

# The Skinny

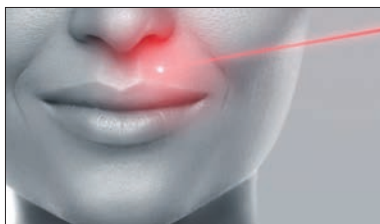
CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Summer 2019

## ~ A Wide Selection of Lasers To Treat Your Skin Concerns ~

For just about any skin imperfection you can think of, there is a laser that can zap it away. No, it's not quite as simple as waving a magic wand, but the conditions lasers can treat and the results they deliver are downright impressive. At Contour Dermatology, we offer the largest selection of cosmetic lasers of any medical practice in the Coachella Valley and one of the largest selections in Southern California. We feature the gold standard laser for each indication to deliver the best results for our patients. From stigma-producing port wine stains to the effects of sun damage and aging, our variety of lasers can restore your skin tone, texture and even remove



some wrinkles in the process!

With today's sophisticated laser technology, our highly trained laser practitioners can control the depth the laser penetrates and the spot size it covers (within built-in safety caps) to customize the treatment to your exact needs. Many of our lasers offer no downtime while others take a little longer to heal with residual redness.

We hope you enjoy this Laser Spotlight Edition of *The Skinny* which is devoted to our Laser Center which includes lasers and specialized devices that feature other sources such as radiofrequency energy to improve your skin.

### Condition/Concern

### Laser/Device

Acne	Blue Light Photodynamic Therapy, Smoothbeam
Acne Scars	Dermapen, Fractional CO <sub>2</sub> , Fraxel, Sublative
Birthmarks/cherry angiomas/poikiloderma	Excel V, Vbeam
Brown spots/age spots	IPL, Fraxel, MedLite C6, Picoway Resolve
Cellulite	Profound, VelaShape III
Fat on abdomen, thighs, buttocks	Profound, VelaShape III
Hair loss	Capillus Laser Cap, PRP
Hyperpigmentation/dyscoloration	IPL, Fractional CO <sub>2</sub> , Fraxel, Picoway Resolve
Redness	Excel V, Vbeam
Red spots/spider veins/leg veins	Excel V, Vbeam
Skin Laxity	Fractional CO <sub>2</sub> , Fraxel, Profound, Sublime
Stretch marks	Dermapen, Excel V, Sublative
Tattoos	Picoway, MedLite C6
Unwanted hair	Gentle Lase, Gentle Yag
Vitaligo	Xtrac Laser
Wrinkles	Fractional CO <sub>2</sub> , Fraxel, Profound, Sublative, Sublime

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**~ Welcome Two New Laser Nurses ~**  
*Candis Jones, RN, BSN and Jeana Tatosian, RN, BSN*

Meet two of our newest Contour team members – Candis Jones, RN, BSN and Jeana Tatosian, RN, BSN, both dedicated laser nurses who perform a variety of laser and device treatments to help keep our patients' skin looking great.



Candis Jones, RN, BSN

Candis joined the staff in late 2018 and works part-time at Contour on Fridays and Saturdays and three days in the Emergency Department at Eisenhower Medical Center. She was named Eisenhower an Employee of the Quarter in March 2018.

Candis earned her Bachelor of Science in Nursing from Colorado Christian University in 2016. She served her nursing externship at the University of Colorado Hospital in Denver. A native of Murrieta, Candis grew up in Southern California and earned her Bachelor of Arts in sociology from the University of California at Riverside. She returned to California following her nursing externship.

Commenting on her new position at Contour, she said, "I wanted to do something outside of a hospital setting, where people come to see you voluntarily. I like being able to converse with clients who are healthy and happy."

Candis can sympathize with patients who need help to have great skin as she had acne in high school and still battles with it some as an adult. "When you don't have nice skin, your confidence is lower. I like that I can help people feel better about themselves. It's so great when they see the results and their before and afters and how happy they are."

She and her husband, David, an executive with Goldenvoice, live in La Quinta with Buddy, a Great Dane, and Cove, their cat. They enjoy spending time with family, barbecues with friends and visiting the beach when they aren't working.



Jeana Tatosian, RN, BSN

Jeana joined the Contour Dermatology team in early 2019 and brings more than 20 years of experience in nursing to her new position. She was most recently a Trauma/Intensive Care Unit Nurse at Desert Regional Medical Center in Palm Springs.

