

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2013

~ Wax On...Wax Off & More! Spotlight on Contour Esthetic Services ~

Esthetic treatments can beautify your appearance and give you that radiant glow of vibrant health. As these services have gained popularity among our patients, we've steadily added to our esthetic menu and increased our team to serve you.

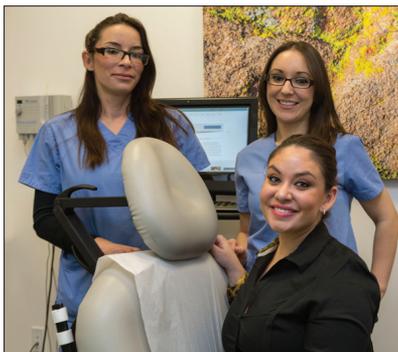
Joining Esthetician Anne Marie Johnson, who has been with us for three years, is Adriana Ortiz who recently received her esthetician's license. Previously, Adriana served as a Medical Assistant at Contour for eight years. Also part of the team, is Esthetician Kylie William who worked with Contour for six years before taking a hiatus to attend the International School of Beauty. She rejoined the practice this fall. With the growth of our esthetic services department, we now offer esthetic services in Palm Springs as well as our Rancho Mirage office.

Contour's Esthetic Services Include:

- Eyebrow shaping
- A variety of chemical peels
- Facials
- FSD MicroPhototherapy (NEW – see article on page 2)
- Vibradermabrasion treatments
- VelaShape II (for reduction of cellulite and circumference)
- Waxing
- VISIA® Complexion Analysis

The Dermatology Difference – Esthetics in a Medical Environment

The difference in receiving esthetic services at a dermatology practice compared with a spa or salon is that services are offered under the direction of a supervising medical doctor which



The Contour Esthetic Team (L-R) Anne Marie Johnson, Adriana Ortiz and Kylie William

allows the estheticians to deliver a broader scope of services and perform stronger treatments than you can get at a spa - such as the application of the more effective retinoic acid versus retinol.

"We try to do the things that people enjoy and will feel good, but we really want to help the skin. If you just want a fluffy, relaxing treatment, that's fine, but if you want change, come see us," said Anne Marie.

Waxing for a Smoother Look

Waxing is the best way for people with light hair to control facial and body hair, especially as laser hair removal is only effective for darker pigmented hair. It also is an alternative to laser hair removal for those with darker hair. Waxing can be performed on the eyebrows, upper lip, nostrils, ears, chest, back, arms, legs and private areas with a Brazilian treatment for both men and women. Anne Marie also explained that the results of waxing are progressive. "You have less hair each time because it makes the

(Continued on page 2)

~ Radiant Skin with FSD MicroPhototherapy~

FSD is a new, anti-aging device we have added at Contour Dermatology. You might think of it as a gentle IPL laser, although it's not technically a laser. Especially as some skin types can't undergo IPL laser therapy, the FSD technology makes it possible for anyone to enjoy a light-based treatment without the risk of hyperpigmentation. FSD uses patented Light and Heat Energy (LHE) which is a non-invasive, non-ablative treatment that does not harm or scar the skin. It uses pulses of light energy to reach deep under the skin and stimulate the growth of new collagen. FSD helps to soften fine lines and wrinkles, it evens your skin tone and minimizes the appearance of pore size – giving you overall healthier looking skin. FSD can be performed on the face, neck, décolleté and hands. It's a great treatment to add to your facial. Although you can feel and see results after one treatment, 6 to 8 sessions are recommended for best results.

Reduces redness



Before



After - 2 months after treatment

Softens lines around eyes



Before



After - 2 months after treatment

~ Wax On...Wax Off & More! (con't. from page 1) ~

hair grow back finer. If you stop waxing, though, your hair will eventually grow coarse again." At Contour, both hard and soft waxes are used depending on the area. "We use hard wax on the face because it doesn't adhere to the skin, so it won't tear the skin and the discomfort is less," said Anne Marie.

Something to Raise Your Eyebrows About!

As no two eyebrows are alike, Anne Marie said that the esthetics team spends a lot of time trying to create the illusion that they are equal by tweezing and brief waxing.



Having a little fun for the camera!

