

# The Skinny

CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Fall 2018

## ~ Our New FiltrOn 500ml Device Makes Harvesting Fat for Fat Transfer Easier ~

Fat is not all bad. You need fat to live. It's just how it accumulates that we don't like. In the right places, it's curvy, sexy and looks good. In those stubborn diet and exercise-resistant spots that are lumpy, bumpy and poochy, it's not so good. Did you know that your own fat can be used as a subcutaneous filler and give new life to your face?

### Harvesting the fat

If you are having a tumescent liposuction procedure, you may want to consider a simultaneous fat transfer procedure to filter some of the extracted fat for either immediate reinjection elsewhere or a future injection as the fat can be frozen and saved for up to a year. It's a win-win! You lose fat in one area and can restore, plump or fill in another area that needs it.

If you are not looking to reduce body fat, you can still have a brief liposuction harvesting session to obtain a small amount of fat, perhaps from the hips, thighs or buttocks to use for a rejuvenating injection.

### What areas does fat transfer help?

Harvested fat can be injected anywhere on the body, but with the new formulations of long-lasting hyaluronic acid facial fillers, Dr. Timothy Jochen prefers these HA fillers for lips and hands. But he does recommend fat injection for filling in hollow temples, for increasing cheek volume and for those who desire it, a plumper

derriere. Fat transfer can also fill in dimples or areas of depression on the skin.

### Benefits of fat transfer

Your own fat is part of you. There's no risk of rejection by your body when it is reinjected. The results from a fat transfer are permanent. Not all the cells will survive, but typically 60-70% will remain long term.



Also, the chances of long-term survival of the fat cells are much better if we put in very small amounts at a time. The best results are obtained with a series of treatments, usually three, spaced about four to six weeks apart. We obtain enough fat the first time for all three procedures and freeze what we don't use, so it will be ready for your next appointment.

### New fat transfer machine at Contour

When a person undergoes a liposuction procedure, a thin canula is inserted into their skin and a tumescent solution fills the area to raise up the skin to be able to get access to the fat. When the fat is suctioned out, our new fat transfer device filters the non-viable fat without the need for a centrifuge and makes for a safe and easy process to harvest the fat in which the unit is inverted, a transfer tube attached and the quality fat is drawn directly into a luer-lock syringe.

If you are considering a fat transfer, a consultation is essential to discuss your individual needs to determine where to replace lost facial fat.

## ~ OK Kybella! Injection of Dexacholic Acid ~

### *Reducess Under Chin Fullness and Defines Jawline*

Are you seeing double? We're not talking about vision, but rather that area under your chin. Submental fullness is the medical term for chin fat which can give you the appearance of a double chin. It's not always a weight issue. Some people just naturally have more fullness in this area. If too much fullness in the chin area bothers you and you would like a more defined chin and jawline, Kybella may be just the treatment for you.



Before

After

At Contour Dermatology, in addition to under the chin, we also have been using Kybella for treatment of jowls.

Kybella is a solution of dexacholic acid which is injected into the skin. This acid, which is naturally occurring in the body, breaks down fat over time.

We've had many patients experience great results from Kybella, including men and women. It's also been a popular treatment with our staff.

#### **So what does a Kybella treatment feel like?**

Aja Beck, MA, one of our medical assistants, can tell you. She had her first of a series of treatments earlier this summer.

"Everyone is a little different depending on how much fat they have in the chin area. I have a good amount, so I had four vials injected," she said. "I chose not to do local anesthesia, just topical

numbing," she said. "The treatment was comfortable."

Bruising is a common side effect of any type of injections. "I am an easy bruiser, so I did bruise," said Aja. She also experienced some swelling. Bruising typically subsides in about a week to 10 days and swelling can take from one to four weeks to resolve, depending on how much Kybella was injected.

#### **The results after her first treatment?**

"There has been a substantial amount that has diminished in fat, but it's important to know that the first time – it is more debulking the fat – the next round really targets the fat cells."

She will have another treatment this fall. "Typically they are spaced one month to six weeks a part."



Before

After

Kybella does produce permanent fat reduction. As the fat breaks up following the treatment, nodules can form and you do have to massage them explained Aja. She also was a little tender for three weeks following the injection. "This is just part of the healing process," she said.

If you have more chin or jowl fullness than you'd like, we invite you to schedule a consultation to learn more about Kybella to see if it might be a good option for you.



Before

After

## ~ Lip Lift Surgery ~

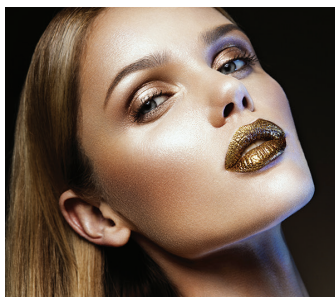
### *Restoring that Golden Proportion*

If you weren't born with the ideal lip to chin proportion of one-third to two-thirds, or your upper lip has flattened with age, there is a procedure that Dr. Timothy Jochen now performs that provides a more youthful look – a lip lift!

