

# The Skinny

CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Issue 2, 2022

## ~ Reju-ve-NECK-tion ~ *Don't Neglect Your Neck!*

You invest in treatments to rejuvenate your face, but do you give that same attention to your neck? Your neck can be a definite giveaway, but there doesn't have to be a line of demarcation where the self-care has stopped. We can help you regain a more regal neck you are happy to hold high! We've collected some of our top neck region treatments for your review – ranging from skincare products, injectables to laser and radiofrequency devices and more – that address everything from color correction, lines and wrinkles to skin laxity and a double chin for a better profile.

### PRODUCTS

#### **SkinMedica Neck Correct Cream**

This is a new product that is getting rave reviews. It's not a magic cream, but people are seeing visible results – a smoother, firmer, and more even appearance of their neck and décolletage.

### INJECTABLES

**Botox** – Yes, the same Botox that can banish brow furrows, can relax neck muscles, and reduce that stringy look of prominent neckbands.

**Kybella** – This treatment involves a series of injections of deoxycholic acid, which is naturally occurring in the body, only it's a concentrated dose to break up the fat and reduce under-chin fullness.



### LASERS/DEVICES

**CoolSculpting** – The CoolMini applicator can chill fat under the chin to reduce a not-so-cool double chin, giving you a more streamlined profile.

**Fraxel** – This fractional laser is excellent for reducing brown spots and splotches that accumulate with age on the neck and chest. The fractional column method leaves healthy skin untouched.

**Profound** – Typically, Profound is performed as a full-face treatment, including the neck, but we can focus just on the neck. This radiofrequency – heated microneedling treatment helps tighten skin.

**Sublative** – This radiofrequency device also firm up a sagging neck by heating the deeper layers of the skin to stimulate collagen and elastin. It also can improve "necklace lines."

**VelaShape III** – This is one of the favorite devices at Contour and of Dr. Jochen's, specifically. It helps tighten and smooth the neck and uses bipolar radiofrequency, infrared light, suction, and mechanical massage to accomplish this.

### PROCEDURES

**Liposculpture** – A more aggressive alternative to CoolSculpting or Kybella, tumescent liposuction can permanently remove fat under the chin to reduce the appearance of a "double chin."

## ~ Alejandro Nunez, RN ~

### *Rises to His Calling Through the Ranks*



Alejandro Nunez, RN

Alejandro (Alex) Nunez, RN began working at Contour Dermatology as a receptionist in 2018. He has held four positions since joining the practice and is currently on the path to obtaining his FNP (family nurse practitioner) degree. He is an excellent example of Contour's mentoring and promoting from within.

Several staff members have begun their careers as receptionists, scanners or medical assistants at Contour and moved through the ranks; and Dr. Jochen excels at matching employee strengths with positions. For some, serving as a receptionist is an opportunity to see whether they would like to continue in the dermatology field and perhaps further their education in esthetics or medical. However, Alex already had begun his pre-requisite work before joining Contour. This former ASB president, high school athlete and graduation speaker of the first graduating class of Rancho Mirage High School is internally driven and knew his path was medical. His older sister shares his interest in medicine and is currently an LVN at Desert Regional, working toward her RN degree.

After a year as a receptionist, Alex, now 23, worked as a medical assistant for a year and in medical billing for a year and a half before serving as a laser nurse. He earned his RN degree from Cal State San Bernardino in December 2021 and his RN license in January 2022. He plans to take online classes this fall at Azusa Pacific, with an adjusted work schedule as needed when he is ready for clinical rotations to complete the two-year program.

"I have discussed this with Dr. Jochen and HR since they have the final say, and they have no problem working around that schedule. They understand that I'm really in this for the long run here," said Alex.

Commenting on his four years at Contour, he said, "It makes work easier because I've been in every department. There's almost no question I can't answer, except for higher-level medical issues because they are beyond my scope, and I'm not there yet."

His primary responsibilities as an RN are to perform laser treatments and minor procedures such as Profound, Dermapen, VelaShape III and CoolSculpting. He also has had additional CoolSculpting training at CoolSculpting University online.

"Dr. Jochen also has had me involved in some portions of medical. I've helped with suture removal and checked on wounds and cosmetic follow-ups to make sure they are healing well," he said.

