

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

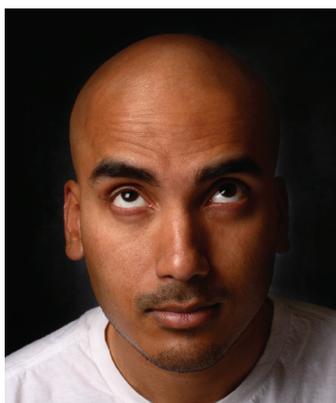
A quick read with substance

Summer 2007

~ Hair Transplants Now Available at Contour ~

Hair loss is primarily caused by a combination of aging, hormonal changes and a family history of baldness – in men and women. As a rule, the earlier hair loss begins, the more severe the baldness will become.

The good news is that hair transplants can enhance a person's appearance and self-confidence when baldness or thinning hair is a concern. And the even better news is that Dr. Jochen performs this type of hair replacement surgery.



- Mini-grafts contain 2 – 4 hairs
- Micro-grafts contain 1 – 2 hairs
- Slit grafts, inserted into slit in the scalp, contain 4 – 10 hairs each
- Strip grafts are long and thin and contain 30 – 40 hairs

Individualized treatment

One size doesn't fill all when it comes to hair replacement surgery. In your initial consultation, Dr. Jochen will evaluate your hair growth and loss, review your family history of hair loss,

and discuss your lifestyle, and expectations and goals for surgery. Then he'll develop a treatment plan tailored to your individual needs.

The best candidates

All hair replacement techniques use existing hair, so candidates for this type of surgery must have healthy hair growth at the back and sides of the head to serve as donor areas. Donor areas are the places on the head from which grafts are taken.

Transplant techniques

There are a number of techniques used in hair replacement surgery; sometimes, two or more techniques are used to achieve the best results. The procedure involves removing small pieces of hair-bearing scalp grafts from a donor site and relocating them to a bald or thinning area. Grafts differ in size and shape:

- Round-shaped punch grafts usually contain 10 – 15 hairs

Several surgical sessions may be needed to achieve satisfactory fullness, and a healing interval of several months is usually recommended between each session.

The surgery

Hair transplant surgery is performed using local anesthesia along with sedation to relax you. Just before surgery, the donor area hair is trimmed short for easier access. For punch grafts, a special tube-like instrument that punches the round graft out of the donor site is used. For other types of grafts, a scalpel is used to remove small sections of hair-bearing scalp. Stitches may be used to close donor sites; they're usually concealed by surrounding hair.

(continued on page 2)

~ Perlane® – A New Facial Filler ~

The newest facial filler to receive FDA approval is Perlane. It provides volume and lifting power for effectively correcting facial wrinkles and folds – and it's now available at Contour.

Perlane is the latest member of the Restylane® family of products from Medicis, a respected manufacturer. Like Restylane, Perlane is made of hyaluronic acid gel particles. But these particles in Perlane are larger, so they provide enhanced volume and lifting power that's ideal for wrinkle and fold correction in deeper layers of the skin.

Also like Restylane, Perlane has an excellent safety profile. Hyaluronic acid occurs naturally in the body's tissues, so there's no risk of an allergic reaction. And Perlane has been safely used in Europe for years.

Perlane is ideal for lip enhancement – it restores a more natural, sensuous look. And it lasts up to twice as long as collagens implant treatments.

Perlane also fills out deeper wrinkles and folds in the cheek area (nasolabial, melolabial and lines at the corners of the mouth). Most folds and wrinkles require one Perlane treatment that lasts six months or longer (again, about twice as long as regular collagen injections – but with no risk of allergic reaction).

Discomfort from Perlane injections is minimal, and you can resume normal activities immediately after treatment. The treatment site may have a little swelling for a few hours, and there may be some slight bruising that can be covered with make-up.

If you want to banish wrinkles but aren't ready for surgery, Perlane may be the answer. Call us for a free consultation.



“Perlane is ideal for lip enhancement - it restores a more natural, sensuous look.”

(continued from page 1 Hair Transplants)

Grafts are placed about 1/8 inch apart; in later sessions, the spaces in between are filled in with additional grafts. When each session is complete, the scalp is cleansed and covered with gauze. You may have to wear a pressure bandage for a day or two.

After surgery

Any discomfort or tightness can be controlled with pain medication. You may gently wash your hair within two days of surgery, and stitches are removed in seven–ten days. You'll be instructed to avoid strenuous activity for at least three weeks, but will likely feel well enough to go back to work and resume normal, light activity after several days.

