

# The Skinny

CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Summer 2017

## ~ Juvéderm Vollure™ XC ~

### *Newest addition to the Juvéderm family makes a long-lasting impression*

Deepening nasolabial folds or “laugh lines” can wipe the smile off anyone’s face. Pharmaceutical giant Allergan has developed a new dermal filler

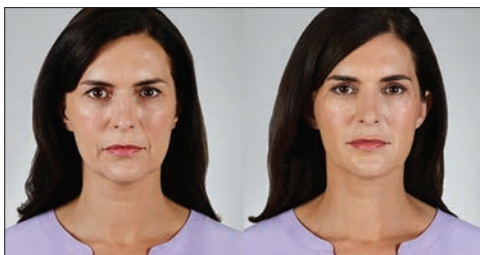
– Juvéderm Vollure™ XC which is designed to correct moderate to severe facial wrinkles and folds. Vollure is particularly adept at addressing nasolabial folds or “laugh lines.” The fact that it’s the first and only FDA-approved hyaluronic acid filler

shown to deliver results that last up to 18 months will soon have you grinning from ear to ear.

That’s not a misprint. You read it right. Juvéderm Vollure™ XC lasts up to 18 months. “It’s pretty exciting because other products have typically lasted six to nine months,” says Dr. Timothy Jochen. “And Vollure stays in place and doesn’t attract water, so it gives a much more natural look and feel.” Talk about a winning combination!

Vollure’s staying power and natural-looking results come courtesy of VYCROSS®, a proprietary filler technology from Allergan that blends different molecular weights of hyaluronic acid. You’re probably already familiar with hyaluronic acid’s many anti-aging and youth-enhancing properties and the fact it is a naturally occurring substance found throughout the body.

It all adds up to a product that offers a unique balance of gel firmness and cohesivity specifically designed to meet varying patients’ needs.



Before

After

Administration of Vollure is a simple procedure. The injectable is a smooth, clear colorless HA gel which contains a small amount of a local anesthetic (lidocaine) to ease the process. Possible side effects include swelling,

tenderness, bruising, redness and itching at the site, but they’re typically mild and last a week or less.

If you’ve used Juvéderm Voluma® XC for the midface region and Juvéderm Volbella® XC for



lips and perioral lines and been enamored with the results, you won’t be disappointed by this latest addition to

the fine family of Juvéderm products. Juvéderm Vollure™ XC delivers a knock-out punch to those deepening grooves that form alongside the nose and run towards the corners of the mouth, aging us all. It will keep you smiling in the winner’s circle for a good, long time.

## ~ Contour Dermatology Patients Share Comments on Their Results ~

### Jackie Vasquez Has Lost 50 Pounds On Medi-Weightloss So Far



Before



After

In five months, Jackie Vasquez has lost 50 pounds on the Medi-Weightloss program. Weighing 215 when she began the program, she's currently at 165 and says she wants to lose another 20 to 25 pounds to get to her target weight of 135-140.

"The best part is how healthy and how fit I feel," she said. "My family and friends are amazed at my transformation." She was immediately encouraged by the results with Medi-Weightloss. "The results motivate you to work harder, even when you feel like you want to cheat – you see the results and it's not worth it to cheat."

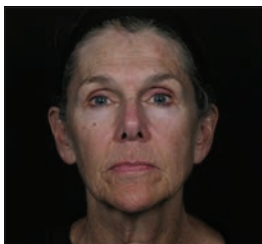
She also appreciates the knowledge she's gained about food. "I changed entirely the way I look at sugar, especially added sugar. And by writing down what I am eating, I am more mindful of what I put in my body throughout the day."

### Debbie Johnson Pleased with Results Natural-Looking Facial Fillers

Debbie Johnson, 68, received several filler injections at Contour's most recent Day of Beauty event during a live demonstration. She received 7 mls of Restylane products including Restylane Refyne and Restylane Defyne and 1 vial of Sculptra. Six mls or more of filler are considered a "liquid facelift."

She just had her two-week follow up appointment on June 5 and she's pleased with the results.

These products will last for about a year and the Sculptra will continue to help her body produce more collagen naturally. Dr. Jochen treated around the mouth, her lips, under her eyes, her chin, cheeks, temples and above the eyebrows.



Before



After

"There's just enough difference that I really like what I see, but not enough difference that it's totally obvious that I had something done," said Debbie. "It looks very natural."

"My lips are getting thinner as I get older, so Dr. Jochen filled them out and raised the upper lip a little which was wonderful."

"I'm thin and my cheeks had lost some volume. I have more definition in my cheeks now and I like that it helps the profile as well as straight on. The all around effect is very nice. Dr. Jochen does a great job."

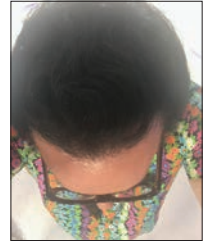
## NeoGraft Hair Transplant Happy with His Hair

Dimitri, 54 of Palm Springs first noticed hair loss at age 36 and had his first hair transplant then in Beverly Hills. As he has a high profile job in the public eye, he wanted to do everything he could to maintain his hair.

