

# What's Happening at a Glance

Both Dr. Cox and Dr. Finn were featured speakers in the American Academy of Cosmetic Surgery Annual Meeting held in Vancouver, British Columbia in May. Dr. Cox lectured and performed a live Soft Form and GoreTex facial implants procedure. Dr. Finn lectured and performed a live Alloderm facial implants procedure.

The Power Peel Microdermabrasion Treatment has taken off on a great start, with many very happy patients. We ran a special offer for patrons of the Cosmetic Surgery Center through April. Due to the tremendous response, we may run another special in the future.

In January, Dr. Cox and Dr. Finn were featured in Health and Healing magazine. A patient who had an Endoscopic Browlift procedure told about her

experience with both Dr. Cox and Dr. Finn. Health and Healing recently published another story about a young female patient who underwent several laser procedures and then an earlobe reconstruction to correct a birthmark malformation. Her parents are extremely pleased with the outcome and recommend this procedure for other families with similar problems.

In February, the Accreditation Association for Ambulatory Health Care surveyed our clinic. We are very proud to announce that our clinic has achieved accreditation by AAAHC. We have implemented many helpful and useful policies to better serve our patients in a top-quality medical facility.

Also in February, Dr. Finn attended the American Academy

of Facial Plastic and Reconstructive Surgery Annual Meeting in San Diego, CA where he learned about advances in endoscopic facelifts and other cutting edge techniques of facial plastic surgery.

Dr. Cox attended the American Academy of Dermatology Annual Meeting in San Francisco, CA in March where she reviewed new aspects of dermatology.

In April Dr. Cox attended a hands-on course in the new Power Liposuction procedure. We will keep our patients informed about the results of that training. Dr. Cox is one of only 8 physicians in the country who is on the Liposuction Committee for the American Society for Dermatologic Surgery. The Liposuction Committee provides recommendations and guidance in regard to research, position

statements, public education opportunities and physician education related to liposuction.

Also in May, Dr. Cox attended a hands-on Laser Course sponsored by the American Society for Dermatologic Surgery in New York, NY. Here Dr. Cox continued to fine-tune her specialized laser skills, learning and sharing techniques with some of the nation's best cosmetic surgeons.

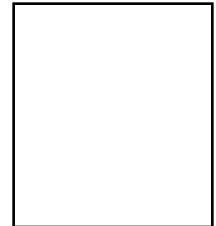
Dr. Cox's long-awaited article on External Ultrasound and Liposuction was published in the April Journal of Dermatologic Surgery.

Do you need a speaker for your group? Both Drs. Cox and Finn are available to speak about a variety of subjects, both informative and entertaining. Call our office for details.



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# FACE FACTS

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## New VBeam Laser Here Everyday To Treat Facial Spider Veins and More!

You'll be happy to hear that we have acquired the Candela VBeam Long Pulsed Dye Laser. Our office is the first physician's office in the Southeast with this laser. We can treat your cherry angiomas, facial and leg spider veins, scars, rosacea and portwine stain birthmarks at your convenience instead of waiting for the laser to come to us. Patients treated with the VBeam found the laser less painful than existing pulsed dye lasers because of a unique cooling device. This laser is revolutionary in effectively

treating blood vessels without the extensive bruising seen with traditional pulsed dye lasers.

The first Vbeam clinical studies performed at Boston University show that when compared to existing pulsed dye lasers, Vbeam produces equivalent if not better clinical results with little or no bruising. "Patients treated with Vbeam found the treatment less painful than with existing pulsed dye lasers, and the majority of patients experienced no postoperative purpura (bruising)", reported

clinical study director Steve Ugent M.D., Assistant Professor of Dermatology, Boston University School of Medicine.