Trimming eyebrows is also important. Contour's estheticians are skilled in how to trim eyebrows that grow in different directions so they will lay flat.

Custom Facials Address Skin's Needs

As for facials, Anne Marie explained why there is no such thing as a "pumpkin facial" or themed facial at Contour. "Every facial we do is a custom facial. You don't choose your facial; your face chooses your facial," she said. "Your skin's needs are what determines the products and elements we use to benefit your skin."

VelaShape Reduces Cellulite & Inches

The esthetics team is also excited about a new protocol for the VelaShape II Laser which is delivering greater results for circumferential reduction with better skin retraction and a loss

of more inches. When patients who think they need liposuction schedule a consultation and Dr. Jochen determines there is not enough fat to be suctioned out in their "problem area," he refers them for a VelaShape treatment which smoothes and tightens the skin through a combination

of heat and rolling suction along with Glytone body products for daily exfoliation.

More Than 7 Peels – One's Sure to Fit Your Skin Type

With the variety of chemical peels available at Contour, you're sure to find one that addresses your specific need. We offer peels to help acne, improve melasma, specific peels for around the eyes and lips, medium depth peels that reduce fine lines and wrinkles and superficial peels to give you that go and glow look.

~ "I Hate my Neck"...

Platysmal Neck Bands and What To Do About Them ~

Does your neck give you away? If you have platysmal muscle banding occurring in that area, it can detract from even the most radiant and wrinkle-free facial complexion. The meticulous care and attention you lavish upon your face will hardly matter if the neck supporting it paints an all too vivid picture of advancing years.

The appearance of loose saggy skin, aka the dreaded "turkey" neck can be troubling enough. Unfortunately, for some people, distinct vertical "stringy bands" or cords can also develop in the neck region. This is due to the platysma muscle on each side of the neck separat-



ing and creating prominent folds of skin in front. This separation generally occurs when platysmal muscles lose their tone and elasticity. Platysma banding is more common in women than in men.

What is the Platysma Muscle?

The platysma muscle is a broad flat muscle extending from the chin to the upper chest. It helps depress the jaw and lower lip among other duties and perhaps more significantly, it maintains the contour of the neck. If your platysma muscle has become lax with age causing your neck skin to sag, or worse, platysmal neck banding to formulate, there's no need for despair. Treatment options are available.

Botox Effective for Neck Bands

Before resorting to surgery for platysmal neck bands, some people opt to have injections of muscle-relaxing products such as Botox or Dysport. The hope is the bands will relax and lie flat rather than protrude outward. Injectables are safe and often effective. The procedure takes about 10 minutes and there's no downtime involved. Just like Botox or Dysport injections to treat other areas, it takes a few days for the solution to set in and take effect. Results are similar, as well, the

results lasting from two to four months, depending on the patient's metabolism. Contour Dermatology has achieved some excellent outcomes using Botox or Dysport for neck banding in carefully selected patients.

Surgical Option for Neck Band Separation

The size and extent of platysmal neck bands is the determining factor on how best to treat them.



Treatment of neck bands with Botox.

Surgery may offer the best solution in more pronounced cases. During a procedure known as platysmal plication, skin is separated from underlying platysmal muscle in the neck and with just a few quick sutures,

the separated muscle bands are reconnected. Typically platysmal plication is combined with a necklift. The one small incision required to accomplish both tasks is hidden well under the chin.

Performed in Conjunction with Mini Facelift and Necklift

At Contour Dermatology, Dr. Timothy Jochen performs platysmal plication in conjunction with a combined mini facelift and necklift. The results are long lasting and the neat incision around the ears makes for a virtually undetectable scar. He operates in his own private surgical suite which is accredited by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF). Local anesthesia is used although twilight sedation is available for a slightly higher fee.

Your neckline should boast as youthful a contour as your face. If platysmal neck bands are detracting from your best image, call and make an appointment today and we'll provide a solution. To schedule your consultation, please call (760) 416-6971.

~ New Position: Skin Care Specialists Guide Your Skin Care from Routine to Results ~

Do you have a cohesive skin care program? Are you getting the results you want?

Contour Dermatology is offering a new, complimentary service for our patients. We have dedicated skin care specialists available to meet with you to develop a personalized skin care regimen that will get results.