Most recently he had a NeoGraft procedure by Dr. Jochen and says, "The team at Contour Dermatology did an excellent job with my hair restoration. I've had the procedure several times before elsewhere at a much higher cost and this was by far more productive with fewer hairs. I wish I had done all my treatments with the Dr.



Before

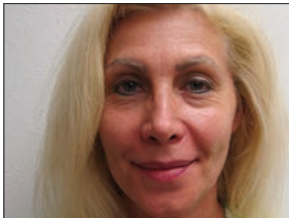


After

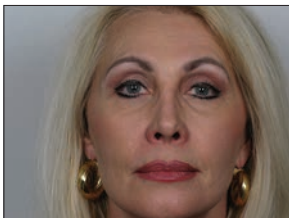
Jochen team." And he added, "I'm thrilled that with the NeoGraft procedure, I have no scars."

*"The team at Contour Dermatology did an excellent job with my hair restoration. I'm thrilled that with the NeoGraft procedure, I have no scars."*

## Princess Karen Cantrell Thrilled with Eyelid Surgery Results



Before



After

As a local business owner of Lady Golf - The Fashion House and an international philanthropist, Princess Karen Cantrell is in the public eye frequently. So it is important to her to maintain her natural beauty. She eats healthy, doesn't drink or smoke, exercises and visits Dr. Timothy Jochen for facial filler injections annually. She also has had a mini facelift by Dr. Jochen and lower blepharoplasty – eyelid surgery.

"I had the lower part of my eyes done by Dr. Jochen. And it was crazy good because the procedure only took about 10 minutes. I was wide awake during the procedure and I kept asking him when he was going to start and the nurses said, 'Karen, it's over.' So it took less than 10 minutes, was absolutely painless and the results were great. I get compliments every single day," she said.

*"The results were great. I get compliments every single day."*

## ~ Staff Product Pick: Contour Product Specialist Jessy Balesteri ~ *Shares Her Skin Care Regimen*



Jessy Balesteri

includes in her skin care regimen.

"I absolutely cannot live without SkinMedica TNS Ultimate Daily Moisturizer. It not only moisturizes, it stimulates collagen and provides a low dose of sun screen."

She said this moisturizer with sunscreen is fine by itself if you are mostly indoors, but if you plan to be outside for any length of time, you need to add a stronger sunscreen. She uses Obagi's Sunshield SPF 50. Besides the strong sun protection factor, what she loves about this product is the sheer tint. Preferring to maintain a natural, fresh look, she does not wear foundation and this tint is just the perfect hint of color.

A new favorite is SkinMedica Lytera 2.0. "I have a lot of freckles and between chemical peels and Lytera, it's a great addition to my regimen to help eliminate them." This is a new and improved version from the original Lytera. Its active

Jessy Balesteri, Product Specialist at Contour Dermatology has an Irish fair complexion with freckles and sensitive skin. She incorporates only Contour products in her personal daily skin care regimen. Here are the highlights of why she chose the products she

ingredient is phytic acid, which helps to even and brighter skin tone. "I've definitely seen an improvement in the evenness of my skin tone," she said.

Jessy's approach is to apply the thinnest serums first, layering them with the thickest creams last. In the evening, she applies Obagi Hydrate Luxe. "It's very hydrating and has peptides in it, too, which are great for anti-aging."

"I love the products that we sell here because I know they truly work and that gives me great confidence in selling them – because it will really help people," she said.

### *Jessy's Skin Care Regimen*

#### **MORNING**

- SkinMedica Sensitive Skin Cleanser
- Obagi Toner
- SkinMedica Lytera 2.0
- SkinMedica Vitamin C+E Complex
- Obagi Elastiderm Eye Cream
- SkinMedica TNS Ultimate Daily Moisturizer  
SPF 20 + Growth Factors
- Obagi Sunshield TINT SPF 50

#### **EVENING**

- SkinMedica Sensitive Skin Cleanser
- Obagi Toner
- SkinMedica Lytera 2.0
- SkinMedica Retinol Complex .025 %
- Obagi Elastiderm Eye Cream
- Obagi Hydrate Luxe

## ~ Dr. Timothy Jochen and Lee Erwin Honored with Jeannette Rockefeller Humanitarian Award ~



Mark Anton (L) and Bobbi Eakes (R), Master of Ceremonies, present the Jeannette Rockefeller Humanitarian Award to Dr. Timothy Jochen and Lee Erwin

This past May, Dr. Timothy Jochen and Lee Erwin were presented with the Jeannette Rockefeller Humanitarian Award at the Evening Under the Stars Gala benefitting AAP Food Samaritans. The award is given to honor the humanitarian efforts of outstanding community members and recognizes individuals who have lent their energy, commitment, and influence to raise awareness and funding. Other 2017 honorees were Greg Selleck, Laurie Weitz, Bob Pollock (posthumously) and Eisenhower Medical Center with the Corporate Angel Award.

