

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2010

~THE APPLE OF YOUR EYES ~ Renew Your Sparkle with Eye Rejuvenation

Blepharoplasty. It's a big long word and not even that pretty a word, but the results it delivers certainly are.

"I love doing this procedure," states Dr. Timothy Jochen. "It's a simple procedure and there are very few complications. People love it. It's one of the procedures with which we have almost 100% satisfaction. I hate to say it's a home run because that sounds so cliché, but it definitely delivers a wow consistently."

Now with more than 15 years of experience, Dr. Jochen has performed thousands of blepharoplasties – surgery of the upper and/or lower eyelid done under local anesthesia on an outpatient basis. Dr. Jochen received his fellowship training in blepharoplasty from the former head of oculoplastics at UCLA. Today, Dr. Jochen teaches dermatology residents how to perform this procedure at USC.

"I've done blephs on people in their 20s and in their late 70s," he says, explaining that it's not necessarily age that is an indicator but rather how much subcutaneous fat people have around their eyes. "Blepharoplasty rejuvenates the eyes by removing the excess fat — the bags under the eyes and droopy skin above the eyes — which can make people look tired and older than they are.

Explaining the procedure, Dr. Jochen says, the incision for lower eyelid surgery is made inside the lid, so there is no visible scar. For the upper eyelid, the incision is made at the crease of the lid and is not

visible when the eyes are open; within six months or so, the faint scar will become nearly undetectable even with eyes closed.



As a complement to blepharoplasty or on its own, eye rejuvenation with the fractionated CO₂ Ultra-Pulse laser helps tighten skin around the eyes and reduce deep wrinkles.

Take advantage of special pricing now through the end of 2010 on eyelid surgery or laser eye rejuvenation: Upper Eye: **\$999** (reg. \$1,250), Lower Eye: **\$1,499**, (reg. \$1,750), Max FX Laser: **\$999** (reg. \$1,500).

To keep your results looking their best, or if you just have a few lines, consider Botox® or Dysport® to soften crow's feet and one of the outstanding eye products available such as Contour's Eye Plumping Serum or ELASTIderm by Obagi®. Also, don't forget, we offer Latisse™ for longer, thicker, darker eye lashes.

~ Chin Up! Lipo to the Rescue ~

As we age, metabolism slows and we accumulate fat deposits in areas we previously thought, "It will never happen to me."

A common cosmetic complaint we treat at Contour is the double chin or the "turkey wobble" as some have called it. Call it what you want, most people just want it gone. And it's rather difficult to exercise this area. While maintaining proper body weight is your best defense, tumescent liposuction can restore a more youthful, appearance for men and women by removing excess fat deposits that create the sagging skin under the chin or neck.

When most people think of liposuction, they think belly, love handles or thighs, but liposuction is frequently performed under the chin, neck, and jowls and can even be performed on the face for "chubby cheeks." As the chin/neck is a smaller surface than other areas of the body, Contour's rate of \$1,500 for chin/neck liposuction is half that of our regular fee for other "per area" liposuction treatments.

The combination of tumescent liposuction in the chin/neck/jowls, plus facial rejuvenation with our fractional CO₂, often provides a better solution, especially for those with fat deposits, than some would achieve with a facelift. Plus, liposuction can be done in the office in less than an hour

under local anesthesia. A shorter recovery, lower cost, virtually no scars and less risks are reasons tumescent liposuction remains one of the safest and most popular methods to sculpt the body.

For some patients, however, it's not age, but rather an inherited tendency to retain fat in the chin area. For these people, liposuction offers an excellent solution to create more definition between the chin and neck.



Before (actual patient)



After (actual patient)

Dr. Timothy Jochen is a specialist in liposuction and has performed thousands of tumescent liposuction procedures. For liposuction of the chin/neck, he makes a tiny incision under the lower jaw to insert a very small canula of less than 1.5 mm in diameter to then suction out the fat. Some swelling and bruising is normal following the procedure and he says most patients return to work in about five days. For the first few weeks after surgery, patients are asked

to wear compression garments, which he says can be camouflaged by wearing a scarf or turtle-neck, if desired.

If you are in good general health and have been wanting to get rid of your double chin, please call us to schedule a complimentary consultation. We'll go over the procedure in detail to help you decide if this could benefit you.

~ Contour Opens New Office in Newport Beach ~



Contour Dermatology recently opened a new office in Newport Beach. Located in a high-rise building with other medical professionals, the Newport complex is across the street from Fashion Island. If you have any relatives or friends who live in the Orange County area, please let them know we are presently seeing patients at this location by appointment. Contact information for this office is 1401 Avocado Avenue, Suite 605, Newport Beach, CA 92660, (949) 612-3367.

You're invited

Day of Beauty

Saturday, December 4, 2010
10 a.m. to 4 p.m.

Cocktails • Hors d'oeuvres • Prize Drawings

Happy Holidays! Our gift to you is these great prices on our most popular procedures. Bring a friend and enjoy this festive holiday event. It'll keep you glowing long past the holiday season!

