

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Winter 2018

~ Crying Foul on Jowls ~

Many Treatment Options to Firm the Jawline

Gravity does its number as people age and once firm jawlines and chiseled chins frequently give way to jowl laxity, double chins and even wattles. Fortunately, it isn't necessary to accept the inevitable. Not when a host of treatments exist – most of them non-invasive – to do battle. Let's review the key contenders:

Kybella

Summer 2015 saw the emergence of Kybella™ - the first and only FDA-approved injectable drug that concentrates its fat-reducing efforts on the under-chin area. It is now being used to treat the jowl area as well. Kybella™ contains deoxycholic acid which specifically targets and destroys fat cells in these troublesome areas. Our bodies naturally produce deoxycholic acid to help with the absorption of fats. An injection of Kybella™ introduces additional deoxycholic acid to break down the outer layer of fat cells under the chin whereupon the body naturally eliminates them. Submental fat basically melts away.



Before

After

Ultherapy

This remarkable treatment uses ultrasound technology to stimulate the natural formation of collagen and elastin in the skin's foundation. It jump-starts the regenerative process and can lead the way to a smoother, younger looking jawline after

just one session. Ultrasound energy has been safely employed by medical professionals for over 50 years. The technology allows Ultherapy to bypass the surface of the skin to treat depths unmatched by any other non-invasive cosmetic device. Ultherapy delivers focused ultrasound energy deep beneath the skin at the optimal temperature for collagen regeneration.

Profound

The latest device in skin tightening technology, Profound is a radiofrequency and microneedling system that has been clinically proven to recreate the skin's building blocks. When collagen, elastin and hyaluronic acid begin their sad decline, Profound's deft combination of RF energy and microneedling can jump-start their regeneration. A single 45-90-minute session of this non-invasive treatment can have a profound impact on jawline and neck contouring efforts.

Tumescent Liposuction

Tumescent liposuction is performed to permanently remove fat cells in the under-chin region. Patients experience minimal blood loss as well as decreased pain both during and after the procedure. A one-week recovery period is the norm.

~ Solutions for Hair Loss in Women ~

"There is a misconception that hair loss in women is rare, but it isn't," said Dr. Timothy Jochen, Board Certified Dermatologist and Hair Restoration Specialist. "Women tend to lose their hair in a more diffuse way; it thins out so that they have less hair all over. But just because women don't



lose their hair in the obvious 'male-pattern baldness,' way doesn't mean they aren't affected by it emotionally."

Statistics are that about 30 percent of women will experience hair loss. The good news is that new surgical techniques enable many women who are losing their hair to enjoy a completely natural-looking restoration that produces a lush, fuller head of hair. The most common – and successful – surgical approaches include the minimally invasive NeoGraft micrograft transplantation and follicular unit transplantation (FUT), also known as "strip grafting."

"In the FUT procedure, hair is transplanted in naturally occurring "units" of one to four hairs. These follicular units are obtained by microscopically dissecting tissue taken from the donors on scalp. With NeoGraft, each individual hair is transplanted. Because this individual transplantation mimics the way hair normally grows, the results look completely natural," said Dr. Jochen.

"Another advantage is that I can place these tiny grafts into very small sites," said Dr. Jochen. "This causes minimal damage to the skin enables me to safely transplant thousands of grafts in a single session, completing the hair restoration as quickly as possible. The tiny needle-size recipient sites heal in just a few days without leaving any marks."

Hair transplantation is also an option when illness or injury causes a loss of eyebrow or eyelash hair. Burns, repeated plucking, hypothyroidism, congenital and autoimmune conditions – all can cause hair loss in these areas.

Capillus Laser Cap – Non-Surgical Option

For women who are just beginning to notice hair loss, the Capillus Laser Cap featuring low level red light laser therapy, offers a non-surgical approach to hair restoration. It also serves as a complement to hair transplantation to boost new hair growth. You wear the cap for 30 minutes every other day.

Options for Eyebrows and Eyelashes, Too!

"Loss of eyebrow or eyelash hair can make a woman feel very self-conscious about her appearance," said Dr. Jochen. "With hair transplantation techniques, we can fill out patchy or partial eyebrows, even camouflage scars and restore a woman's facial expressiveness."