Many patients who've had transplants are dismayed when their “new” hair falls out about six weeks after surgery. This is normal and almost always temporary; hair growth resumes in another five to six weeks, and you can expect a half-inch of growth per month thereafter.

Want to learn more about hair transplants? Just give us a call.

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Day of Beauty

Saturday, August 18, 2007
10 a.m. to 4 p.m.

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

Refreshments & Hors d'oeuvres
Prize Drawings

Reservations Required. RSVP: 416-6971

Bring a friend and come pamper yourselves
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Juvéderm™	Special introductory offer of \$500 per syringe	
Sculptra™	\$500 per vial	\$650 per vial
Radiesse™	\$550 per syringe	\$695 per syringe
Restylane™	\$375 per syringe	\$500 per syringe
Botox Cosmetic®	\$8 per unit	\$10 per unit
TCA Peel	\$300	\$400
Beta Lift Peel	\$50	\$125
Green Tea Infused Vibradermabrasion	\$50 (face only)	\$125 (face only)
IPL™ Foto Facial™	\$299	\$399
Laser Hair Removal	\$99 per area*	\$230 per area*

*upper lip, chin & underarms only

~ EXPERIENCE THE NEW FRAXEL LASER FOR A FRACTION OF THE COST!~

Introductory offer of \$500 per treatment.
(A value of \$250 in savings)

The revolutionary new Fraxel Laser rejuvenates the skin by treating only a fraction of your skin at a time with thousands of tiny laser beams. For every microscopic zone the laser targets and treats intensively, it leaves the surrounding tissue unaffected. This "fractional" treatment enables the skin to heal much faster



new, healthy and tighter tissue to replace skin imperfections. On average, effective treatment requires three to five sessions, spaced two to four weeks apart. Results are immediate and progressive. Optimal improvement is usually visible in two to three months, when healing is complete and damaged

than if the entire area were treated at once, and uses the body's natural healing ability to create

tissue is replaced with new collagen and elastin – and healthy new skin!

~ Foam Sclerotherapy: The New Way to Treat Spider Veins ~

Sclerotherapy has long been the treatment of choice for spider veins on the legs (spider veins on the face respond better to laser therapy). In sclerotherapy, a safe, painless solution is injected into these abnormally dilated veins, causing them to shrivel and disappear. The body then re-routes the blood into nearby healthy veins.

Better, faster results

Foam sclerotherapy is the newest innovation for treating unsightly spider veins. The foam is made by mixing gas bubbles with a liquid, producing a consistency like shaving cream or hair mousse. When injected into a vein, this micro-foam displaces the blood (rather than mixing with it), creating better contact with the vein wall. This improved contact delivers better and faster results. Plus, the expanded volume of the foam mixture allows Dr. Jochen to use less medication at a weaker strength.

How long does it take to look better?

The finest spider veins often disappear quickly. Larger veins may require a few weeks to improve in appearance. Normal healing can take several weeks, so treatment sessions generally are spaced three to four weeks apart for optimal healing. The average patient requires three to six treatment sessions.

Significant cosmetic improvement can be expected

near the end of the prescribed treatment course. For example, if four to six treatments are recommended, you probably won't begin to see significant improvement until after the fourth session. Remember – it's taken years for these veins to develop, so they won't go away overnight. But they can be greatly improved over several weeks or months.



What does treatment entail?

Each treatment session takes about 30 minutes. Initial treatments will focus on the most heavily involved areas or those that are giving you the most discomfort (yes, spider veins can cause uncomfortable symptoms as well as cosmetic issues!).

You'll be instructed to walk as much as possible in the days following each treatment; this helps re-route blood to the deeper, healthier veins. And you should wear compression stockings for one to three days after each treatment to assist in healing and reduce any mild discomfort that may occur (although spider vein treatments are relatively painless, and sedation and local anesthesia aren't required). You can drive yourself to and from appointments and resume your normal routine immediately following treatment.

Want to know more about this innovative and virtually painless way to eliminate unsightly spider veins? Just give us a call.

~ CONGRATULATIONS ~ TO OUR NURSE PRACTITIONER ELAINE WOO GALLAGHER & HER FAMILY

Please join the Contour Staff in welcoming

Jacob Ka Wae Gallagher

Born July 9, 2007 at 11:48, a.m.