Alex's attitude toward lasers is one of healthy respect. Of Hispanic ethnicity, he is interested in treating patients with darker skin types, which requires careful patient selection and controlled use of cosmetic lasers. "Lasers are never to be 'comfortable with' – confident in using them, yes, but cautious. I respect them," he said.

Having some residual pigmentation from high school acne, Alex has had an IPL, Sublative and has tried Botox and fillers. "It's one thing to recommend procedures that will help people, and it's even better if you've experienced them," he said.

What Alex likes most about his work at Contour is seeing patient results. "Sometimes I get more excited than the people receiving the treatments. I was born with an eye for esthetics. I love helping people fix little things that make a world of difference for them."

*"Sometimes I get more excited than the people receiving the treatments. I was born with an eye for esthetics. I love helping people fix little things that make a world of difference for them."*

## ~ Dr. Jochen Earns Subspecialty Certification ~

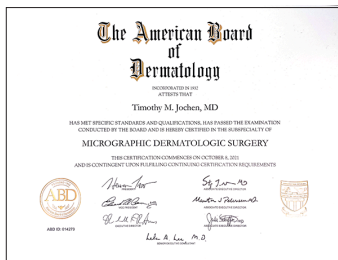
### *Now Board-Certified in Micrographic Dermatologic Surgery*

Dr. Timothy Jochen is an expert in Mohs micrographic surgery for skin cancer removal. He has been performing Mohs surgery for two decades. To officially acknowledge his long-held expertise in this field, he recently took the certification exam to become subspecialty certified in micrographic dermatologic surgery from the American Board of Dermatology. Micrographic dermatologic surgery is a new subspecialty recognized by the American Board of Dermatology, and Dr. Jochen is among the first physicians in the nation to achieve this distinction.

At the pinnacle of his career, Dr. Jochen is a great example of life-long learning and dedication to excellence. "I am proud to have earned this credential as confirmation of my knowledge and skill in micrographic surgery," said Dr. Jochen. "Mohs surgery is something I am passionate about as it is a true skin cancer cure and a method that provides a better esthetic result for my patients."

With the prevalence of skin cancer today, especially in the desert, Mohs surgery is a significant portion of Contour Dermatology's medical practice, comprising as much as 30 percent of medical cases. Dr. Jochen typically designates Wednesdays as Mohs surgery days.

Most Mohs procedures take about two hours, but some can take significantly longer. The process begins with cleaning the area to be treated and numbing it. Once the area is numb, the cutting starts – one layer at a time. Dr. Jochen then takes a portion of the skin and checks it under a microscope. The skin cancer removal process continues until the slide shows no detectable cancer.



Mohs surgery is an excellent treatment for skin cancer, first and foremost, because of its high 99 percent cure rate. It also is praised as one of the best solutions for skin cancer removal because it removes the least amount of skin possible. Mohs is often recommended for sensitive areas like the face,

scalp, and neck. Other methods of removing skin cancer include burning it off or cutting it out with a more aggressive approach than delicate layer-by-layer Mohs. Occasionally, even with Mohs, a spot will require deeper removal than just a few layers and leave a depression. Dr. Jochen has successfully performed delicate skin grafts to cover these areas. Mohs surgery is effective for the majority of skin cancers which include squamous cell and basal cell carcinoma. It is not recommended for melanoma.

## ~ We're Expanding! ~

### *Palm Springs Expansion and New Loma Linda Office Coming in 2022*

Having just celebrated Contour Dermatology's 20th anniversary in 2021, we are excited to announce the opening of a new office this spring in Loma Linda. This location will expand our reach to serve the Inland Empire. And we are currently putting the finishing touches on the interior of a larger office that will nearly double our space in Palm Springs, which also should be complete this spring.



The Loma Linda office is a 3,500-square-foot facility featuring six exam rooms at 11326 Mountain View Avenue, Suite B, located right across from Loma Linda Medical Center.

The new Palm Springs office will soon located at the corner of Ramon Road and S. Paseo Dorotea, across from the EOS Fitness Center. This office will increase our space to 4,500 square feet and increase the number of patient exam rooms from five to nine.