Growing up in the Midwest, Jeana was exposed to medical care at a young age due to some health problems her grandfather experienced. This was a motivating factor in her decision to pursue a career in healthcare to make a difference by compassionately helping people who need medical care.

Jeana studied liberal arts at the University of Minnesota in Minneapolis and earned her Bachelor of Science in Nursing (BSN) at Winona State University in Winona, Minnesota. After graduation, she worked as a trauma nurse at the University of Wisconsin Hospital and Clinics in Madison, Wisconsin for a year and a half. Then prior to her work at Desert Regional, Jeana traveled throughout Hawaii and California as a travel nurse for four years working on assignment at several hospitals. She's worked in the Coachella Valley since 2003.

"I've been a patient of Dr. Jochen's since 2004 and I've always had a passion for taking care of my skin," said Jeana.

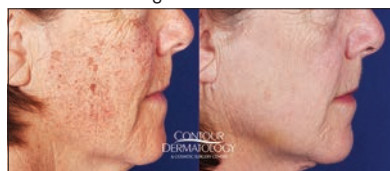
Commenting on her work at Contour Dermatology, she said, "I finally found something that I really love to do. I look forward to coming to work every day. It's really positive and it's so exciting to see the results people experience with lasers."

Jeana and her husband, Michael, a former U.S. Marine, live in Cathedral City with their two young children, a 6-year-old daughter and 4-year-old son. When she's not working Jeana expresses her creativity by painting with acrylics and oils. She also enjoys hiking explorations with her family.

## ~ Three Cheers for Trinitri Plus ~ *An Energetic Trio for Great Results*

Everyone who comes to **The Laser Center at Contour Dermatology** has one thing in common – they want results for some skin imperfection or condition. Our lasers and devices do deliver results, but typically it is a series of treatments that garner the best results. We recommend the Trinitri Plus especially for busy people who want results with no downtime and without spending a lot of time at appointments.

IPL Pigment Correction



Before

After

The beauty of this trio is that it addresses the most common concerns people have about their skin: **Color Correction** – uneven skin tone, sun damaged skin, brown spots, spider veins and other pigmentation issues; **Contouring** - tightening of the jaw, neck, brow line and nasolabial folds as well as **Texture** - fine lines, wrinkles, and other textural issues for smoother, young-looking skin.

**Trinitri Plus** is a series of light-based and radiofrequency energy devices applied sequentially in the same office visit. With this package, you receive 13 individual treatments accomplished in five office visits. This three-in-one power-packed treatment will maximize your time, your budget and the results.

**Trinitri Plus is all about synergy** – the sum of the treatments delivers more than each individual treatment and they all work together to complement each other for overall maximum effectiveness.

### Here's what you can expect with a Trinitri Plus series:

Visit 1: 1 IPL, 1 Sublime, 1 Sublative  
Visit 2: 1 IPL, 1 Sublime, 1 Sublative  
Visit 3: 1 IPL, 1 Sublime, 1 Sublative  
Visit 4: 1 IPL, 1 Sublime  
Visit 5: 1 IPL, 1 Sublime

**IPL** – IPL stands for Intense Pulsed Light. Another name for this “laser” is a PhotoFacial treatment. Technically it is not a laser, but it is a light-based treatment that will bring up and slough off sun damage and brown spots to improve your skin tone.

Sublime Skin Tightening



Before

After

**Sublime** – Just like its namesake adjective, this radiofrequency treatment is sublime at skin tightening. This contouring treatment helps to tighten skin in the jowls/neck and brow area and is a non-invasive and non-surgical procedure.

Sublative Wrinkle Softening



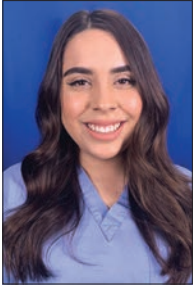
Before

After

**Sublative** – This device uses fractionated bipolar radio frequency to help smooth out your skin. It is especially effective for reducing the appearance of acne scars and softening fine lines and wrinkles.

The primary reason to schedule a Trinitri Plus package is that you have more than one skin concern you want to address. The second reason is the convenience of having multiple treatments in one office visit, thus saving you time. Lastly, due to the purchase of the quantity of the treatment sessions, you will receive significant savings versus if the treatments were scheduled individually. For many people, the Trinitri Plus provides an excellent value with glowing results.

