

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Spring 2018

~ Profound for the Body ~

Dare to bare it with this minimally invasive procedure

How fun is it to ditch winter wear and slip into breezy summer fashions? It's such a nice change – that is, until you catch sight of the crepey skin lurking above your knees and elbows. Cellulite and flabby abs might be looming into the picture, too. Before you vow to remain covered up, consider trying Profound – a radiofrequency and microneedling device designed to tighten skin and reduce wrinkling. Yes! The same treatment used to firm facial, neck and jawline areas can work wonders elsewhere.

Skin elasticity starts to slip away with age. It occurs all over the body. However, a single 45-to-90-minute

treatment with Profound can help restore some of your snap. When the building blocks of youthful looking skin – collagen, elastin and hyaluronic acid production – start to wane, Profound's innovative combination of RF energy and microneedling can effectively jump-start their regeneration.

How does it work?

During a Profound treatment, tiny needles puncture your skin to create controlled injuries. Don't worry! Application of a local anesthetic ensures you won't feel a thing regardless of the area that is being treated. The beauty of those microscopic wounds is they trigger your body to come to the

rescue by producing the afore-mentioned and much-desired skin building blocks.

But wait! There's more. Profound sets itself apart from other RF microneedling systems because it's able to control the exact temperature of the skin as the RF energy is applied. This is a big deal. Maintaining an optimum temperature creates ideal conditions to prompt tissue regeneration and stimulate new collagen growth. This can lead to noticeable wrinkle reduction and improved skin laxity.

A snappy procedure

Haven't got a lot of time to spare?

In addition to being versatile, Profound RF microneedling involves minimal downtime. Some patients report swelling, skin bumps and bruising, but these side effects usually subside in about one to two weeks. Clinical studies reveal a 95 percent response rate for skin laxity.

Want to show some skin this summer free of care? Try a Profound RF microneedling treatment on your arms, thighs, above the knee, abdomen – wherever cellulite, crepey or saggy skin might be plaguing you. It will quickly become your anti-aging secret weapon!



Before

After

~ Earlobe Reduction ~ *A small but significant improvement*

Do you reminisce about a time when you could tuck a lock of hair behind your ear without giving it a second thought? Men typically have a greater focus on their ears with shorter hairstyles. If sagging earlobes are causing you to feel self-conscious, an earlobe reduction procedure can easily solve the problem.

An outpatient treatment

Years of wearing heavy, dangly earrings may have taken a toll on your lobes which bear the brunt of the burden. A simple outpatient procedure is all it takes to regain a more pleasing esthetic. Essentially a sliver of earlobe skin is cut away to then suture fresh skin on each side back together. Dr. Jochen is adept at utilizing specific types of sutures and techniques to achieve near undetectable results. Just a week later, sutures are removed, which you then follow with a check-up at the six-week point. Suddenly even that shorter “do” you were considering becomes a possibility! There’s no need to hide them behind hair or be self-conscious about saggy ear lobes any longer!



Before



After

style in the first place. However, your earlobes’ overall flaccid appearance could still be a source of dismay. Chalk it up to fat loss which occurs over the years. Fortunately, there is a solution. A simple injection of filler can plump earlobes up, restoring their youthful appearance and leaving them looking their symmetrical best. That’s the best way to showcase a pretty pair of earrings.

And speaking of earrings, if you do opt for earlobe reduction surgery, rest assured you can wear your glittery baubles again. Even earlobes that have been

repaired can be re-pierced – just not in the exact same spot. Aim for a spot to the left or right, or at a point slightly higher or lower.

Renewed focal point

Why endure the results of gravity and aging? Rejuvenate your earlobes and dare to bare them once more. An earlobe repair procedure can also correct the aftermath of an earring mishap, such as a hoop catching in a sweater with a resulting lobe tear. It’s also effective for reversing the result of large gauge piercing, if participants start rethinking their decision. Earlobes may be small, but they’re a worthy asset!