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## ~ Staff Product Pick ~

### *Katrina Lopez's Top Three*



Katrina Lopez  
Esthetician

After her service in the military, Katrina Lopez was concerned about her skin breakouts. She became fascinated with skincare, which sparked her journey toward becoming an esthetician. She joined the Contour team in 2016 and currently serves as a patient care coordinator, advising patients on which procedures, treatments,

and products will best meet their needs. With her knowledge and access to physician-grade products, Katrina's skincare regimen is extensive. She shares her top three products "she couldn't live without" in this issue of The Skinny.

**1.) Obagi ELASTIderm Facial Serum** – "Now that I'm in my mid-30s, I look for more anti-aging

products. The ELASTIderm Facial Serum is a great product that helps plump, hydrate, and smooth fine lines. It has a faint aroma that I like. It smells clean, and it relaxes me." She uses this serum at night after her retinoid product to calm any flaking.

**2.) SkinMedica Retinol Complex 0.5** – "My skin type is dry, sensitive, and acne-prone. I prefer this over tretinoin because this is less aggressive for my skin type. I use it three to four times a week and like to mix it with my moisturizer and bring it down to my neck and chest."

**3.) ISDIN Eryfotona Ageless** – "This is my all-time favorite sunscreen. It's the best sunscreen we've ever carried. It has the perfect tint. Every other tint I've tried is either too gray or white for me. This sunscreen goes on flawless. It's like butter, and it really sinks into the skin. I love that it has anti-aging properties, too."

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## ~ In Memoriam ~

### *Ludim Camacho, RN, BSN, PHN*

With a heavy heart, we share that Ludim Camacho passed away this past April due to a medical event. Ludim was on staff at Contour Dermatology for five (2006-2011) and was loved by the staff and patients. She was a patient first before she came to work at the practice. Dr. Jochen was impressed with her extensive nursing background and gracious personality and offered her the opportunity to join the team. She worked briefly as a patient care coordinator and then as a laser nurse. Brighter than any laser, Ludim's smile could light up a



room. She was as lovely on the inside as she was beautiful. She served as a mentor to many of Contour's original staff and was with the practice to celebrate our 10th anniversary. Ludim not only excelled in nursing. She and her husband, Elber Camacho, MD, were active in the community, raised three beautiful daughters, and one of her greatest joys was spending time with her grandchildren.

We will miss Ludim greatly. Please keep her family and friends in your prayers.

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## ~ Contour Staff Welcomes New Babies ~

### **Congratulations to Gio Grigsby**

Contour Dermatology Medical Biller welcomes her first child. Please join us in congratulating her and her husband on the birth of their son.



**Rowan Timothy Grigsby**  
December 24, 2021  
8 lbs, 8 oz \* 22 inches  
Proud Father: Mathew Grigsby



## ~ ISDIN is a WIN-WIN ~ *New Skincare Line at Contour*

Attention skincare enthusiasts! Contour Dermatology has added ISDIN to its select offering of physician-grade products. Thanks to Dr. Derek Ho for his research and recommendation of this line. Initially, we are carrying 10 products from this award-winning brand and may expand the offering in the future, so keep checking our Skincare Store on the website.

ISDIN was founded in Barcelona, Spain, in 1977 as an alliance between a global fragrance, cosmetics, and pharmaceutical company. The ISDIN mission is to create a worldwide reference in skin health, treatment, and beauty. Their products focus on reducing photoaging, and you won't find any fluff ingredients here. Each element is meticulously researched and chosen for high efficacy and superior results. Here's a summary of ISDIN products you'll find at Contour.



### **ISDIN Photo Eryfotona Ageless Ultralight Tinted Emulsion**

— Yes, that's quite a mouthful, but it's chock full of minerals, antioxidants, peptides, and ISDIN's proprietary DNA Repairsomes™. It's an all-mineral sunscreen, which naturalists will love. And it's got broad

shoulders with broad-spectrum SPF 50, and is water-resistant. Patients also love the slight tint. Its two-fold action protects you from sun exposure as it goes to work, improving visible signs of photoaging you've already incurred. This sunscreen is quickly becoming a staff favorite. A non-tinted version is also available called **ISDIN Eryfotona Actinica Ultralight Emulsion**.

**ISDIN Mineral Brush** — ISDIN also offers a convenient powered brush application for on-the-go protection with SPF 50 and a matte finish. This product won Facial Brush of the Year at the 2019 Beauty Independent Innovation Awards.

