

FACE FACTS

A Publication for the Patients of the Cosmetic Surgery Center of North Carolina

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Fat Microtransfers

In traditional rejuvenation surgery, we have always been limited to repositioning or tightening existing tissue and skin. However, much of facial aging happens with loss of underlying fatty tissue. As the fatty tissue of the face resorbs, support is lost to the skin which contributes to the

drooping and wrinkling. A revolutionary new technique of replacing subcutaneously tissue is now being used at the cosmetic surgery center.

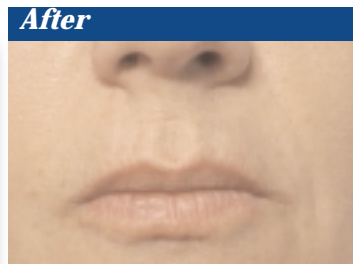
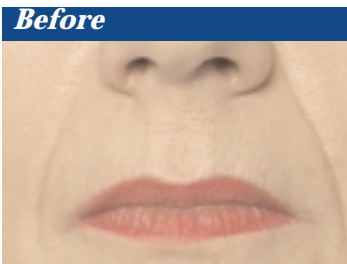
First, fat is gently liposuctioned by hand from any area of excess - abdomen, thighs, or hips. The fat is carefully purified and

concentrated. The facial areas are anesthetized and tiny droplets of fat are injected into the subcutaneous tissues. By injecting small droplets, longevity of transferred fat is enhanced. A multitude of areas can be enhanced. Lips can be augmented, the nasolabial folds can be filled, hollows under the eyes can be filled, and cheekbones and jaw lines can be made more prominent. Leftover fat is processed and stored in our tissue freezer for later injections.

Initially, areas are overfilled and there is some resorption of the injected fat. There is

some bruising and swelling on the face that may last for several days. As the augmented tissues steadily in, areas will likely require further filling. For up to two years following the harvesting, frozen fat may be thawed and injected in different facial areas. With successive injections, further longevity would be expected. Slight overfilling is performed with each injection as some resorption is expected. Different people metabolize transferred fat at different rates and some will require more repeat injections than others.

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LIP INK LIQUID COLOR

Staying Power is 50% Greater Than Any Lipstick!

We have been introducing our patients to Lip Ink since the Fall with great results. Lip Ink is made with natural botanicals and is perfect for women who are allergic to preservatives. It is a quick-drying liquid applied in layers to increase the shade of color desired. First the lips are swiped with Lip Ink Off to cleanse and prepare for the color. Then apply the Shine gloss, followed by the Lip Ink color, with a finishing coat of Shine. It can be applied

directly after collagen, dermalogen, or other filling agent injections. Lip Ink does not smear so it can be worn through meals, drinks, and even dental or orthodontic work. Lip Ink hides

irregularities and eliminates blue/gray pigment in the lip area. There is an extensive choice of colors that can be mixed by layering them. Also available are Brow, Eyeliner and Mascara colors!

See Jenny to assist you with picking out good colors and for help with the initial application.



ON THE INSIDE

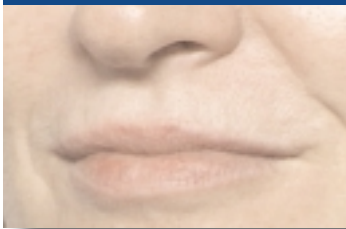
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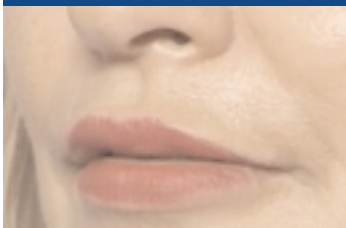
Fat Microtransfers
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The net effect of Fat Microtransfer is a more natural rejuvenation without any hint of a "stretched" look. By using one's own tissues, allergic reactions and side effects which can be seen with other filling materials are minimized. Improved contour of the donor area is an added benefit. Indeed, some patients will choose to proceed with contour liposuction on various areas as well.