The procedure for restoring eyebrows involves placing single hairs in the natural growth pattern of the patient's previous hair. A carefully dissected single-hair micro graft has the flexibility to be inserted into the tiny opening made with a fine hypodermic needle and placed at an angle almost flush with the skin – producing a natural looking restoration of the eyebrow.

Restoring eyelashes also involves the individual placement of single hairs. Eyelash transplants grow faster than hair that is transplanted on other parts of the body, so they will need to be trimmed once or twice a month, and using an eyelash curler will help "train" the new hair upward.

For a woman who is feeling self-conscious about hair loss, Contour Dermatology offers proven solutions that can enhance her appearance and self-esteem. To schedule a consultation to learn more about hair restoration, please call our office at (760) 423-4000.

~ Meet Contour's Newest Medical Providers ~
*New Dermatologist, Nurse Practitioner and Registered Nurse
Among Our Growing Team*

As we celebrate the opening of our new La Quinta office this winter, this third location means more medical providers to serve the entire Coachella Valley. Please help us welcome Dr. David Powell, a board certified dermatologist, who joins us from private practice in Sugar Land, Texas. We also are delighted to have Jessica Arnold, NP-C and a Brittany Thiele, RN, join our team.



David W. Powell, MD

Dr. David Powell has more than 20 years of experience in dermatology. He and Dr. Jochen attended medical school together at the Tulane University School of Medicine where he received his Medical Doctorate. Dr. Powell also served his residency at Tulane University School of Medicine. Additionally, he served as a flight surgeon for the Naval Aerospace Medicine Institute in Pensacola, Florida and as a U.S. Navy Flight Surgeon. Following residency, he worked in private practice dermatology in Pennsylvania and Texas before moving to the Coachella Valley. Dr. Powell specializes in general dermatology, dermatologic

oncologic surgery and cosmetic dermatology including Botox, fillers, lasers surgery, liposuction, hair transplantation among other procedures. In addition to his medical profession, Dr. Powell enjoys the challenge of triathlons.



Jessica Arnold, NP-C

Jessica Arnold, NP-C has more than 10 years of experience in healthcare including pediatrics, family practice and dermatology. She joined Contour Dermatology in 2018. She performs laser treatments, cosmetic injectables and sees patients for medical dermatology needs. She earned her Master's in Nursing from Monmouth University in West Long Branch, New Jersey. She earned her Bachelor's of Science in Nursing from the University of Rhode Island in Kingston, Rhode Island. Prior to joining Contour Dermatology, she worked at the Beaver Medical Group in their Highland and Banning offices. Jessica also has worked

as a school nurse, as an Emergency Department RN and as a neuro-intensive care unit RN. Jessica is a member of the Dermatology Nurses Association and the Society of Dermatology Physician Assistants, California Nurses Association and the American Association of Nurse Practitioners.



Brittany Thiele, RN

Brittany Thiele, RN is the newest member of the Contour medical team. She joined the practice following graduation from Copper Mountain College in Joshua Tree, where she earned her Associate Degree in Nursing. Her clinical nursing practicum included rotations at the Hi-Desert Medical Center, Hi-Desert Continuing Care Center, Telecare Riverside Psychiatrist Health Facility, Desert Regional Medical Center and JFK Memorial Hospital. Before entering nursing school, Brittany worked as a hair stylist for 12 years. She had a client who was a nurse who inspired her. "I love making people feel good and look beautiful

and I like the people connection. I wanted to do this at a deeper level by becoming a nurse," she said of the career change. "You can impact people in so many ways." When she's not at Contour, she's busy taking care of her 3-year-old son, Evan.

~ Staff Product Pick: Kelly Bergman ~

Lists Lytera 2.0 As Her Top Skin Care Product



Kelly Bergman

Contour Dermatology receptionist Kelly Bergman is young and beautiful and she wants to stay that way. Working at Contour Dermatology gives her an advantage with front line exposure to some of the best skin care products available for maintaining great skin. Her favorite product is SkinMedica's Lytera 2.0 Pigment Correcting Serum. In her early 20s, Kelly doesn't have any issues with acne or years of sun damage. What she loves about Lytera 2.0 is that it helps to even out her skin tone and brighten her complexion as it is formulated to improve even the most stubborn instances of skin discoloration. And it does so with without hydroquinone, an ingredient to which some people are sensitive, or retinol, as was in the

original formula, which can be drying. Lytera 2.0 boasts an excellent mix of powerful antioxidants, two types of acid, a melanin balancing ingredient and nourishing peptides that are always great nutrition for healthy skin. Lytera also is helpful as an after-care product to optimize the results of cosmetic treatments such as chemical peels, laser therapy, microdermabrasion as well as a complement to prescription skin care products. Results are typically noticed in two weeks, with optimal results achieved in about 12 weeks and beyond.