8 lbs 2 oz, 21 inches

Proud Parents: Elaine and Kevin Gallagher



~ New Laser Applicators Enhance Treatment Capabilities ~

Two remarkably effective medical devices in use at The Laser Center at Contour Dermatology just got even better with the addition of new laser applicators. Syneron, the manufacturer of the Aurora™ non-invasive facial treatment system and the VelaSmooth™ device for treating cellulite, recently introduced new applicators for each of these machines that greatly enhance their treatment capabilities. Here's how:

- The Aurora's new SRA head enables advanced skin rejuvenation, so this powerful but gentle laser now works even more effectively in eliminating rosacea (redness), facial spider veins, age spots, uneven skin tone and sun-damaged skin.

- The new VelaSmooth Contour Applicator delivers deeper, dense heating to smaller target treatment areas. When used in conjunction with

the larger VelaSmooth Body Applicator, it produces more pronounced results, faster. In other words – quicker, better cellulite reduction.

Only Syneron products are powered by elos™, a combined-energy technology of bipolar radio frequency (RF) and broad-spectrum light.

"We constantly review the latest technology in lasers and add new lasers or enhancements to our existing inventory that we are certain will offer improved results or other benefits for our patients. These new laser attachments offer excellent clinical results, faster procedure times, greater patient comfort and no downtime," says Dr. Jochen.

If you've been considering laser skin rejuvenation or cellulite treatment, now's the time!

~VIVITÉ™ Advanced Skincare from Allergan~

We're pleased to add VIVITÉ, an outstanding new skincare line, to our product offerings. VIVITÉ is from Allergan, the makers of PREVAGE® – one of the most popular and effective anti-aging products currently on the market.

The VIVITÉ skincare line's unique GLX Technology™ contains glycolic compound (an extremely effective exfoliant) and natural antioxidants that protect epidermal cells from free radical damage. Together, these ingredients promote the skin's natural production of hyaluronic acid, collagen and epidermal growth factor, which are vital for healthy skin. In fact, in a clinical study of VIVITÉ, participants saw these results after just 3 weeks:

- **22% reduction** in fine lines and wrinkles
- **36% increase** in skin hydration/ moisture content
- **54% improvement** in skin smoothness
- **65% decrease** in dryness



The VIVITÉ skincare line includes these products:

- **VIVITÉ Exfoliating Cleanser** dissolves skin build-up with both chemical and mechanical exfoliation. Contains 15% glycolic compound.

- **VIVITÉ Daily Antioxidant Facial Serum** moisturizes and extends exfoliation to reduce the appearance of fine lines and wrinkles as well as provides antioxidant protection. Contains 15% glycolic compound.

- **VIVITÉ Night Renewal Cream** is an extra-rich formulation that promotes overnight maintenance and repair of skin tissues. Contains 20% glycolic compound.

- **VIVITÉ Revitalizing Eye Cream** is specially formulated to reduce the appearance of fine lines, wrinkles, and dark circles in the sensitive areas around the eye. Contains 10% glycolic compound.

- **VIVITÉ Daily Cleanser** gently and thoroughly removes the surface dirt, grit, and makeup residues. Contains 12% glycolic compound.

To learn more about this exciting new product line, call or stop by the office.

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~ A Few Words about Skin Cancer ~



Timothy M. Jochen, M.D.

more than 20 people die from it each day.

While the two most common forms of skin cancer – basal cell and squamous cell carcinoma – tend to be less severe or aggressive, they can still be deadly. Squamous cell carcinoma alone claims about 2,500 lives each year. And melanoma is the real killer. Nearly 60,000 melanomas will be diagnosed this year, with almost 8,110 resulting in death.

The incidence of skin cancer is especially frustrating because it's largely preventable. How? By avoiding sun exposure, which causes more than 90 percent of all skin cancers. A person's risk for

skin cancer isn't anything to be complacent about. It's the most common form of cancer in the United States, with more than one million cases diagnosed annually. In fact, one in five Americans and one in three Caucasians will

skin cancer doubles with five or more sunburns. And just one blistering sunburn in childhood more than doubles your chances of developing melanoma later in life.

So for us desert dwellers, wearing sunscreen can be a lifesaver – literally (look for products recommended by The Skin Cancer Foundation). Perform regular skin self-exams to increase the chance of finding skin cancer early, when it's most treatable. Be familiar with your own pattern of moles, freckles and other marks on the skin so you recognize changes. And if you notice a new growth, a spot that grows larger or a sore that doesn't heal, call me for an exam. **Today!**