Before



After



Obagi Blue Peel Delivers Smoother Looking Skin- Medium-Depth Chemical Peels Prevent Skin Cancer

The Obagi Blue Peel is an in-office chemical peel procedure designed to improve the appearance of blemishes, acne scars, wrinkles, uneven pigmentation and sun damage. It is a quick, highly tolerable procedure that in most cases does not require sedation.

The Blue Peel removes a thin surface layer of aged and damaged skin from the face, neck, chest, hands, back, arms or legs. These dead skin cells are replaced by healthier ones. You will experience a mild burning sensation that

lasts two or three minutes. Immediately after the peel, a bluish tint remains on the skin, which will usually wash off in 12 to 24 hours.

The recovery period consists of peeling within 2 to 3 days. This peeling will continue over the next several days and should be healed in 5 to 7 days. Makeup should be applied only after the skin is completely healed. Your skin's appearance will become firmer, clearer, smoother, healthier and more youthful looking.

In most cases, one to three Blue Peels are necessary to

achieve effective improvements. The peels are performed 6 to 8 weeks apart.

We will continue to offer our traditional medium depth chemical peel. This consists of two chemical acids: Jessner plus 35% Trichloroacetic Acid (TCA). This peel offers a more even skin tone and healthy glow to the skin. It is excellent at peeling brown spots and sun damage. It has also been found to decrease precancers and therefore the risk of future skin cancer. This is a classically good peel for men and women!

Skin Medica

1 0 W e e k s t o H e a l t h y S k i n

We carry the dermatologist developed Skin Medica products. They combine antioxidants, retinoids, essential fatty acids and hyaluronic acid for the greatest benefits in the shortest time. Clinical studies have shown a 50% increase in collagen, 50% improvement in skin texture and color and a decrease in visible UV damage in all patients.

The benefits of the Skin Medica system come directly from its ingredients. Antioxidants fight skin damage, and defend against free radicals, sun damage and environmental pollutants that destroy skin cells and collagen. Vitamin A helps make the skin soft and more elastic. Vitamin B6 controls redness and skin inflammation.

Vitamin C works to fade dark spots and reduce fine lines and wrinkles, aiding in the process of collagen synthesis. Vitamin D replenishes dry, photo-damaged skin and reduce scaliness. Finally Vitamin E moisturizes skin from within, improving skin smoothness while blocking cell damage.

The morning routine consists of cleansing, toning, renewing with the Anti-Aging cream, and then protecting with the sun protection 20. The exfoliant may be used two mornings a week, before cleansing. In the evening simply cleanse, tone, and renew with the Anti-Aging cream. We have trial size kits for only \$10.00 which include all of the above.



CURRENT EVENTS

As most of our patients already know, we moved our location to Central Medical Park in July. We have settled in here and are enjoying the larger office space. Please visit our website for a map, event calendar and other information at www.cscnc.com. We always welcome your feedback.

Dr. Cox and Dr. Finn continue to expand their range of cosmetic surgery procedures. This summer they began offering the new **Fat Microtransfer** procedure. Using the patient's own fat is an allergy-free alternative to other filling agent materials. Please see the article found in this newsletter issue.

This October Dr. Cox attended the **World Congress on Liposuction Meeting** sponsored by the American Academy of Cosmetic Surgery in Michigan. There she presented a lecture on the effects and interactions of Anti-Viral drugs with Tumescant Liposuction.

We were again a sponsor for the annual **Women's Distance Festival 5 K Run** in Cary in October. This run benefits victims of domestic violence. Dr. Finn participates in the Face-to-Face program and Dr. Cox participates in the S.C.O.R.E.S. program. Both programs offer pro-bono reconstructive services to victims of domestic abuse.

Dr. Finn attended the annual **American Academy of Facial Plastic and Reconstructive Surgery conference** in Washington, D.C. in September. There he surveyed new technological advances in surgery equipment and techniques.