Benefits of Lytera 2.0

- Improves hyperpigmentation and skin discoloration
- Easy to use pump
- Light-weight lotion texture
- No hydroquinone, retinol-free, paraben-free, fragrance-free, non-comedogenic formula
- Any skin type can use it, even pregnant women

~ Lip Lifts – Uplifting and Rejuvenating ~

It happens gradually, but it happens. The skin between the nose and the upper lip lengthens as we age. This can cause overall facial architecture to appear unbalanced. It's possible to offset this effect by injecting the upper lift with fillers, but a more permanent solution is to undergo a lip lift. An out-patient procedure, a lip lift is a small surgery whereby excess skin in the described elongated expanse is removed and the upper lip is lifted.

A lip lift procedure results in several positive outcomes. Patients experience improved definition along the border of their upper lip as well as the Cupid's Bow. Those who were bothered by an excessively long upper lip hiding much of their teeth when they smiled, notice a lip lift increases teeth visibility and their overall attractiveness. And then, of course, there is aforementioned restoration of overall facial balance. When the distance between the nose



and the upper lip is shortened, it tends to make the whole face look slightly more petite.

Special Offer for First Five Patients

A lip lift takes about 45 minutes to perform with an expected recovery time of one to three weeks. Stitches are removed in four to five days with an invisible or near-to-invisible scar hidden at the base of the nose. Here at Contour, Dr. Jochen is now accepting patients for lip lifts. Be among the first five people to sign up for this procedure and you could have it performed at no cost. Patients must be willing to consent to having their before and after photos published.

You'll be surprised at the big impact this relatively small adjustment can have. Plan on making a lip lift as an integral part of your rejuvenation efforts.

~ From Scrubs... to Holiday Glam ~
Contour Celebrates the Holidays in Style



(L-R) Denisse Soto, Marissa Navarro, Lee Balmonte, Jennifer Valencia, Aja Beck, Eneaden Montenegro, Edward Marquez and Sarah Ortiz



(L-R) Courtney Calhoun, Courtney McLaughlin, Jessica Wells, Jessica Dyches, Eileen Cervantes, Kelly Bergman



(L-R) Dr. Timothy Jochen, Lee Balmonte, Jennifer Valencia, and Lee Erwin



Contour Dermatology Executive Director Lee Erwin and his daughter, Ashley Erwin-Jochen (left)



(L-R) Jason Dagul, Gaby Hurtado, Paul Ruiz, Katrina Lopez, Gina Garcia and Javier Garcia



(L-R) Kylie William, Gina Garcia, May Lissa Hernandez and Amy Kerr



(L-R) Brittany Pietrobono, Xarlyn Rangtun, NP-C, Kristen Mullany



(L-R) Amanda Olivares, Will Oldham, Rainy Blackburn and Yesenia Romero

~ Benign Skin Growths ~

Seborrheic Keratoses & Skin Tags

Of course, we'd all prefer our skin be a smooth unblemished surface, but unfortunately aberrations do occur. Two of the more common skin conditions that crop up are seborrheic keratosis and skin tags. Neither presents any real cause for concern, although it is always wise to have skin abnormalities checked out. The characteristics of both conditions can vary. Here's a guide to help you recognize these benign skin growths.

Sign of the times

As you move through your middle age years and beyond, chances are you'll develop a seborrheic keratosis or two. Some look like a wart, others resemble dabs of warm, brown candle wax on your skin. These growths are often jokingly referred to as the "barnacles of aging." They range in color from white to black with most seborrheic keratoses appearing to be a shade of tan or brown. You're to be forgiven if an alarm bell sounds in your mind, because the wart variety in particular can look like a pre-cancerous growth. As previously noted, it is always smart to have skin irregularities examined, but rest assured that if it is a seborrheic keratosis, it is harmless.

