

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2017

SPECIAL EDITION

Non-Surgical & Non-Invasive Procedures

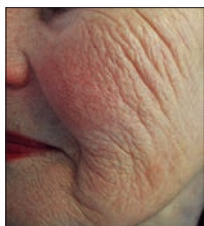
~ Exciting New RF + Microneedling Device ~ *PROFOUND delivers profound results*

A profoundly different way to help tighten sagging skin and reduce wrinkles has arrived on the scene – and Contour Dermatology is currently the only practice in the desert to have it! Profound radiofrequency + microneedling by Syneron Candela has been clinically proven to recreate the skin's building blocks – collagen, elastin and hyaluronic acid – those three essentials whose production sadly begins to wane as we age.

Profound can help erase years from your face. But why stop there? There's real excitement swirling around this treatment because it's excellent at jawline and neck contouring. It can also be performed on the arms, thighs, above the knee – any area where you might be plagued by crepey skin or cellulite. Clinical studies reveal a 100 percent response rate for wrinkles and a 95 percent response rate for skin laxity – all with just one treatment. Did we mention it involves minimal downtime? Most patients resume normal activities within 24 to 48 hours and patients experience about five days of swelling.

Former Miss USA and Supermodel Shanna Moakler

recently opted for a Profound radiofrequency microneedling treatment and she couldn't be more pleased with the results. "I just get compliments from everyone like, oh my gosh, you look so young! Or, you look like you've lost so much weight," she commented on an episode of the television show Inside Edition.



Before



After

What sets Profound apart from other radiofrequency devices is its ability to control the exact temperature of the skin as the RF energy is applied. Profound consistently maintains an optimum temperature that

sets up a perfect environment for neogenesis and collagenesis to occur. Those terms mean tissue and collagen regeneration - both highly desirable.

In addition to the RF heat, the microneedling utilizes tiny needles that puncture the skin to create controlled injuries, which trigger the body to fill these microscopic wounds by producing new collagen, elastin and hyaluronic acid. The combination of these two effective technologies is the real secret behind Profound. Try this minimally-invasive, non-surgical procedure and see if you aren't wowed by the profound results.

~ CoolSculpting – The Non-Invasive Fat Reduction Solution ~

So Many Applicators, Less and Less Time

Got 35 minutes? How about some fat you'd love to lose? There's a CoolSculpting procedure tailored just for you! Hope you're not under the impression that the revolutionary body contouring treatment you've heard so much about – and maybe even tried – limits itself to simply addressing the abdomen area. It's excellent at reducing "muffin tops" and "love handles," of course, but CoolSculpting's repertoire keeps expanding to keep pace with its increasing renown in today's culture.

Do you shy away from revealing attire because of upper arm fat? The FDA-cleared Cool-Advantage Petite applicator was designed with this purpose in mind! Arms are the third most popular area people consider for non-invasive fat reduction, according to Zeltiq Aesthetics, creator of the CoolSculpting System. Once a challenging area to treat, arms can now benefit from the special cooling technology and fat elimination process that CoolSculpting has built its reputation upon. Firmer arms are within reach!



Before

After

Thighs are a huge source of concern for many. CoolSculpting comes to the rescue with two specialized FDA-approved applicators designed to freeze away fat from both outer and inner regions. There's the CoolSmooth Pro which is perfectly sized to take care of those irritating lumps and bumps on your outer thighs. And if you're at all caught up in the current obsession with "thigh gap," you might consider trying the CoolFit which can help spot-reduce this area, or at the very least alleviate friction that occurs while walking.



Before

After

The CoolMini applicator continues to inspire a lot of excitement, and rightly so! Who doesn't want to minimize the appearance of a double chin? The CoolMini's small area applicator tucks perfectly under the chin and employs the standard CoolSculpting fat freezing procedure that works so effectively elsewhere. Other small areas where pockets of fat occur can benefit, too, like the stubborn fat around your knees that makes you hesitant to wear shorts or the bra fat that peeks out from under your arms.