One of our skin care specialists will interview you to learn what you're currently using, what you like and don't like and what concerns you have that you'd like to see improved. They will evaluate the effectiveness of your current products and design a program that meets your needs, taking into account your preferences and budget.

"The goal of this new position is really education," said Esthetician Kylie William. "We want to help our patients understand what works and why. We are here to walk them through the entire process and answer any questions along the way. We'll also help set realistic goals."

Contour Dermatology offers a select line of skin care products backed by clinical research – including

Contour's own brand, Obagi – the number-one physician-dispensed skin care line in America, and the very popular SkinMedica line. Several products are only available by prescription.

Free Skin Care Consultations

We welcome you to call and schedule your complimentary skin care consultation. You can bring in what you're currently using and leave with a targeted plan to achieve healthier, more radiant skin.

Products for Presents!

Gift Cards Available

Custom Holiday Kits – You pick the items; we'll make it look fabulous! Also available holiday travel kits – great for stocking stuffers!

The Power of Three! – Save 10% when you buy any three of the same product. Stock up and save or give one as a gift!

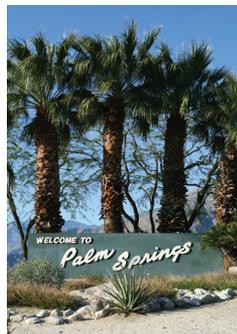


~ Busy Schedule? No Problem... Contour Now Offers Extended Hours ~

If you find it hard to get away during the work day or have a busy schedule and would appreciate a little more flexibility beyond the typical M-F, 8 to 5, our extended hours can make it easier for you to see us. Contour now offers select evening and Saturday appointments for both medical and cosmetic patients. If a later evening or weekend visit better suits your schedule, just give us a call at (760) 416-6971.

~ P.S. There's More to Love in Palm Springs ~

While Rancho Mirage is our headquarter office and all of our services are available at this location, Palm Springs is an important population and location to Contour Dermatology. We have recently added to the services available at our Palm Springs office. Among the new services include esthetic services such as eyebrow shaping, facials, waxing and more; Blu-U Photodynamic Therapy for treatment of pre-cancerous skin lesions and IPL laser treatments for reducing brown spots and evening your skin tone. For those of you who live or work in Palm Springs, we're happy to offer you a few more reasons to enjoy the convenience of a Palm Springs visit to Contour Dermatology.



~ Uplifted by Ultherapy ~

Dr. Patti Richardson had an Ultherapy treatment at Contour Dermatology this past May, by Nurse Practitioner Kara Crane, NP-C. Ultherapy is known as an ultrasound facelift. It harnesses the power of ultrasonic waves to penetrate beneath the skin's surface to address the structural layers of the skin which stimulates collagen to strengthen and tighten the skin.

Now at five months post-procedure, Patti, 56, has decided to hold off on having a mini facelift because the results from her Ultherapy treatment tightened her jowls just enough for her to delay having surgery. She plans to schedule a second Ultherapy treatment which is recommended at six months for maximum results.

"I hope for a miracle, but I know in my head that's probably not going to happen. You do have to be realistic," she said.

"Before, when I tried to touch my chin to my chest, I felt skin hanging down, but that skin is much tighter now," she said. "I still have a little drooping at my jaw line, but the skin under my chin has retracted."

As a pathologist currently on staff at Eisenhower Medical Center, Patti has worked in the medical field for 25 years, so she is familiar with medical treatments. She also has had several previous procedures at Contour Dermatology including CO₂ laser facial rejuvenation, Botox, Sculptra and the Fraxel laser.

Although bruising is common with Ultherapy, immediately following the Ultherapy treatment, Patti said, "I had no swelling, no bruising. I got up and I went back to work."

Post-procedure, she said, "I didn't really feel anything, except a few days later, I had a slight bruising sensation around the jaw line – off and on for about two weeks. This was just a minor annoyance and I thought that hey it must be working."



As Ultherapy is a deep tissue treatment, there is no numbing that is applied topically to the skin. Patients are advised to take 800 mg of ibuprofen prior to the procedure. If additional protection is needed due to dental implants or other dental reasons, cold, wet gauze can be applied in the mouth to protect the teeth from sensitivity during the treatment. Additionally patients are given a vibrating hand-held device to squeeze to reduce the intensity of the treatment as needed during the procedure.