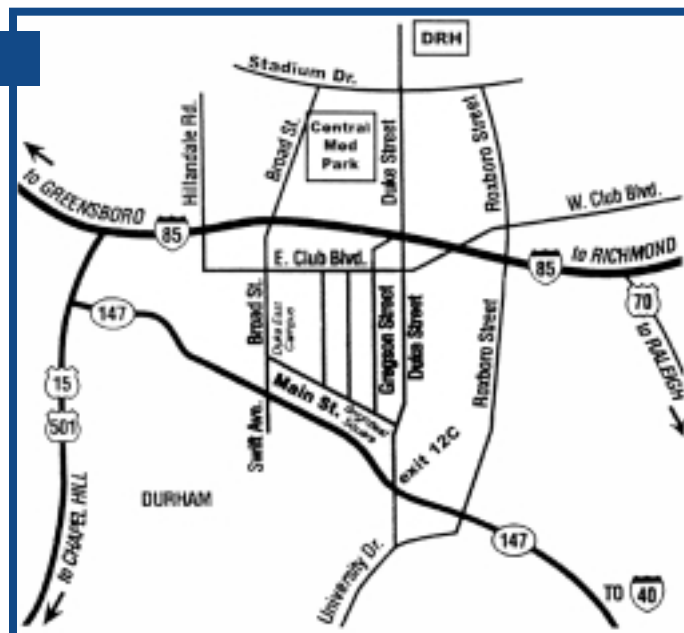
With the VBeam laser, Dr. Cox and Dr. Finn can target smaller leg veins. Sclerotherapy is still the "gold standard" for treatment of leg telangiectasia (spider veins). Sclerotherapy is the injection of a chemical sclerosing solution into the targeted vessel. In the past, laser treatment for leg veins has had limited success. Now the VBeam laser is a natural complement to sclerotherapy.

The smaller veins, which are the most challenging and tedious for physicians to treat, are the vessels for which the VBeam is indicated. The VBeam does cause more bruising on the legs than it does on the face. But this fades often within 2 weeks.

It is still best to wait 4-6 weeks between laser treatments and avoid the sun before and after treatment to get the best results. The VBeam laser received FDA approval in February 2000. The VBeam represents more than 15 years of product

### WE'RE MOVING!

Don't worry- we are only moving across town until our new construction is complete. In July you will find us in Central Medical Park, 2609 North Duke Street, Suite 306. This temporary location is convenient to the major highways, has ample, free parking and will offer new perks such as a separate hair removal laser room and Power Peel room. Please visit our website for written directions to this facility, [www.cscnc.com](http://www.cscnc.com). Feel free to call our office at the same phone number for directions, questions, or concerns, (919) 682-2901.



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**Cosmetic Surgery  
Center of North  
Carolina Achieves  
National  
Accreditation**

The Cosmetic Surgery Center of North Carolina has been awarded the certificate of accreditation by the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC). The award means that the Cosmetic Surgery Center has met nationally recognized standards for quality health care set by this national accrediting organization.

We are pleased and proud to have achieved accreditation. Accreditation is very important to our patients who are the ultimate benefactors from our participation in the accreditation program. For people considering cosmetic facial plastic surgery, AAAHC accreditation is an attribute to notice.

In order to achieve accreditation, Cosmetic Surgery Center of North Carolina underwent an extensive on-site survey of its facilities, services, policies and procedures. The survey team evaluated all aspects of patient care. The survey findings resulted in a favorable decision with a three-year accreditation.

Not all ambulatory health care organizations seek accreditation and not all who undergo an on-site survey receive favorable decisions. In a letter to Cosmetic Surgery Center of North Carolina, the AAAHC president said "The dedication and effort necessary to achieve accreditation is substantial. Cosmetic surgery Center of North Carolina is to be commended for this accomplishment."

# The Power Peel Advantage

The microdermabrasion system, the Power Peel, was brought to the United States from Europe, where it has been used for over ten years. Physicians have tested the Power Peel system and have found it to be safe and effective for use on the face, neck, and chest of people of all skin types. Unlike Carbon Dioxide and erbium lasers, the Power Peel can be used on black skin.