## ~ Staff Product Pick: Eileen Cervantes Picks Elta MD Skincare & Obagi Medical ~



Eileen Cervantes

staff product picks are two brands – Obagi Medical and Elta MD Skincare and five products.

Before she began working at Contour, Eileen said she had acne scarring, uneven skin texture and some sun damage. She's addressed the texture and scarring issues both with laser treatments and products. Here's her regimen and why she loves these products:

**Obagi Gentle Cleanser** - "I love that it does not dry out my skin. I double cleanse – first to get my makeup off and then again to fully cleanse the skin."

Eileen Cervantes is one of the lovely voices you may hear when you call Contour Dermatology and a lovely face you may see at the front desk. Since joining the Contour team as a receptionist, she's developed her own skin care regimen from our physician-grade products over the past two years. Her

**Elta MD PM Moisturizer** - "My skin is combination with some dryness. I like that this moisturizer really hydrates my skin. It helps with tone and texture. I use it morning and night. Even though this is a PM product and they also have an AM product, to me, it stands for "Preventative Maintenance."

**Elta MD Tinted Sunscreen** - "What I like best about this sunscreen is that it's so light and it sits well under foundation. It also doesn't rub off any color. I also love that it has hyaluronic acid in it to keep my skin looking fresh and radiant and it blends really well with my skin tone."

**Obagi Professional-C Microdermabrasion Polish + Mask** - "I use this product two days a week and it keeps my skin youthful and glowy. I love that it smells like fresh oranges! It's a microdermabrasion polish to exfoliate and a powerful infusion of Vitamin C."

**Obagi Tretinoin 0.025%** - "On nights that I use the Vitamin C mask, I apply Retin-A afterward so it will really penetrate well. I use this to maintain the results of my laser treatments and it also helps keep my skin clear. I would say I get little to no breakouts."

## ~ Two New Birth Announcements! ~

Please join the Contour staff in welcoming two new little ones to our extended family.

### Congratulations to Jessica Arnold, NP-C and Her Family

*on the birth of their first child*



**Donovan Thomas Arnold**

May 25, 2019

8 lbs, 14oz • 22 inches

Proud Parents: Jessica and Thomas Arnold



### Congratulations to Melissa Ruiz, MA and Her Family



**Amaya Rose Zarate**

January 30, 2019

7 lbs 9 oz 21 inches

Proud Parents: Melissa Ruiz and  
Rafael Zarate

Big Brother: Roman Rafael Zarate



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## ~ Excel V Laser Excels at Reducing Redness ~

### *Also Effective for Other Vascular and Pigmented Lesions*

Red is a popular color for sports cars, executive power ties and dramatic cocktail dresses, but facial redness is not so desirable. Our eyes are drawn to red like a magnet and even though it might be a tiny spot, we zoom in on it.

At The Laser Center at Contour Dermatology, we have a couple lasers that can reduce redness, but perhaps the favorite is the Excel V which truly excels in reducing redness. The Excel V laser also can reduce brown and purple pigmentation as well blue discoloration, such as a venous lake lesion (see photo below).



Before

After

Facial redness can take many forms – visible spider veins including clusters called telangiectasia, the splotchy redness associated with Rosacea, and simply uneven skin tone. Sometimes the “redness” can be more severe such as port wine stain birthmarks. One condition that affects the neck is poikiloderma, an irregular color pattern. The Excel V is effective in reducing the appearance of all these conditions and others.

The Excel V is safe for all skin types, including darker skin. It's the closest thing we have to a magic wand. For small spider veins, many patients will literally see them disappear in just one treatment. Other conditions such as birthmarks or rosacea, will take several treatments for optimal results.

One of the major benefits of the Excel V is that it does not typically produce the purple bruising immediately following a treatment, which can occur with the Vbeam laser and can last up to 10 days. So, there is no downtime with the Excel V. Another nice feature of this laser is its proprietary continuous cooling device which keeps the

patient's skin comfortable during the treatment, as well as provides a distraction while the laser beam zaps the target areas. No numbing cream is required as the procedure is nearly painless and it's just a quick, slight snap.



Before

After

The Excel V features two wavelengths – a shorter 532nm wavelength to treat superficial veins and pigmentation and a longer 1064nm wavelength for deeper veins, including leg veins. The Excel V also offers patented Laser Genesis, performed at the higher wavelength, which evens skin texture and tone.