## ~ CoolSculpting's New CoolAdvantage Petite Applicator ~

*It goes to work on upper arm fat in a big way*

Dare to bare your arms this summer without giving it a second thought. A new FDA-cleared addition to the CoolSculpting family of applicators has just arrived. CoolAdvantage Petite is capable of treating upper arm fat in as little as 35 minutes.

Medical technology giant Zeltiq Aesthetics, the company behind CoolSculpting, heard the pleas for an effective, non-invasive way to reduce fat in this troublesome spot.

Upper arm fat is the third greatest area of concern for patients. Previously the CoolMini™ applicator was the go-to tool for tackling this vexing area. However, it wasn't a one-size-fits-all solution because patients had to have enough fat to fill the applicator. So Zeltiq

developed the CoolAdvantage Petite applicator. This new and flexible tool features two interchangeable contours that are uniquely designed to safely and non-surgically treat unwanted arm fat.

At Contour, we strive to provide our patients with the highest quality treatments and services so naturally we're thrilled by this newest addition

to the series of CoolSculpting applicators. We're the only practice in the Coachella Valley currently offering this new and exciting technology. Having a customized device to target specific areas helps us achieve our overriding goal of meeting individual patients' needs.

The CoolAdvantage Petite applicator utilizes the same patented cooling technology other Cool-

Sculpting procedures so capably deliver. Clinically proven, CoolSculpting works by gently cooling targeted fat cells in the body to induce a natural, controlled elimination of these very fat cells without affecting surrounding tissue. Once treated, fat cells are gone for good! Results gradually

become visible 4-6 weeks following treatment with improvement continuing for up to four months.

Picture yourself with svelte arms! Summer's here and sleeveless tops and swimwear beckon. Zero in on an area that's bothered you for far too long. Courtesy of the new CoolAdvantage Petite applicator you'll soon be flaunting your upper arms in a big way!



# Save Your Hair

## Contour Hair RX Package

- 3 Platelet Rich Plasma Treatments
- Capillus Laser Cap
- Men's Healthy Hair Kit + Minoxidil

# Save \$867

on this package!



## ~ Un-Tattoo You ~

### Wave Goodbye to Blue and Green Tattoos With PicoWay New 785 nm Wavelength



Timothy M. Jochen, M.D.

I'm really excited to announce that we have a new attachment for the PicoWay Laser. This award-winning laser now offers a third wavelength of 785 nanometers in addition to its 532 nm and 1064 nm wavelengths.

If an unwanted green or blue ink tattoo has you singing the blues, we can change that tune faster and better now with the 785 nm wavelength. This wavelength has a 10-time higher absorption of green and blue inks than the 1064 nm wavelength. The 785 nm is generated by Titanium: Sapphire which results in the shortest pulses in the cosmetic laser industry of 300 picoseconds. Titanium: Sapphire has long been utilized in clinical research, but this is the first use of it for esthetic application.

This laser is comprised of a sapphire crystal doped in titanium. It emits red and near infrared light and is what's known as a "turnable" laser. Its ability to deliver high-powered energy at very short pulses provides an excellent safety profile and a more effective disruption of tattoo inks for better clearance. The PicoWay laser's pulses are 40% shorter than any other picosecond laser.

The PicoWay Laser was voted best picosecond laser at the 2015 Aesthetic Industry Awards and is a laser that I thoroughly researched before adding to our collection of

lasers at The Laser Center at Contour Dermatology in 2015. With the results our patients have been getting and the even more improved technological additions, it was a great choice.

The new 785 nm wavelength also is able to treat pigmented lesions such as Nevus or Ota – a birthmark, mole or blue hyperpigmentation.

#### The benefits of the PicoWay System include:

- Fewer treatments than other lasers
- Less discomfort during treatment
- Better clearance of tattoo or pigmented lesion
- Treats wide array of tattoo ink colors
- Improves results for tattoos that have been only partially faded by other treatment options
- Faster pulses mean less heat, safer for skin
- Virtually no down time.



Blue Ink Tattoo Before



After 2 Treatments with 785nm

There are many factors that affect how greatly reduced the result from a tattoo removal series might be. The patient's skin type – light, medium, darker skin, the location of the tattoo as well as the number of inks

along with the complexity of the tattoo all play a role in how easy it will be to break up the tattoo ink. One thing is for sure – reducing the appearance of a tattoo does take multiple treatments. But it is possible to lighten and in many cases significantly



Green Ink Tattoo Before



After 2 Treatments with 785nm

reduce telltale signs of an unwanted tattoo with the PicoWay technology and a little patience. We'd be happy to take a look at a tattoo you have that you want to have lasered and discuss realistic expectations

and give you an estimate of how many treatments yours make take.

### Contour Dermatology Locations

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