Microdermabrasion is an exfoliating skin treatment. The Power Peel utilizes a stream of microcrystals that are projected onto the skin under pressure and abrades away epidermal tissue in the areas treated. The skin is left feeling smooth, soft, and refreshed. Fine lines, pigment irregularities, acne and chicken

pox scars, and other skin abnormalities are less noticeable, and the skin has a younger looking appearance.

The Power Peel treatment lasts about half an hour, requires no anesthesia and is affordable. The most common comment from our patients is that the Power Peel feels like a cat's rough tongue licking the face. Patients report that they feel relaxed and refreshed afterwards and appreciate that they are able to return to work or home with no down time. Slight redness and swelling generally last from two to six hours, depending on the depth of the peel.

The fresh, newly exposed skin will be delicate and should be protected from the sun by using a

moisturizing sun block of SPF 30 or higher. Ordinary makeup should not be applied until the following day. Swimming should be avoided for a few days, and sunbeds avoided altogether.

The skin will be noticeably refreshed after just one Power Peel. However, the treatment is designed to be performed several times over the course of a few months to achieve maximum results. Deeper skin problems like pigmentation or scarring may require 10 or more treatments for noticeable improvement. We have experienced a high level of patient enthusiasm as they return again and again for further Power Peels.

## The Cutting-Edge: Lower Blepharoplasty

Blepharoplasty, or eyelid lift, has evolved quite a bit over the last few years. Traditional blepharoplasty involves an incision underneath the lower lid eyelashes with excision of the excess fat. The skin is then tightened and sutured. A newer technique of blepharoplasty, the transconjunctival blepharoplasty, is able to remove the lower eyelid fat without a skin incision. This is done by creating a small incision on the inner surface of the eyelid.

Transconjunctival blepharoplasty is often combined with laser resurfacing to tighten the skin underneath the eyelid.

Although these methods create very good cosmetic improvement, a better surgical technique has recently evolved. With aging of the lower eyelids, several things happen. In addition to the bulging of fat in the eyelid, there is usually a drooping of the fat of the midface. This creates a hollow appearance at the inferior edge of the orbital rim, or eye socket bone. The combination of the bulging of eyelid fat with the drooping of cheek fat creates a double convex contour. This results in an obvious shadow whenever there is overhead lighting. This is a contour problem that cannot be camouflaged with makeup.

To better correct this pattern of aging, Dr. Finn has adopted a technique of midface lifting with an orbital fat flap. With this surgery, excess fat from the eye is sutured over the hollow area overlying the orbital rim. In addition, sutures are used to elevate the midface at the same time. This creates a more natural rejuvenation of the anatomy of the eye and less of an operated appearance. The result is a

smooth convex contour. Again, laser resurfacing is often used to improve the texture of the orbital

**Before**



**After**



**Before**



**After**



skin. This surgery is more difficult than a traditional blepharoplasty, and sometimes there may be prolonged swelling over the cheek bone. However, this procedure seems to achieve a more natural rejuvenation of the lower eyelid area.



# Obagi Nu-Derm System Skin Products Now Available

We are carrying the Obagi Nu-Derm System products, a comprehensive treatment program for the correction of skin problems and the restoration of skin health and beauty. This system, available only through a physician's office, is a simple, daily, home regimen that aggressively treats skin damage and the appearance of aging.

Obagi specifically targets uneven pigmentation, the appearance of fine lines and wrinkles, sun damage and age spots. Patients have reported healthier, revitalized, more beautiful skin following the use of this program.

The Obagi skin health restoration process consists of

six take-home products. The foaming gel deep cleanses to leave even oily skin clean and fresh. The toner restores skin's natural pH level. The clear is a bleaching and corrector cream; the exfoderm is a skin exfoliating lotion; the blender is a skin lightener and blending cream; and, finally, the sunfader is a skin lightener with sunscreen SPF 15. The whole Obagi package costs \$243.00 for all six products.