"It's not a skin sensation because the ultrasound waves go deep," explained Patti. "You don't feel anything on the surface of your skin, it's a deep down sort of pain. It's not 100 percent comfortable, but it was tolerable."

Patti describes her results to date as subtle. "You would not have seen me before and said, 'Oh, she needs this.' But I can see the difference and there is improvement for sure." She also explained that Ultherapy requires patience as the results are gradual take several months. "You don't really start to see any changes until about 90 days."

Patti had her lower face and upper neck done. "Kara and the Ulthera representative recommended I not have the forehead done as it raises your eyebrows. They said I didn't need that."

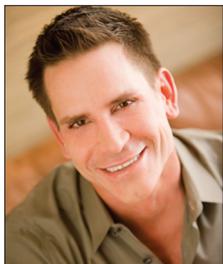
Ultherapy can be performed on: the forehead, lower face and upper and lower neck.

"My skin is 100 percent improved compared to four years ago before I started coming to Dr. Jochen," said Patti. "I had acne scars and brown spots which are just minimal now."

Patti also stays youthful by exercising and teaching a sculpting with weights class at World Gym in Palm Desert. Besides the rejuvenating treatments, it's Patti's gentle spirit and kind heart that shine through, contributing to her overall healthy glow.

~ Fact or Myth?~

Uncovering the Truth About Common Skin & Hair Care Advice



Timothy M. Jochen, M.D.

Toothpaste can clear up a pimple

FALSE. It's tempting to think a dab could erase a sudden breakout. Especially mere hours before a date. Toothpaste can have an immediate drying effect but it still doesn't treat the root issue. It's also been known to cause redness, irritation and sensitivity lasting several months.

Clear up warts with duct tape

TRUE. The theory is application and continuous wearing of duct tape for a period of time irritates warts, causing an immune system reaction that attacks them. It's also thought the tape removes virus-laden skin cells. Patience is required as it may take up to two months. But if all that sounds like a messy, hassle, we can quickly freeze warts off with liquid nitrogen.

Hydrate dry skin by drinking more water

FALSE. There are many good reasons to drink water, but upping your consumption isn't going to hydrate dry skin. When ingested, water doesn't go straight to the skin. It goes through the intestines, gets absorbed into your bloodstream and is filtered by the kidneys. Then it hydrates cells. So when it comes to moisturizing skin, drinking water falls short.

It's advice your mother may have given or perhaps your best friend swears it works, but in the realm of skin and hair care, myths and half-truths abound. Here's a debunking of some of the most common:

Wearing hats can make you bald

FALSE. Traction alopecia is a form of hair loss that occurs when a lot of stress is placed on the hair follicle and the hairline recedes because of the pulling. But hats don't provide nearly enough tension to cause alopecia so keep sporting that baseball cap, bowler or beanie. The worst thing that can happen is a bad case of "hat hair."

Petroleum jelly makes your eyelashes grow

FALSE. Petroleum jelly doesn't have the ability to stimulate hair growth, but it can protect lashes and perhaps prevent them from falling out or being damaged. Latisse is the only FDA approved eyelash growth product and Contour Dermatology has it available for purchase.



Sleeping on your back causes less wrinkles

TRUE. Even the softest pillow puts pressure on your face each night. Over years, this can etch lines into your chin, cheeks or forehead. So, yes, sleeping on your back can prevent sleep lines from forming.

Skip moisturizer if you have oily skin

FALSE. Nearly all skin types can benefit from some type of moisturizer. People with oily or acne-prone skin often apply drying products which can cause their skin to start producing even more oil to balance things out. So using a light moisturizer can help keep skin in balance and actually cause it to produce less oil over time.

Chocolate and greasy food causes skin breakouts

FALSE. Acne occurs when the openings of hair follicles become blocked with oil secretions, dead skin cells and bacteria. Some studies suggest junk food may contribute to acne formation but most dermatologists agree that acne actually results from a combination of factors including hormonal changes, genetic predisposition and skin friction.

Contour Dermatology Locations

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