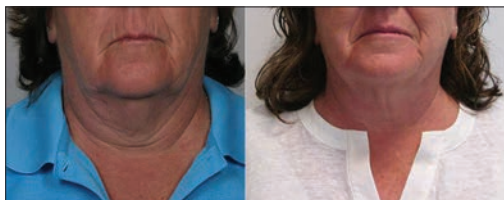
CoolSculpting has always had a lot going for it. Even though it's been on the scene for seven years, this non-surgical fat reduction treatment which was developed by Harvard scientists continues to be refined and make inroads. Whereas once upon a time, liposuction was about the only way to achieve similar results, CoolSculpting's use of controlled cooling as a method to eliminate stubborn fat has revolutionized the way medical practices like Contour Dermatology help people deal with an age-old problem.

Remember, CoolSculpting is not a weight-loss solution. But if you've got fat pockets that resist your best exercise and dieting efforts, this body contouring treatment is capable of reducing 20-25% of fat cells in targeted areas each time it is performed. Some patience is required, though, as it takes a month or two for the cooled fat cells to be naturally eliminated by the body. However, once those fat cells are gone, they're gone for good! You, however, might be back for more of the results CoolSculpting helps deliver.

~ The Power of VelaShape III ~

Four generations in, this non-invasive body shaping treatment delivers consistent results

The Vela family of devices has always kept pace with the times. Starting with VelaSmooth back in 2005 through to present-day VelaShape III, this body-shaping, cellulite-reducing treatment continues to evolve in terms of technical capabilities and treatment protocols. It's hard to imagine only 12 years ago patients were required to schedule as many as 16 sessions! Today's system has patients observing noticeable results in as few as three to five sessions.



Before

After

How things shape up

VelaShape III helps to reduce inches on the abdomen and hips – always an excellent start, but the treatment doesn't stop there. A sleeker physique is desirable but then so is skin with better tone and texture. Therefore, in addition to circumferential reduction, VelaShape III helps to tighten skin as well as address that age-old bugaboo, cellulite.

How does it do it? Well, VelaShape III is essentially a laser treatment, but one that actually harnesses the power of not one, but four different technologies. First, there's the infrared light energy that heats the targeted tissue up to three millimeters in depth.

Then there's the bi-polar radio frequency energy that safely guides the heat evenly and quickly to an even deeper depth. Meanwhile, vacuum technology or suction elevates the tissue bringing it closer to the energy source, and mechanical massage happens concurrently to ensure proper circulation throughout the entire treatment session.

Careful monitoring

VelaShape III demonstrates how it keeps pace with evolving technology through its use of Smart RF (radiofrequency) feedback during the entire

course of treatment. FDA-approved RF settings on Vela devices have increased through the years, from an introductory low of 20w to the present-day 150w. VelaShape III balances the incredible capability this power setting bestows with careful monitoring. It regulates

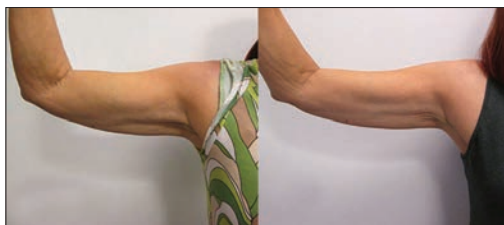
treatment courtesy of a temperature sensor. This intelligent feedback system ensures that all patients get the consistent 150w of RF. It eliminates spikes in temperature, ensuring more consistent results

without compromising patient safety or comfort. In fact, 97 female test patients in one study achieved a 2.6 cm abdomen reduction in just one single treatment.

Attention-getting

Named the Best Body Reshaping Procedure at the MyFaceMyBody Awards, VelaShape was also recognized as the Best Cellulite Reduction Procedure in the American Health and Beauty Readers' Choice

Awards. VelaShape III isn't limited to simply reducing inches on the abdomen and hips. A more toned and youthful-looking neckline lies within the realm of possibility too.