With the use of these products, new, healthier skin cells replace the damaged top layer of skin. The Obagi system is based on a six week turnover of the skin cells, "out with the old skin, in with new skin!" Patients should initially

expect dryness, exfoliation, redness, and sensitivity. These reactions are signs that the Obagi products are in process! Soon the skin will build a tolerance to the products. The Obagi products help the skin increase its collagen and elastin production. Wrinkles start to diminish, pores size is reduced, pigmentation becomes even and clear, and skin texture is smooth and hydrated.

It is necessary to maintain the use of the Obagi products in order to retain the benefits. A slight degree of pinkness and flaking is the indication that the program is continuing to work.

**Skin Care**

**Consultant**

**Services Now**

**Available!**

We are very pleased to announce the addition to our staff of Jennifer Jones, Skin Care Consultant. Jennifer is performing the Power Peels and is an excellent resource for skin care tips, make-up application and skin product information. Jennifer has 10 years experience in the salon business and keeps current with all the latest beauty trends. We know you will greatly enjoy your visits with Jenny and appreciate all the skin care secrets she will share with you. We welcome Jennifer to our team!

## Did you know that...

Laser stands for light amplification stimulated emission rays?

Blepharoplasty is eyelid surgery?

Skin care products containing the active ingredient hydroquinone tend to turn brown over time? This happens when the product is exposed to oxygen, a process called oxidation. The product is still effective, just tinted.

Botox injections paralyze the muscles, disabling them from working? Botox effects last about 2-6 months. After a year, fewer treatments may be necessary because the muscle atrophies (i.e. is not as strong).

Dr. Cox uses Sodium Tetradecyl Sulfate Solution to treat leg veins? Dr. Cox does not use saline injections.

Hair grows in three phases?

It takes at least three treatments with the LightSheer Hair Removal Laser per area because there is always some hair in the "resting phase." This means that there is always some hair not present for "zapping" at one time. It is important when coming for laser hair removal to avoid the sun before and after treatments and not to use self-tanners on the treated area.

Tumescent Liposuction does not require anesthesia? Some patients do fall asleep during the procedure, but most are awake and relaxed. We can play your favorite CD's to create a more comfortable atmosphere for you.

Self-tanners are getting better and better? No longer will you be able to spot an unnatural looking tan with

improved self-tanners on the market that do not stain the skin orange. Try our California Sun Ultra-Dark or the new "Fake-Bake" to get that "just vacationed" look without all the sun-damage! Remember to continue applying sunscreen over the self-tanners, wear hats, sunglasses, and cover-up when possible.

It is sandal weather! Our Neostrata AHA Foot Gel-15 provides excellent relief for dry, rough, thickened or calloused skin? Our nurse Kim has the softest feet in town thanks to using this product every night before bed. Try it for just \$12.00 a bottle!

You must receive another Collagen Skin Test if you haven't had collagen injections for a year or longer? This is the requirement of McGhan

Medical, the manufacturer of Collagen. It is important to ensure that patients do not develop allergies to this injectable bovine material.

The new V-Beam Long Pulse Dye Laser is on-site and can treat your facial spider veins as well as small leg spider veins? No longer must patients wait for the scheduled laser day to be treated. See our article on this exciting, new laser.

You must be fasting 12 hours prior to labwork drawing for Accutane treatment? Since Accutane treatment requires a monthly, comprehensive labwork panel be performed, it is important to get the most accurate Triglyceride and Cholesterol levels.



# The Cosmetic Surgery Center's Best Selling Skin Products

## **\*\*Coming Attraction\*\***

*Product sales through our website, cscnc.com.*

*Check out our website in the months to come-we plan to offer our products over the web in the future.*

### **Wellskin Facial Lotion**

\$32.00/ with tax \$33.92

**2.0oz**

This light, alcohol-free, oil-free lotion is suitable for all skin types (even oily complexions). It's unique Novasome Microvesicle delivery system time releases the benefits of glycolic acid for continuous moisturization and light exfoliation, while it relieves the visible signs of dryness. Significantly less irritating than a non-Novasome formulation of glycolic acid, daily use of this product may reduce the visible signs of sun damage and aging. SPF 8 12% glycolic acid. Ph 3.8. Recommended for dry to normal skin. For daily use: apply to face and neck after cleansing and before applying makeup.