Seborrheic keratoses can pop up anywhere on your skin, although you'll never find them on the palms of your hands or soles of your feet. Most often, you'll see them on the chest, back, head or neck. Although it's possible to develop just one, frequently they appear in clusters. This might lead you to think they're contagious, but in fact they are not. If you're troubled by their appearance, ammonium lactate and alpha hydroxy acids have been reported to reduce the height of seborrheic keratoses. Superficial lesions can be treated by carefully applying pure trichloroacetic

acid while some patients have seen improvement with prolonged use of tazarotene topical 0.1% cream. In late December 2017, Eskata was FDA approved for raised seborrheic keratoses. Eskata is a high-concentration hydrogen peroxide-based solution that is performed as an in-office treatment with a pen-like applicator.



Seborrheic Keratoses



Skin Tags on Neck



Skin Tag

Unwelcome tagalong

Do you know what an acrochordon is? Maybe you're familiar with the term skin tag, which is their more common name. There's a good chance you have or have had a skin tag – it's estimated that almost half of adults have at least one of these harmless growths. If you're over weight, diabetic, or have a family history of skin tags, chances are higher. Skin tags are flesh-colored or brown egg-shaped growths attached to a fleshy stalk. They tend to appear in the body's creases and folds – areas where friction is common such as the neck, armpits, groin and eyelids. They can begin occurring as early as the teen years. Usually small in size, skin tags aren't painful, but they can be annoying. Clothing or jewelry can snag on them and they can obstruct shaving.

The good news is you don't have to live with skin tags. Removal can be accomplished by freezing them off using liquid nitrogen, or through electrodesiccation which employs an electrical current. A third choice is to have them neatly excised.

Remember, unusual skin growths do warrant examination. However, there is no real cause for alarm should either of the above conditions arise.

~ Read My Lips ~

A word on the versatility of Restylane Defyne



Timothy M. Jochen, MD

I've been an advocate of Restylane Refyne and Defyne dermal fillers since they first debuted in late 2016. Patients seeking to diminish laugh lines and other imperfections, especially in the mouth

area, have seen amazing results courtesy of these products. This is due, in no small part, to their elasticity, which of course is a compelling feature to have in the mouth region. Lips seldom stop moving! Restylane Defyne has proven to be particularly helpful for enhancing lips, providing them with subtle volume and a natural shape.

Restylane Defyne really is an amazing product. It's one of the few "elastic fillers" available on the market today. Following injection, lips will have the natural ability to stretch easily into a smile but then, just as smoothly, relax back into a



Before

neutral expression. Defyne is designed to return to its original state quickly. It gives patients a much more natural smile whereas some other products that are slightly grainier, resist returning to their original state. That just isn't the case with Defyne, which not only subtly enhances, but provides a wonderfully fluid smile!

The Facts

Manufactured by Galderma and FDA-approved, Refyne and Defyne are hyaluronic acid dermal fillers. Both feature scientifically-advanced formulas. These next-generation gels are manufactured with XpresHAN Technology which endows each with a greater range of flexibility and

support. Defyne – the "de" stands for deep – has slightly more filling and lifting capacity than Refyne which is why it is so well suited to the task of enhancing lips. These products boast real endurance, too. Patients who decide to use Defyne for lip enhancement can count on it to last at least 18 months. In the course of subtly volumizing lips, Defyne can also soften fine lines around the mouth.

New Approach

Here at Contour, we've started implementing a new technique when it comes to lip enhancement and injecting fillers like Defyne. We're putting the filler in through the lip, instead of accessing through side points around it. This retooled approach provides a much more natural-looking smile. When reviewing some of the older techniques of injecting fillers, the unfortunate result has been that some people's mouths tend to look stretched out and they have what resembles a Joker-like

smile. That's because they have too much filler on the side of the lip and this makes it much more difficult for a natural smile to occur.

Once the lip area is numbed to make patients comfortable, injection is swift and painless. There may be some redness, swelling, bruising or tenderness at the injection site following initial treatment with Defyne. However, this product has been specifically designed to not hold onto excessive water molecules so swelling is usually very minimal.

Subtle volume, natural shape, a genuinely fluid smile – what's not to like? Read my lips – Restylane Defyne is the real deal.

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