Reservations Required.
RSVP: 760-416-6971

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



PROCEDURES	SPECIAL PRICE	REGULAR PRICE
Botox®	\$9 per unit	\$10 per unit
Dysport®	\$3 per unit	\$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 ₂ Laser	\$750 per area	\$999 per area
Fraxel® Laser	\$450	\$500
IPL™ Foto Facial™	\$299	\$399
Juvéderm™	\$375 per syringe	\$500 per syringe
Sculptra™	\$575 per vial (Three vials for \$1,500)	\$700 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

Plus 20% off all Skin Care Products

~ SPECTACULAR SATURDAYS! ~



Contour Dermatology is now open every Saturday. We see medical dermatology patients as well as offer cosmetic services at our Rancho Mirage office from 8 a.m. to 3 p.m. If a weekend better suits your busy schedule, please call us to schedule your Saturday appointment. And as you're out and about shopping, stop by to check out our great selection of skin care products!

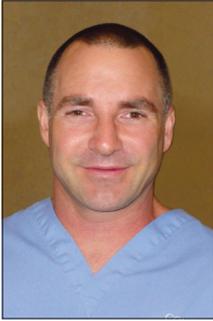
~ Our Gift Certificates Make Great Gifts ~

Looking for something for that hard-to-buy for person on your list? Why not get them a Contour Gift Certificate? You can set it at any amount and they can redeem it all at once or over time and they can use it toward products or services. This holiday season let Contour Dermatology help you give the gift of rejuvenation.



~ Contour Staff Favorite Products

Lee Erwin — A Total Fan of SRS™ Pro-Ceramide Barrier Repair ~



Contour Dermatology Executive Director Lee Erwin is admittedly not much of a product user. He has had Botox, chemical peels and laser treatments, but as far as skin care products, he is more of a minimalist, preferring the basics of a good cleanser, moisturizer and

too thick, has a mild smell and it feels good. After applying it, my skin isn't oily; it just feels moisturized and smooth. I get a nice glow without looking shiny," he comments.

The SRS Pro-Ceramide Barrier Repair is specially formulated to deliver complex-lipid hydration, retinol revitalization and nourishing antioxidants that support healthy skin barrier function, regulation and repair. The Barrier Repair is one of the more than a dozen products within Contour

that all-important sunscreen. But get him talking about this one specific product in Contour Dermatology's own product line – the SRS™ Pro-Ceramide Barrier Repair – and he is very vocal.



Dermatology's comprehensive line of private label skin care products. Other products include acne treatment gel, green tea exfoliating scrub,

"I really like Contour's Skin Repair Solutions Pro-Ceramide Barrier Repair moisturizer. It goes on not

sunscreens, facial creams, retinol smoothing serums, antioxidant serum, products specifically for the delicate eye area and more.

~ Contour Staff Outing to Disneyland ~

We thought you might like to see the Contour staff at play. These photos are from a recent team-building event at Disneyland.



Kara Crane, NP-C and Lindsay Marsh.



(L-R) Kylie William, Lynette Quarterman, Yardenia Trevino.



Christina Welsh stands beside her "C" at Disneyland.



Dr. Jochen and La Rue Cole.

~ Halloween Fun at the Office ~

(L-R) May Lissa Kanitz, Natalie Orozco, Lee Erwin, Lee Balmonte, Dr. Timothy Jochen, Marisol Leal and Contour's newest staff member Jessica Stemmer. In front in the football jersey is Yardenia Trevino.



~ Frequently Asked Questions About Hair Transplant Surgery ~

How do I know if I'm a candidate for hair transplantation surgery?

The first step in determining if you're a candidate for hair transplantation surgery is to schedule a complimentary consultation with Dr. Jochen. During this visit, you'll be asked about your expectations for hair restoration, your family and personal history of hair loss, any previous scalp surgeries, and any other medical conditions you may have. The ideal candidate for this surgery should have healthy existing hair on the back or sides of the head for grafting purposes.

Why do I need to avoid taking aspirin, ibuprofen, certain supplements and alcohol prior to surgery?

These products can affect your blood's ability to clot and may affect the outcome of your hair transplant. The excess bleeding may affect the grafts' ability to survive and may result in an infection in the donor site.

Can I drive myself to and from the surgery?

You can, but you should make arrangements for transportation home if you'll be receiving any sedation during the procedure.

How long does the procedure take?

It depends on how many individual follicular units (or micrografts) are harvested and transplanted. Most procedures take several hours. Typically we start hair transplants around 7 a.m. and are done in the afternoon. Patients may bring books, CDs and we'll order lunch for you that you can eat in the exam room.

Does it hurt?

You should feel no pain during the procedure because of the local anesthetic. If you wish, we will also give you sedation to relax you during the procedure. After your surgery is completed and the local anesthetic wears off, you may feel some discomfort. We will provide you with a prescription for pain medication that should be filled before your surgery. Most patients need the prescription pain medication for only a few days.