Another Ear Fix – Filler to the rescue

Maybe heavy, dangly earrings were never your

SPECIAL SKINNY OFFER

*Just for taking time to read The Skinny newsletter, we have a special offer for you!
If you mention The Skinny, you will receive ...*

15% off a Trinita Plus Package

Trinita Plus is a three-in-one rejuvenating treatment.

IPL Color Correction for more Even Skin Tone

 **trinita Plus**

Sublime Contours and Tightens - Jowl, Neck, Brow and Face

Sublative for Wrinkle Reduction and Smoother Skin

These synergetic treatments are performed sequentially in one treatment visit for your convenience, value and excellent results. The package includes a series of five treatment sessions including: 5 IPLs, 5 Sublimes and 3 Sublatives.



~ Excision for Nasolabial Folds ~

A determined approach to a nagging, sagging problem

Does it seem like every time you look, the grooves alongside your nose have grown deeper? Nasolabial folds are a normal part of human anatomy. The simple act of smiling etches these creases in over time. Sun exposure, loss of collagen and fat, and sometimes even genetics play a role in determining how pronounced these so called "laugh lines" ultimately become.

There are a number of ways to diminish the appearance of nasolabial folds. A mini facelift can improve their appearance while it simultaneously lifts drooping cheeks. Dermal fillers are another solution. A professional injects filler just under the skin in the nasolabial fold area or in the mid-face region to give cheeks a lift. Either injection point can make the unattractive creasing and sagging less noticeable. Dermal fillers' lasting power increases with each new generation of products but they are still considered a temporary treatment for deep smile lines.

Power move

An alternative to a mini facelift or dermal fillers is surgical excision of deep, undesirable nasolabial folds. During this outpatient procedure, the smile lines are cut out along their entire length. The drooping cheek fat can then be slid under the fold and the skin edges carefully realigned with placement of key sutures (stitches) underneath. Dr. Timothy Jochen brings his renowned cosmetic eye surgery expertise to this procedure. His artful placement of dissolving sutures minimizes scarring in this very noticeable location. Scar lines are aligned so that they look much like a natural skin fold, the kind that is normally present. The exaggerated version is gone!

Lidocaine is used to numb the area at the start of this simple in-office procedure. It normally takes about an hour to complete. Patients return home

to recuperate with complete suture care instructions. They will likely experience a mild to moderate degree of soft tissue swelling and sometimes

mild bruising along the smile lines. These issues usually resolve themselves by the end of the first week and most patients feel quite presentable in approximately 7-10 days.

A permanent solution

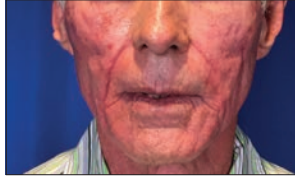
It may sound daunting at first, but surgical excision can lead to a dramatic improvement of deep smile lines. The sagging and shadowing that so plagues some individuals can vanish in this simple one-hour procedure. It's a powerful way to face the problem of prominent nasolabial folds head-on. It's more focused than a mini facelift and certainly longer lasting than fillers.

If you're feeling defeated by the depth and prominence of your so-called "laugh lines," you owe it to yourself to consider surgical excision. Patients contemplating the procedure can count on Dr. Jochen's carefully-honed esthetic sense and practiced surgical hand to deliver the most natural-looking results.

Whatever caused them – too much sun exposure, loss of collagen and fat, the simple act of aging, or genetic luck of the draw, don't resign yourself to living with unattractive facial grooves. Surgical excision can transform your appearance!



Before



After



Before



After

~ Staff Product Pick: Aja Beck ~

Favorite Product is Obagi Tretinoin



Aja Beck

In this issue of The Skinny, Aja Beck, one of our medical assistants, shares her favorite product at Contour Dermatology – Obagi Tretinoin 0.05% gel.

This product is more commonly known as Retin A. Obagi Tretinoin comes in three strengths – 0.025%, 0.05% and 0.10%. It is available as a cream and gel. Aja prefers the gel formulation. “It’s great for evening out your skin tone and texture and it helps rejuvenate the skin by increasing your collagen production. This product is also great for fighting acne and oily skin,” she said.