### **Wellskin Facial Cleanser**

\$20.00/with tax \$21.20

**8.0oz**

A gentle, oil-free, soap-free formulation that is suitable for all skin types. In addition to cleansing away makeup and excess oil, it's unique Novasome Microvesicle delivery system time releases the benefits of glycolic acid for continuous hydration and light exfoliation. 12% glycolic complex. Ph 4.0. Recommended for all skin types. For daily use-morning and night.

### **Wellskin Facial Cream**

\$24.00/ with tax \$25.44

**1.0oz**

A rich, emollient formulation that helps even the driest complexions. Its unique Novasome Microvesicle delivery system time releases the benefits of glycolic acid for continuous moisturization and light exfoliation. Daily use may help reduce the visible signs of sun damage and aging. SPF 8 helps protect against casual sun exposure. 14% glycolic complex. Ph 4.0. Recommended for dry to normal skin types. For daily use: apply to face and neck after cleansing and under makeup.

### **Wellskin Smoothing Eye Cream**

\$17.00/ with tax \$18.02

**1/2oz**

A rich, gentle eye cream that uses the Novasome Microvesicle delivery system to time release the benefits of hyaluronic acid and hydrolyzed collagen for a visible "smoothing" effect. This formulation provides effective moisturization for improved appearance and texture of the delicate skin around the eyes. Recommended for dry to normal skin types. For daily use, morning and night: gently pat on, under, and around eye area before applying makeup and before bed.

### **Neostrata AHA Skin Smoothing Cream**

\$15.50/ with tax \$16.43

**1.75oz**

A rich, emollient cream suitable for all skin types. It will leave your skin looking and feeling healthier, smoother, and more radiant. Repeated use may also reduce the appearance of fine lines and wrinkles due to sun damage and aging. 8% glycolic acid. Ph 3.5. Fragrance-free. Recommended for all skin types. For daily nighttime use: apply to face and neck after cleansing.



### **Neostrata AHA Skin Smoothing Lotion**

\$18.00/ with tax \$19.08

**6.8oz**

A light but effective moisturizer suitable for all skin types. This 10% glycolic lotion is perfect for hands, body, or face. It will relieve visible signs of dryness and improve the skin's texture and appearance. Repeated use may help reduce the appearance of fine lines and wrinkles due to sun damage and aging. 10% glycolic acid. Fragrance-free. Ph 3.8. Recommended for all skin types. For daily use-morning and night: apply to face and neck after cleansing.

### **AHA Lip Conditioner**

\$4.00/ with tax \$4.24

**14ozh**

Recommended for all patients especially those with dry lip conditions, such as those associated with retinoid use. Gentle exfoliation with SPF 15. 4% gluconolactone (PHA). Contains Vitamin E. For daily use: apply three or more times to lips, following cleansing, and eating.



### **CSC Glycolic Fade Cream**

\$30.00/ with tax \$31.80

Designed to even out skin tone with a small amount of hydroquinone. This product has been very successful in the treatment of age spots on the face, chest, and hands. It is best used twice a day. For people who use Renova or Retin A at bedtime, use the Glycolic Fade Cream in the morning. Alternatively, some sensitive-skinned people need to use this glycolic/hydroquinone combination only every other night on their face.

**2.0oz**

### **Skin Ceuticals SPF 20 Daily Sun Defense**

\$25.00/ with tax \$26.50

Daily Sun Defense is a lightweight, daily wear sunscreen, ideal for use under make-up. It is non-greasy and invisible when applied to the skin. Daily Sun Defense contains Z-Cote (microfine invisible zinc oxide) and SunCaps (encapsulated OMC) and provides broad-spectrum protection, guarding against UVA and UVB exposure. Apply liberally to exposed areas of the skin. Use before applying make-up. Re-apply every 2 hours and after swimming, excessive perspiring, or after towel drying.