Add all these factors up and it's clear why the award-winning Excel V by Cutera is so popular with patients. At Contour Dermatology, our patients experience very high patient satisfaction with their treatment results. Nationally, on the popular website [realself.com](http://realself.com), the Excel V currently appears with a score of 100% stating “It's worth it.” On [RealPatientRatings.com](http://RealPatientRatings.com), the Excel V laser scores a 4.41 out of 5.

Here's a summary of just a few of the things that the Excel V can treat:

- Birthmarks
- Brown/purple pigmentation
- Cherry angiomas
- Leg veins
- Poikiloderma
- Redness
- Red spots
- Spider veins
- Stretch marks
- Uneven skin tone
- Venous Lake

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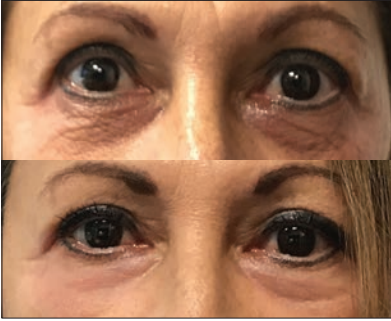
## ~ Smoother Skin and Fewer Wrinkles ~

### *Just a Few Reasons to Love Our Fractional CO<sub>2</sub> Laser*



Timothy M. Jochen, MD

The Fractional CO<sub>2</sub> laser just might be my favorite laser. Not because this is the laser treatment I perform, but because of the many skin concerns it can address in one treatment – like texture, scars, wrinkles, and pigmentation. At The Laser Center at Contour Dermatology, we offer the full ablative CO<sub>2</sub> laser and the fractional CO<sub>2</sub> laser. The fractional CO<sub>2</sub> is most commonly recommended for laser skin resurfacing because of its greater safety profile and shorter downtime.



The fractional CO<sub>2</sub> laser is an ablative laser, but features a fractional pattern almost like a honey comb with “on” and “off” cells to treat only a portion of the skin at a time. This leaves areas of the skin unaffected which promotes faster healing. An ablative laser vaporizes and removes damaged skin – like sun damage or scar tissue, whereas other non-ablative lasers simply heat the tissue to achieve their results. The fractional CO<sub>2</sub> laser also penetrates deeper which is necessary for treating scars. Most lasers only penetrate the epidermal layer of the skin. The UltraPulse fractional CO<sub>2</sub> penetrates down to the dermal level for complex scar treatment and deeper wrinkles. This allows higher energy to get deep into the dermis where change happens.

What I love about the fractional CO<sub>2</sub> is its effectiveness for treating the delicate area around the eyes and also for full face resurfacing. It can also be used on the neck, chest and hands. I typically recommend the CO<sub>2</sub> around the eyes immediately following an upper or lower blepharoplasty surgery to further improve the overall look of the eyes, tighten the skin and soften wrinkles, but it can also be performed as a stand-alone procedure.

Smoothing skin and softening wrinkles are what the fractional CO<sub>2</sub> excels at. One of the most dramatic results is the overall texture improvement patients experience. Sadly, as we age, some people, especially those who work outdoors or have spent a lot of time in the sun, get that weathered or leathery type texture. This is the perfect laser to combat that heavy texture. This treatment also tightens pores by stimulating your body’s own production of collagen.

Unlike other lasers where you typically need a series of three or five treatments, with the fractional CO<sub>2</sub>, I might recommend it once every six months initially and then every couple of years for maintenance.

Performed on as an outpatient procedure, patients receive topical numbing and sometimes dental blocks depending on the area being treated. We also prescribe Valium or mild sedatives if a person is feeling anxious, but usually the numbing provides a comfortable experience. After allowing the numbing to set in, the treatment itself only takes about 20 minutes.

After the treatment, your skin will feel like you’ve had a sunburn and you need to be extra cautious to use sunblock diligently and stay out of the sun as much as possible for about a month. Otherwise, the downtime is minimal. You will have some residual redness or pinkness for a few weeks, which can be covered with make up after a few days. Then continue to watch and be amazed as the new skin and collagen take effect revealing a smoother, brighter and more even skin tone with fewer wrinkles and tighter skin.

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### 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**

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