Aja has a beautiful olive complexion, but her skin is slightly oily. She starts her day off with Contour Dermatology’s Gly/Sal wash, which features a combination of glycolic acid and salicylic acid to control oil production.

Retin A should be applied only at night. It does make your skin a little more sun sensitive, so it’s essential to apply sunscreen when you use this product, but you should be doing that anyway, right? Aja uses Obagi’s Sunshield Matte Broad Spectrum Sunscreen SPF 50.

Retin A helps to improve acne by exfoliating the top layer of the skin, making it harder for bacteria and oils to build up. For anti aging, it speeds up the turnover of new cells to give you that fresh glow by increasing collagen production to help diminish existing fine lines and wrinkles and keep new ones at bay. Beyond an excellent cleanser and sunscreen, if you could only have one, anti-aging product in your skin care routine, Retin A would most likely be it, but, of course Contour has many physician grade products from which to choose. Even people with sensitive skin are usually able to tolerate the lowest strength of 0.025%. Schedule a consultation to meet with one of our skin care consultants to discover your new favorite product!



~ Congratulations ~

It’s a girl for Kara Crane, NP-C!

Please join the Contour staff in welcoming

Taylor Lynn Crane

Born April 12, 2018

7 lbs, 13 oz • 19 inches long

Proud parents: Kara and Stephen Crane

Big brothers: Austin, 12 and Nolan, 10

~ Follow Us on Social Media ~

We’re very social at Contour Dermatology and invite you to connect with us on these social media platforms to get up-to-the-minute news, tips and special offers.



We also produce two weekly Facebook shows we hope you enjoy:

Best of Both Worlds – Host Dr. Timothy Jochen, Thursdays at 9 a.m.

In this live weekly Facebook show, Dr. Jochen discusses a medical or cosmetic procedure, sometimes even as a live demonstration. Be sure to tune in!

Contour in the Morning – Hostesses Kylie William & Katrina Lopez

This weekly show is posted at various times during the week for our Facebook followers. We hope you enjoy this fun and lively show as we cover a variety of interesting topics about the services and products we offer at Contour Dermatology.



~ A More Permanent Solution ~

Liposuction for Hyperhidrosis

Ever heard anyone say they were “sweating buckets”? They’re usually exaggerating to prove a point, but what if excessive sweating were a daily occurrence? It’s a fate that those who suffer from hyperhidrosis know all too well. An estimated 2-3% of Americans suffer from excessive sweating of the underarms (axillary hyperhidrosis) or of the palms and feet (palmoplantar hyperhidrosis). A neurologic, endocrine, infectious or other systemic disease can cause hyperhidrosis, but more often than not cases develop in otherwise healthy people. Underarm problems tend to crop up in later adolescence while palm and sole sweating often begins earlier, typically at the onset of puberty.



Addressing the problem

The first solution is to try to manage the problem with topical agents. When those don’t work, some people turn to Botox. Yes, the injectable that has gained fame for its wrinkle-reducing abilities, can also successfully manage excessive underarm sweating. Typically, about 100 units in total of Botox are injected into roughly 20 to 25 spots in each armpit every six months. Galderma’s Dysport is also an effective alternative to Botox.

But what if the problem could be solved once and for all? Liposuction offers that possibility. Best known as a fat removal procedure, liposuction can also effectively remove sweat glands permanently so they can no longer produce perspiration. It is able to do so because sweat glands are located just beneath the dermal surface where the skin and underlying fat meet. In the underarm area, sweat glands are also fairly localized, making surgery a viable option. In the palms and soles,

sweat glands are more widely dispersed, so a treatment like Botox is a better solution for excessive sweating in these areas.

The ins and outs of liposuction

Liposuction to treat axillary hyperhidrosis is an outpatient procedure usually performed under local anesthetic. A series of small incisions are made above and below the armpit at the start of proceedings. Then a small tube is inserted to suck out the superficial layer of fat in the armpit where the sweat glands lie. A clean sweep is ideal except sweat glands are tiny and invisible by nature. It is therefore difficult to determine exactly how many sweat glands are being removed or damaged during the approximate 90-minute surgery. This can lead to varying results.