Lip lift surgery accomplishes several goals. In addition to creating or restoring what anatomists and cosmetic surgeons call the "golden ratio," it also provides forward lip projection – a coveted look, especially among those who had it when they were younger or would like to augment their lips to achieve this effect. This aspect of the surgery is popular with people in their 20s who want to enhance their lips with this slight up turn. In people who have this feature or in whom it is created surgically, they will show a sliver of their teeth when their lips are open, but relaxed. This procedure also enhances the vermillion border of the lips, provides a fuller upper lip and define's the Cupid's bow.

Dr. Jochen considers an attractive smile one that shows about 2 to 4 millimeters of gum showing under the upper lip. He's not referring to the gum line above the teeth, but the gum right under the red part of the lip. This procedure also helps bring up what sags with age. You've probably heard the old saying about someone becoming "long in the tooth" and that phrase means is when the

skin between the nose and upper lip lengthens as we age.



To first identify if a patient is a candidate for this procedure, Dr. Jochen has the person smile. If they already have a "gummy smile," they are not a candidate as this procedure lifts the upper lip up further. He also measures the dimensions of the upper lip to nose and lower lip to chin.

A lip lift surgery only takes about 30 minutes and is performed as an outpatient procedure under local anesthesia. You might be wondering, how do you pull up the skin and where are the incisions? Dr. Jochen explains that he hides the incisions at the bottom of

the nose. In fact, he even goes up into the nostrils so that the incisions will not be seen. "Inside, the skin is thinner and it heals better," he said. The stitches are removed in about five days.

"A lip lift restores the natural architecture of the lip as well as enhances the lip," said Dr. Jochen. "It's one of my favorite procedures to do. It's a small surgery, but it really does make a big difference."

If you'd like to learn more about lip lift surgery, please call us to schedule a personal consultation at (760) 423-4000.



*"It's a small surgery, but it really does make a big difference."*

*Dr. Jochen*

## ~ Staff Product Pick: Antonieta Ramirez, CMA ~ *Gives SkinMedica's HA5 a High Five*



Antonieta Ramirez

"SkinMedica HA5 is my favorite product at Contour Dermatology," said Antonieta Ramirez, CMA, a certified medical assistant with 10 years of medical experience, including dental, family practice and dermatology. She joined the Contour Dermatology team about a year ago. "I like it because of the hydration it provides. When I have allergies, especially in the summer, my face dries out. So I like to use it to get that extra bit of hydration," she said. Antonieta uses SkinMedica HA5 nightly and during dryer seasons, she also uses it in the morning. The HA in SkinMedica HA5 stands for hyaluronic acid which is naturally occurring in the body, but



production depletes as we age. This concentrated formula features five sources of hyaluronic acid.

A close contender for her favorite product is SkinMedica Vitamin C+E. Approaching 30, Antonieta said, "I only have a few fine lines and wrinkles, but I noticed improvement when I started using this product. It's keeping me a float!"

One of Antonieta's hobbies is collecting makeup and she's become the "go-to-girl" for makeup and skin care recommendations in her family. For hiking and just being out and about on the weekend, when she doesn't want a full face of makeup, Antonieta likes a tinted sunscreen from a new line at Contour – Elta MD. It's an oil-free, broad-spectrum sunscreen with SPF 44. When she does apply foundation, eye shadow, blush and all the rest, she uses Obagi Matte finish sunscreen underneath her foundation.

## ~ Contour Staff Birth Announcements ~

*Please join the Contour staff in welcoming these new babies!*

### Congratulations to Sarah Silva, MA



**Evalina Daphne Silva**

August 20, 2018

6 lbs, 1.5 oz • 19 inches

Proud parents: Sarah and Arnold Silva



### Congratulations to Raelynn Lopez, Front Office Secretary

**Jaxon Christopher Rodriguez**

May 14, 2018

5 lbs, 11oz • 18 inches

Proud parents: Raelynn Lopez and Damian Rodriguez



## ~ A Certain Finesse ~

### *Fat reduction procedures perfected by VelaShape III*

Chances are you're already familiar with the body reshaping and cellulite reducing power of VelaShape III. This laser treatment harnesses the power of three different technologies – bi-polar radiofrequency, infrared light energy, suction and mechanical massage – to shape, slim and smooth. Although remarkably effective as stand-alone treatment, VelaShape III is also the perfect complement to either a CoolSculpting or liposuction procedure. Overall results increase exponentially when VelaShape III becomes part of the equation.

#### **A cool combination**

At Contour, we so believe in the combined strength of CoolSculpting and VelaShape III technologies we've given their teamwork a name – we call it CoolShape. By now you know that stubborn fat, the kind that resists diet and exercise, doesn't stand a chance against revolutionary CoolSculpting. An FDA-cleared, non-surgical, fat reduction treatment, CoolSculpting technology safely delivers precisely controlled cooling to gently and effectively target fat cells underneath the skin. Over time, those fat cells simply melt away never to be seen again. Once you've put in the time and expense, why stop there? It's worthwhile to complement your CoolSculpting sessions with a series of VelaShape III treatments to further smooth and tighten the skin.

