronic Action II for Facial Rejuvenation and More

The Lutronic Action II is one of 15 lasers and energy-based devices available at The Laser Center at Contour Dermatology – that's one of the largest selections of cosmetic lasers in the nation. The Lutronic Action II is unique to our offerings because it is our only Er:YAG laser. It emits a wavelength of 2940 nanometers, which is known as infrared light.

As an ablative laser, the erbium laser is similar to CO₂ laser resurfacing, but it is gentler, and therefore has less downtime. It is also suitable for more skin types. For additional comparison, it is more aggressive than microdermabrasion and about mid-way between the Fraxel and the CO₂ lasers. While it does burn off the top layer of the skin – great for reducing sun-damaged skin – the Lutronic Action II is a highly-controlled laser that is customizable to the desired depth for maximum results and safety. Removal of the stratum corneum is essential as it causes new skin cell turnover and stimulates the production of collagen and elastin fibers to strengthen the skin.

"This is my favorite laser – to perform and to have on myself," said Chloe Rayos, NP-C. It's safe for many skin types and many people tolerate it well. With the fractional setting, it creates these microdots, and when they dry and flake off (don't peel them), it feels like new skin." Rayos also explained that the laser has a long-pulse option for greater heat, depending on the treatment.



Before

After

Benefits of Erbium Laser Skin Resurfacing

This powerful laser offers many benefits and even has a Bella V application for intimate female rejuvenation, but today our focus is on its laser resurfacing capabilities. Laser resurfacing can be performed on the entire face, neck, chest and even the back of the hands.

Here is just a partial list of the things the Er:YAG laser can treat:

- Acne scars
- Other scars
- Sun-damaged skin
- Mild-to-moderate facial wrinkles
- Brown spots, age spots, melasma
- Benign skin growths
- Superficial non-melanoma skin cancers
- Some birthmarks
- Brighten complexion
- Enhance lip texture and hue



Before

After

How does it feel and what is the downtime?

A topical numbing cream makes the procedure nearly painless. For full-face resurfacing, you will need to keep your skin moist with a protective covering for a few days such as Aquaphor or Avène Cicafate restorative protective cream. It's also essential to wear sunscreen during the recovery process. Your skin will peel and you will experience some redness and should allow up to a week for downtime, with the average being three to five days.

Two Special Lutronic II Applications

Shining Peel Application: A more superficial treatment than full-face resurfacing is the shining peel application of the Lutronic Action II. In similar fashion to a chemical peel, although not quite as strong as the TCA peel, this treatment penetrates the top layer of skin and improves the appearance of large pores, brightens the skin and minimizes fine lines and wrinkles.

Lip Tint Application: Sadly, as we age, our lips can fade and lose their youthful hue. Some also experience wrinkles and flaking of lip tissue. The Lutronic Action II offers a special setting which can reduce lip wrinkles, improve overall lip texture and enhance your natural lip color!

~ How to Prevent, Reduce Bruising When Getting Fillers ~



Timothy M. Jochen, MD

No one likes bruises, especially when they are on the face. As an experienced facial filler injector, I do my best to avoid bruising patients, but depending on the area, sometimes bruising happens even with the best injectors. Bruises are inherent in piercing

the skin with a needle. While bruising typically only lasts a week or so and can often be covered with makeup, we like to advise our patients of things they can do to help reduce the likelihood of bruising after injection, especially if they bruise easily. If you have a special event coming up like a wedding, reunion, or gala, it is best to schedule your treatment several weeks before the big event.

Things to Avoid Before and After

It is best to discontinue any food or supplements known to thin the blood a few days prior to your injection. If you are on prescription blood-thinning medication, obviously, this is something you will continue. But try to discontinue the following for a few days before your filler injection:

- Alcohol 1-2 days before injection, 24 hours after
- Aspirin or ibuprofen one week before and one week after (Tylenol is OK if needed)
- Fish oil, omega-3 supplements
- Garlic
- Vitamin E
- St. John's Wort
- Ginkgo Biloba
- Ginseng

Avoid exercise for 48 hours after injection, except

walking. And even if you can stand on your head, don't try any sort of inversions for a few days.

Things We Do During Treatment to Help

Numbing Cream – We offer a topical numbing cream, which can serve two purposes. It makes the treatment more comfortable, and secondly, it can help constrict blood vessels and reduce bruising.

Injection Techniques – Trying to get the filler in with minimal injections to cover the area can help, and sometimes I use a cannula instead of a needle, which can reduce bruising.

Cold Compress – We will provide you with a cold compress you can apply immediately after your treatment.

After Care Instructions

Cold Compress – Once you are home, even if you don't have any apparent bruising, apply a cold

compress to the area for 10 minutes every hour after the treatment up to 24 hours. Do not touch or massage the injected areas.

Sleep with your head elevated (at least 45 degrees) for one to two nights after treatment.

If You Do Bruise

Concealing makeup may help minimize the appearance of bruising.

Post-treatment lasers can speed up the reduction of any bruising.

Some Good News

Even if you bruise, the good news about fillers is that they are longer lasting than ever before. Some of the newer hyaluronic acid fillers last up to a year, and Voluma lasts up to two years.



Contour Dermatology Locations

Rancho Mirage 42600 Mirage Road
Palm Springs 1180 North Indian Canyon Drive, Suite E-419
La Quinta 46080 Jefferson Street

760-423-4000
888-977-SKIN