Upping the ante

To increase the odds of successfully eliminating more sweat glands, liposuction can be combined with either of two other techniques. One of those techniques is curettage meaning sweat glands are scraped out in conjunction with suction. The other technique involves using a laser to liquefy the tissue containing the sweat glands which liposuction can then remove.

A serious problem deserves a serious solution. If your underarm sweat quotient exceeds the normal amount required to maintain consistent body temperature, you’re likely suffering from some degree of hyperhidrosis. When topical agents fail and the idea of two or three annual Botox treatments proves unappealing, liposuction just might be the answer. Call us to schedule an appointment today for an accurate diagnosis and appropriate treatment plan. Banish hyperhidrosis for good!

~ What is Poikiloderma of Civatte and What Helps? ~

Excel V laser can banish annoying redness and “chicken skin”



Timothy M. Jochen, MD

Has your neck and/ or possibly your chest been exhibiting color changes? Has skin in those areas gained a “chicken-like” appearance? You could be experiencing Poikiloderma of Civatte. Don’t worry – it’s not as bad as it sounds. Usually the result of

long-term sun exposure, Poikiloderma of Civatte is a chronic, but benign skin condition that crops up in fair-skinned adults. The likelihood of its occurrence increases with age and it typically affects women more frequently than men.

The pattern of skin changes you may have observed is characterized by areas of both hyperpigmentation (darker pigmented areas of skin) and hypopigmentation (areas of skin with less than normal pigment). The resulting mottled appearance is further complicated by skin atrophy and spider vein formation. Sometimes the situation can turn quite dire and be a real source of embarrassment.

Fortunately, Poikiloderma does not pose any kind of health threat and requires no treatment other than to address the cosmetic concerns already implied. The good news is this condition responds very well to laser treatment and, of course, here at Contour, we offer excellent options.

A targeted effort

The same Excel V Laser that works wonders on vascular skin conditions such as rosacea and spider veins can reduce redness caused by Poikiloderma. As I already mentioned, telangiectasia (spider vein formation) is often a symptom of the

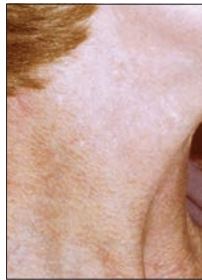
condition. Similar to rosacea, Poikiloderma presents as a diffuse redness, making it difficult to treat.

Miniscule networks of blood vessels require a very short pulse width to treat effectively – something the Excel V Laser system is capable of delivering. Its patented microsecond 1064 nm (nanometer) treatment is an excellent diffuser. At the same time, it serves as an excellent skin rejuvenation treatment. While it’s targeting micro veins with microsecond high peak power pulses and reducing redness, it’s also stimulating collagen production. It’s a double win.

Patients report experiencing a stinging sensation as the pulses of light are delivered through the hand piece. Otherwise, it’s smooth sailing with no local anesthesia or pain mediation typically required. No downtime either.



Before



After

Gone in a flash

Those vexing pigment changes plaguing your neck and chest can also be with treated with an intense pulsed light (IPL) device.

Similar to the flash of a camera, IPL passes through the top layer of the skin and penetrates to the deeper layers where blood vessels, pigment and collagen are found. Hyperpigmentation can become a thing of the past and, yes, this versatile, no-down-time laser is renowned for its skin rejuvenating properties as well.

Why let Poikiloderma of Civatte mar your neck and chest? Now that I’ve cleared up the mystery of those baffling color changes in these areas, let’s see if we can’t arrive at a solution. What’s done is done. Sun protection is a must moving forward, but you don’t have to live with the damage you’ve already incurred. We have witnessed many amazing before and afters of patients following an Excel V Laser or IPL FotoFacial treatment. The next one could be you.

Contour Dermatology Locations

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

760-423-4000
888-977-SKIN