**3.0oz**



### **Skin Ceuticals SPF 45 Ultimate UV Defense**

\$34.00/ with tax \$36.04

A revolutionary new waterproof sunblock, that delivers high level protection against UVA aging and burning UVB rays. It contains Z-Cote (microfine invisible zinc oxide). This sunblock allows for maximum protection during high-energy exercise, swimming, or other activities. Apply liberally to all exposed areas of the skin 15 minutes before sun or water exposure. Reapply every 2-3 hours or after prolonged swimming, excessive perspiration, vigorous activity, or towel drying.

**3.0oz**

### **MD Forte Glycare Cleansing Gel**

\$25.00/ with tax \$26.50

Great for oily or acne prone skin types. Contains 15% Glycolic Compound. This formula helps control extremely oily or problem prone skin by gently removing dirt and surface oil. Leaves the skin feeling clean and smooth. Non-comedogenic and dermatologist-tested.

**8.0oz**

### **Retinoic Acid - Generic for Retin A**

0.025% - \$22.00

0.05% - \$22.00

0.1% - \$24.00

\*\*Retinoic Acid is distributed by physician prescription only

Begin using Retinoic Acid sparingly every other night mixed with a moisturizer. Apply only a pea-sized amount to the entire face, a finger-width around the eyes. If you are using glycolic or alpha hydroxy acid products, discuss the combination use with our Skin Care Consultant before beginning your treatment program.

Retinoic Acid may cause your skin to have a dry, flaky look for a short period, as well as a rosy glow. Your skin will build a tolerance to the Retinoic Acid. Your skin will be much more susceptible to sunburn, so sunscreen with at least a SPF 15 is strongly recommended to be worn each day under moisturizer and make-up.

**30 gm tube**



### **Therapeutic AHA Lightening Gel**

\$11.00/ with tax \$11.66

A stable, highly effective gel combining 2% Hydroquinone, Kojic Acid, and Vitamin C in a unique vehicle especially formulated to lighten skin discolorations. It is ideal for freckles, age spots, liver spots, or uneven pigmentation that may occur due to pregnancy or from the use of oral contraceptives.

**1.0oz**

# KINERASE

## **Reduce the Appearance of Wrinkles Without the Burning, Redness, and Peeling of Topical Retinoids**

Kinerase is a nature-based plant growth factor product that's clinically proven to reduce the appearance of wrinkles, skin discoloration, and roughness while helping skin retain moisture. Yet, unlike some anti-photoaging products, it won't leave your skin dry, red, and peeling. In fact, patients using Kinerase in clinical studies experienced virtually no side effects. And Kinerase can be used freely with makeup or sunscreens.

Furfuryladenine is the active

ingredient in Kinerase that retards the aging process in plants. Cut leaves dipped in a solution containing furfuryladenine will remain green, while untreated leaves turn brown. Studies have shown furfuryladenine to have a similar effect in vitro on human skin cells. Kinerase helps slow and reverse alterations that naturally occur in the cell-aging process.

Kinerase provides not only antiwrinkle properties, but also moisturizing qualities. This

enables the skin to retain more moisture, leaving the skin with a softer, smoother feel. While some other moisturizing products may temporarily lessen the appearance of fine lines through improved hydration, that effect disappears a few hours later.

Kinerase causes no increase in photosensitivity - a condition common among anti-photoaging therapies and characterized by burning, itching, and peeling with sun exposure. With Kinerase, you're

free to carry on your normal daily activities without additional sun restrictions. However, since sun avoidance is recommended in any skin care program, a sunscreen with an SPF of 15 or higher should be used.

Kinerase is formulated as a cream or lotion and can be applied twice a day to the face and neck. It is available to purchase at our office. Please call for a skin evaluation to determine if Kinerase is an ideal product for your skin.