What kind of anesthesia is used?

Today's hair transplantation surgery requires only local anesthesia. If you feel anxious or nervous, we can also give you sedation to relax you during the procedure.

How soon can I resume my normal activities?

You should avoid strenuous physical activity for the first

two weeks to prevent the loss of grafts and increased swelling. After 14 days, you can resume weight lifting, heavy exercise and swimming. For the first five days, you should have no more than 30 minutes of direct sun exposure to the scalp.

How soon can I cut or color my hair after a hair transplant?

You may have your hair cut as soon as the sutures have been removed (usually about a week to 10 days after the procedure). Hair coloring is permitted three weeks after your procedure.

How soon will I see new hair growth?

In about 2 and a half to 3 months, your new hair will begin to grow in and it continue to grow at the normal rate of a half-inch to one inch per month. In rare cases, it can take up to six to nine months for all the hairs to grow in.

Will I have scarring?

Most patients find that the linear scar at the donor site is rarely noticeable, especially once the hair grows back in around it. If you have a history of hypertrophic/keloid-type scarring (a thickened or raised type of scar), or you have had previous transplants taken from the donor area of your scalp, more significant scarring is possible.

How long does a hair transplant last?

That's one of the best things about hair transplantation – the results are permanent.

How much does hair transplantation cost?

Each case is highly individualized, making it difficult to provide a specific cost. In general, however, the procedure cost is \$2 per micrograft (Current price through 2010.) which averages less than \$1 per hair. The minimum number of micrografts we perform is 1,000 and the maximum at one time is 5,000.

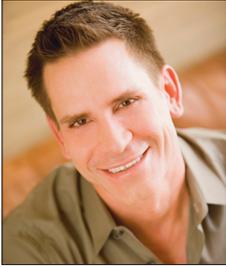
Does insurance cover hair restoration?

Hair transplants are rarely covered by insurance.

What about financing?

Contour is pleased to participate in CareCredit®, a credit card just for health and beauty needs that aren't covered by insurance. It allows you to pay over time, often without incurring interest charges. You can even apply online. To learn more, visit www.carecredit.com.

~ Advodart: New Hair Loss Drug Offers One, Two Punch ~



Timothy M. Jochen, M.D.

For the past several years, there have really only been two options for effective non-surgical treatment of hair loss. Oh, there are plenty of products you can find on the Internet, but Rogaine® (minoxidil) and Propecia® (finasteride) are the

only treatments that have been proven and that I recommended to my patients.

Now, Advodart™ (dutasteride) is starting to get some attention in the hair loss category. Developed initially to treat BPH in prostate patients, it was FDA approved in 2002 for this purpose. In more recent years it has been studied for its hair regrowth abilities. Anecdotal evidence and studies by its manufacturer GlaxoSmithKline (GSK) indicate that it does indeed offer hope for hair loss and that it may outperform Propecia.

In theory it is a great drug because it is the first dual-acting 5 alpha-reductase inhibitor which reduces two enzymes that convert testosterone to DHT. But the makeup of this drug has a different molecular structure than the single enzyme blocking Propecia. Advodart also has a much longer half life at 240 hours versus the 6 to 8 of Propecia and has been documented to stay in the system for months — good for treatment, bad if you have side effects. So the duration does cause some concern because of the potential side effects.

Advodart is currently only being used off-label to treat hair loss and has not yet been FDA approved for this use. That may happen within the next year. Until then, I am taking a wait-and-see approach. However, I think it looks promising and as I age,

this is a drug that I personally would consider taking to retain the thickness of my hair.

As with Propecia, Advodart does have some potential side effects, particularly sexual side effects. What I have seen in patients taking Propecia is those who experience any sexual side effects, those symptoms usually go away after the first two weeks. Also like Propecia, Advodart is indicated only for men while men and women can use Rogaine.



There also are questions about the best dosage of Advodart which is sold in 0.5 mg gel capsules. One study published in the Journal of American Academy of Dermatology found the following results among 416 men aged 21 to 45 with male pattern hair loss over a 24-week period:

Placebo:	- 32.3 hairs
Finasteride 5 mg	75.6 hairs
Dutasteride 0.1 mg	78.5 hairs
Dutasteride 0.5 mg	94.6 hairs
Dutasteride 2.5 mg	109.6 hairs

At our Advanced Hair Restoration center at Contour Dermatology, we are constantly monitoring solutions to help you maintain your health, your hair and your youthful appearance. I'll let you know more about this exciting treatment for hair loss soon. But for now, I say this is definitely one to watch.

Contour Dermatology Locations

Palm Springs	555 E. Tachevah Drive, Suite 2E-106	(760) 416-6971
Rancho Mirage	35280 Bob Hope Drive, Suite 104	(760) 416-6971
Santa Monica	1260 15Th Street, Suite 600	(310) 817-2662
Newport Beach	1401 Avocado Avenue, Suite 605	(949) 612-3667