**SUNISDIN Softgel Capsules** — Shout out to our supplement fans. This product will not replace your

sunscreen, but it will help you fight photoaging from the inside out with just one capsule a day. Ingredients include: VITAOUX Ultra — an advanced blend of 60 mg of Polypodium leucotomos Leaf Extract, Vitamins C, D, E, A, green tea leaf extract, grapeseed extract, lycopene, lutein and selenium.



**GLICOIDIN** — This series of products features glycolic acid as its primary active ingredient, along with the soothing power of aloe vera or ceramides combined with borage oil, depending on the formulation. It is designed to exfoliate, renew and illuminate your skin. Results

have shown a reduction in hyperpigmentation such as dark spots, improvement in elasticity, luminosity, and the reduction of fine wrinkles and fine expression lines. It comes in concentrations ranging from soft to moderate. What can you expect? A smoother, brighter, and more even complexion.



**MELATONIK** — As you may have guessed, this product contains melatonin. You may know that as a supplement, but the benefits of topical application include stimulating your body's natural defenses against free radicals. This beauty sleep serum also contains Vitamin C and bakuchiol (Bk), which has retinol-like properties to restore elasticity and firmness.

**ISDIN Hydration and ISDIN Foot Care** — Lastly, you'll find two intensely hydrating products for the body and feet. Both contain 10% urea and dexpanthenol.



The body lotion is helpful for dry and scaly skin. The hydrating gel oil repairs and hydrates dry cracked feet and boosts the skin's natural repair function.

## ~ Now Performing Power-Assisted Liposculpture with the MicroAire® PAL System ~



Timothy M. Jochen, MD

Liposculpture is ideal for treating those challenging spots of fat accumulation that won't budge no matter how much you diet and work out. No pun intended, but liposculpture is a workout. It's a fairly rigorous procedure for the surgeon, and most patients feel a little tired or sore for the next few days, similar to a strenuous workout.

I've been performing liposculpture for two decades, and up until recently, I've performed those procedures with the tumescent method via manual liposuction. This process involves selecting one or more cannulas – a long stainless-steel hollow instrument connected to a tube through which the suctioned fat is removed. First, I do a few lidocaine injections to begin numbing. Then I make one or more small incisions to remove the fat, and inject the tumescent solution, which contains saline, lignocaine, epinephrine, and sodium bicarbonate, so it also provides a numbing sensation where all the patient feels is slight pressure but no discomfort or pain. The epinephrine helps constrict the blood vessels. This solution works to swell up the area, such as the abdomen, making it easier to separate the fat from the tissue. It takes me about an hour to perform a liposculpture procedure, and it might take an additional half-hour if I do a second area in the same session.

I recently researched and purchased the MicroAire PAL Power Assisted Liposuction System – a powerful precision instrument, which is what I use exclusively now. The process is the same as I described above; only the cannula is attached to a motorized unit that produces a vibrational effect, which helps the cannula glide through the tissue to separate the fat easier. With the manual method, you have to move the cannula back and forth and

back and forth. You also move the cannula quite a bit with the PAL system, but the way it glides and the power behind it means less physical exertion, contributing to about a 35 percent shorter procedure time.



Having performed countless liposculpture procedures over the years, I especially appreciate the MicroAire device because it reduces surgeon fatigue by as much as 49 percent. And that is good for the patient and me. But there are also other benefits of the system that contribute to a safer and better patient experience with superior results:

### MicroAire's PAL® Power-Assisted Liposuction System Benefits

- Powerful precision instrument for small/large areas
- Less bruising and swelling
- Proven cell viability (for fat harvesting)
- Reduced surgeon fatigue
- Faster procedure and patient recovery

Patients have asked me about laser lipo, and that's not something that I'm interested in at this time, but I really like the power-assisted approach. What I do recommend that is a light and heat-based treatment is the VelaShape III laser. This laser is an excellent complement to liposculpture to further refine, tighten and smooth the results. After a liposculpture procedure, patients will see fairly immediate results in about two days, once the tumescent fluid is gone, but the final results are at about six months. If patients want to combine their procedure with a VelaShape treatment, we typically schedule that one month after the liposculpture.

### 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**  
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