Before

After

Using patented Circumferential Reduction® techniques and elos™ technology, VelaShape III effectively reduces the size of fat cells and re-contours the skin's surface. That applies to mid-sections and necklines alike. This very safe and virtually painless treatment increases metabolism and helps break down fat cells which are then drained through the lymphatic system, resulting in circumferential reduction as well as smoother skin for improved appearance of cellulite. Bid adieu to lumpy, bumpy skin and welcome a sleeker physique and neckline! VelaShape III commands attention and you will too!

~ Staff Product Pick: Katrina Lopez, Esthetician ~ *Excited about ELASTIderm Eye Serum*



Katrina Lopez

reduce any morning puffiness.

"It's cool on your eyes. That's what I love about it. It makes my eyes look smother and with the caffeine in it, it helps reduce puffiness," she said. "When I don't use it, my eyes don't look as fresh. I can totally tell if I don't use it."

Another thing Katrina likes about the rollerball application is that you don't have to use your fingers to touch a cream or gel, you just glide it on. "It's also easy to use for traveling. I've never had an issue with leaking or anything."

Unlike some eye creams or serums that can only be used under the eyes, ELASTIderm can be used all around the eyes. Among the key ingredients include a proprietary bi-mineral complex of zinc, copper and malonic acid, which helps to increase the production of collagen and elastin for tighter, smoother looking skin around the eyes. It also includes blueberry extract, algae extract and Vitamin E for antioxidant protection, licorice root to soothe the skin and reduce inflammation

and caffeine to reduce puffiness. ELASTIderm also features Obagi's trademarked technology - Penetrating Therapeutics - that allows all the ingredients to penetrate deep into the dermis for maximum effectiveness.

"One of the reasons I became an esthetician is that I had bad hormonal acne and couldn't find anything that would help, so I wanted to learn more about treating the skin," she said. Katrina received her esthetician license in 2015 and joined Contour Dermatology in May 2016. Her acne and acne marks and discoloration have cleared up. "I have nothing but compliments on my skin since I started working here."

Katrina's Skin Care Routine

MORNING

Obagi Foaming Gel, alternating with CeraVe
Obagi Toner
Obagi ELASTIderm Eye Serum
SkinMedica Lytera 2.0
SkinMedica Vitamin C+E Complex
CeraVe moisturizer
SkinMedica Total Defense Repair SPF 35
Bare Minerals Finishing Powder

EVENING

Obagi Foaming Gel, alternating with CeraVe
Obagi Toner
Obagi ELASTIderm Eye Serum
Obagi Tretinoin .05% (2 to 3 times a week)
CeraVe Moisturizing Lotion

~ Progress Continues on Contour's La Quinta Office Opening Slated for January 2018~



The La Quinta office of Contour Dermatology & Cosmetic Surgery Center on Jefferson Street will open for more convenient service to East Valley residents by mid-January 2018. If the architecture looks familiar, that's because it is a replica of the Rancho Mirage office. Several of the exam rooms will have views of the adjacent Indian Springs Country Club putting green.

~ Liquid Facelift ~

This non-invasive rejuvenation treatment keeps gliding along

The days of a surgical facelift being the only way to effectively turn back time are gone. Today, modern cosmetic and medical technology have developed a new way to achieve long-term rejuvenation. It's called a liquid facelift. Neither invasive nor time-consuming, the liquid facelift even sounds smooth and easy, doesn't it?

Perhaps you've already had rejuvenation treatments with a volume-enhancing, hyaluronic acid-based filler like Voluma or Restylane injected into select facial areas. If so, then the treatment protocol for a liquid facelift won't seem radically different. It will simply appear to be more of a concentrated effort. When 6 milliliters or more of facial fillers are injected in one time frame, it is considered a liquid facelift. If a worry sparks about increased side effects like mild swelling, bruising or tenderness, relax. These don't exponentially increase just because more filler is being injected.

Results without the hassle

Imagine reducing the appearance of wrinkles and folds and adding desirable volume to facial contours in just one easy session. Forget anesthesia, an extended recovery period or any of the invasive surgical techniques typically associated with a traditional facelift. There's considerably less expense involved as well.