Taken together, CoolSculpting and VelaShape III are a force to be reckoned with – and their contouring efforts aren't limited to the abdomen and hips either. A more toned and youthful-looking neckline is within reach because the CoolSculpting CoolMini applicator is perfectly sized to freeze fat in that area. Complete the magical transformation with a series of smoothing and tightening VelaShape III treatments and the results will be very cool indeed!

#### **A final polish**

Sometimes referred to as liposculpture, tumescent liposuction is performed as an outpatient procedure and requires local anesthesia. Applicable virtually everywhere fat tends to accumulate, patients almost always benefit from a series of VelaShape III treatments in the aftermath. Why? Liposuction removes fat but it will not eliminate the lumpy, bumpy look of cellulite or tighten skin. That's where smoothing and tightening VelaShape III can improve matters. Using patented Circumferential Reduction® techniques and elos™ technology,

VelaShape III effectively re-contours your skin's surface. After all, if you are going to commit to a liposuction procedure, it only makes sense to add a VelaShape treatment for final polishing.

#### **Dynamic duos**

Rest assured that opting for a single fat-reducing procedure – whether you decide upon

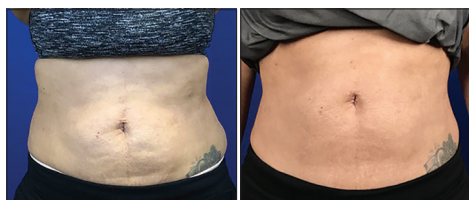
CoolSculpting or slightly more invasive tumescent liposuction – will always make a difference. However, if you're aiming for optimum results, a combination approach is your best bet. VelaShape

III serves as the perfect complement in either situation. Safe and virtually painless, this laser treatment's sensation has been compared to what one might experience during a warm, deep tissue massage. Treatments take about 15 minutes per area and are usually

spaced a week apart. Patients have reported observing noticeable results in as few as one or two treatments. It's often said that a combined effect is greater than the sum of its individual parts. This was never truer than in the case of CoolSculpting and VelaShape or tumescent liposuction and the same!



Before  
Chin Liposuction and VelaShape III



Before  
Liposuction and VelaShape III



## ~ Deep Skin Treatment is Sublime ~



Timothy M. Jochen, MD

Sublime. Just the name tells you this is going to be something wonderful. Something extraordinary. Something uplifting.

From leading esthetic device manufacturer Syneron Candela, Sublime combines infrared light and bipolar radiofrequency to deliver energy deep into the dermal layer of the skin to produce a tightening effect. What I love about Sublime is that it stimulates your own body's production of collagen – a precious commodity we all wish we had more of as it contributes to looking younger. Once the tissue is heated, the body responds as if it were in a wound-healing mode to generate more of this important building block.

Sublime is a non-surgical and non-invasive treatment with natural results as it is your own body responding. I've had several Sublime treatments and consider it an excellent device for:

- Those who have skin laxity, but don't want surgery
- Those who are not yet ready for a facelift
- Those who want to be proactive in their anti-aging efforts
- Those who have had a facelift and want to maintain firmer skin

Another reason I like the Sublime device is that it's safe for any skin type. Sublime can be performed on the brow area, under the eyes, cheeks and nasolabial folds and the jaw and neck area to provide a more defined and youthful appearance. It also can be performed on the abdomen.

You will see results after just one treatment, but typically a series of three to five treatments is recommended, spaced one month apart. And

the results continue weeks after each treatment as the body produces more collagen. After a series of treatments, we recommend a Sublime treatment every six months to maintain optimum results.

The only cautions for Sublime are if a person has recently had any facial filler injections, then we will wait at least five weeks before performing a Sublime. Patients with any thyroid issues should not have this performed on their neck.

Many patients are comfortable during a Sublime treatment without any skin numbing, but we always offer this as an option to make sure our patients are very comfortable during this and any treatments we offer. During a Sublime treatment, you will be given goggles to wear to protect your eyes and you'll just feel some slight pressure as the targeted area is treated.



After a Sublime treatment, your face will appear a little red for a day or two. You also may have some slight swelling, which will subside within one to three days. You should stay out of the sun and protect your skin – as always – with sunscreen and avoid any prolonged sun exposure for a week. Other than this, there is no downtime with this device.

Sublime is a great addition to your skin rejuvenating efforts and complements other facial treatments. To summarize, the benefits of this dual light and radiofrequency treatment include:

- Skin tightening
- Wrinkle reduction
- Improved skin texture
- More defined facial contours

All of these factors contribute to an overall more youthful, vibrant appearance. Isn't that Sublime? If you'd like to know more, please give us a call.

### 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**