As simple as a liquid facelift sounds though, a lot of careful thought goes into determining the right combination of fillers for each patient to achieve their best and most natural look. Once a custom combination has been identified, Dr. Timothy Jochen turns his attention and considerable skill to specific placement of those injectables. Before you know it, wrinkles and lines soften and you experience an overall lifting effect to your face. Dr. Jochen is one of the top facial filler injectors in

the country, ranking as #5 among Restylane fillers and he also instructs other physicians in training sessions on proper injecting techniques.

A two-pronged approach

So, careful pre-planning and specific placement of product are the secrets behind a successful liquid facelift – but wait! What about brown spots or areas of uneven pigmentation that are detracting from your appearance and aging you unnecessarily? That's when you might want to complement your liquid facelift with an IPL treatment, also known as a photofacial, to help eliminate brown spots and facial redness. Or another laser like PicoWay Resolve or a Sublative treatment that relies on fractionated bipolar radio frequency might be recommended. But just know that facial filler injections are best done in combination with a clarity treatment for more comprehensive results.

Fillers get specific

The pharmaceutical companies keep developing and receiving FDA approval for next-generation facial fillers. For example, Galderma originally introduced Restylane, but now there's Restylane Lyft and

Restylane Refyne and Restylane Defyne. Likewise, Juvéderm's product line has grown to include Voluma, Volbella and Vollure. In every case, each filler's job has become more specific to assure the most pleasing results. In light of the research and ongoing refinements being made by the manufacturers, it's no wonder liquid facelifts are becoming a viable alternative to the surgical variety.

If you're eager to turn back the hands of time, seriously consider opting for a liquid facelift. The Contour team is happy to explain all your options. With barely a hiccup in your schedule, you'll have friends and acquaintances wondering exactly what you did to look so refreshed!



~ Hand Rejuvenation ~

Don't Let Your Hands Give Your Age Away



Timothy M. Jochen, M.D.

There are two often forgotten areas in rejuvenation – the neck/décolletage and the hands. We've all seen a person who has taken meticulous care of their face only to then notice the efforts stop there. Unfortunately, even with the best manicured hands, they often the giveaway of our age.

Your hands are such an important part of communication. You use them to wave, shake hands, gesture and adorn them with rings. So, understandably, many people are concerned with aging hands.

What are the things that make your hands look older?

- Loss of fat
- Brown spots
- Skin tags
- Prominent veins



Before Sclerotherapy Treatment



After Sclerotherapy Treatment

What are the solutions for younger-looking hands?

- Brown spots can be reduced with Intense Pulsed Light (IPL) or the Fraxel Laser. The Fraxel also produces some skin tightening. Also, the same Retin-A you put on your face, you can put on the back of your hands to minimize age spots and uneven skin tone. Special chemical peels can be used on the hands as well.
- Annoying skin tags can simply be excised.
- Sclerotherapy, which involves an injection of a special sclerosing solution, can help reduce the appearance of varicose or bulging veins.
- Dermal fillers aka "facial fillers" can dramatically enhance the appearance of the hand by restoring lost volume. The addition of filler can plump up the hands to make veins less noticeable

and produce an overall more youthful look. With the consistency of the new hyaluronic acid fillers,



Before Filler Treatment



After Filler Treatment

I no longer recommend fat transfer injections for the hands as I prefer the smoother and more dependable results with hyaluronic acid fillers.

To me, rejuvenation is maintenance. There are certain preventive things we can all do such as diligent use of sunscreen and even to some extent skin care products and a

diet that includes antioxidants, but to keep a fresh look, maintenance is essential.

Your car needs regular maintenance to look and perform its best. When you buy a house, there is daily, weekly and seasonal maintenance that is required to keep your investment operating smoothly. You can replace a car and upgrade a house, but when it comes to your face and body – you've only got one!

If you are bothered by the look of aging hands, I just want you to know that you can improve their appearance beyond keeping them moisturized and manicured.

We'd be happy to talk with you to discuss some options.

Contour Dermatology Locations

Rancho Mirage 42600 Mirage Road
Palm Springs 1180 North Indian Canyon Drive, Suite E-419
La Quinta 46080 Jefferson Street - **Opening January 2018**

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