In November Dr. Cox traveled to Denver, Colorado to give another presentation on Tumescant Liposuction of the Outer Thighs and Buttocks at the **American Society for Dermatologic Surgery conference**. She also lectured on SoftForm and GoreTex Implants.

Jenny, our Skin Care Consultant, hosted a **Jane Iredale Cosmetics and Lip Ink seminar** in November. There she demonstrated the application process for both products. We have received rave reviews about this makeup! Please visit Jenny and see for yourself.

After our own accreditation last Spring by the **Accreditation for Ambulatory Health Care (AAAHC)**, in December Dr. Finn will train to be an AAAHC Surveyor himself. When trained, he will travel to other physician offices and perform extensive quality assurance inspections. This ensures that there are more accredited clinics.

We can speak to your group! In September, Dr. Cox and Dr. Finn spoke to the **Peri-Anesthesia Nurses Association** in Raleigh. Both physicians are happy to lecture to various community groups on cosmetic surgery topics. Please inquire if interested.

INTRODUCING JANE IREDALE SKIN CARE MAKEUP

This revolutionary makeup is completely natural, hypo-allergenic, feels like silk, gives unsurpassed coverage, and is gentle enough for the most sensitive skin. Jane Iredale makeup is made only from micronized minerals and natural pigments. A four-in-one concealer, foundation, powder and SPF 15 sunblock is applied in just one quick application- no separate compacts or bottles. Jane Iredale makeup offers ideal camouflage for redness following laser resurfacing, chemical and power peels, rosacea and acne.

Jane Iredale makeup is extremely long wearing, lasting all day. The non-comedogenic product holds moisture and allows the skin to breathe and function normally. We use Jane Iredale makeup in our office for phenomenal post laser care, ease of use and inability to support bacteria. The makeup can also be used by patients undergoing a chemical peel or microdermabrasion treatments. It will not only cover the redness but the titanium dioxide and zinc oxides are anti-inflammatories, which help to calm any irritation. Jane Iredale makeup is a simple, fast, weightless coverage that protects the skin from damaging UVA, UVB and infrared rays. We recommend this effective product to all skin types to enhance your skin's natural beauty.

Schedule a consultation with Jenny, our Skin Care Consultant, to choose the right colors and shades for you. Jenny has been trained directly by Jane Iredale Cosmetics.

LASER HAIR REMOVAL SPECIAL!

Since October, we have been running a significant savings special on Laser Hair Removal. Through December 31, 2000 it is \$99.00 for 15 minutes! With the coupon below, you or a friend can continue the special savings to get you ready for the Spring.

Remember, laser hair removal always takes at least three treatments (usually 5) because hair grows in three phases. There is always hair in a resting phase which does not respond to the laser. Also, the hair cannot be plucked, waxed or have had electrolysis for 6 weeks prior to laser hair removal. The hair also needs to be dark because the laser cannot target blond, white, or gray hair. The treatments are performed 4-6 weeks apart.

Cosmetic Surgery Center of North Carolina

2609 N. Duke St., Suite 306 Durham, NC 27704 (919) 682-2901 www.cscnc.com

Laser Hair Removal Special

Good for 3 treatments, \$99.00 per 15 minutes!

Must present coupon for savings special. Offer valid Through January 31, 2001

Cut out and present coupon at time of treatment. Please indicate savings special when scheduling appointment.



Prevent Skin Cancer and Premature Aging:

80 Percent of Sun Damage Occurs Before Age 18!

The incidence of skin cancer has skyrocketed in the United States over the past several years. According to the American Academy of Dermatology, more than one million new cases of skin cancer will be diagnosed by the end of 2000. Worse yet, the lifetime odds of getting skin cancer are now 1 in 5!

Sun exposure in childhood and adolescence is probably the most significant cause of melanoma. Every sunburn during childhood greatly increases a person's risk of skin cancer.

Protection is the key to prevention. Use a broad-

spectrum sunscreen every day and start applying it to children at age 6 months. As always, cover up, wear hats, use a high-SPF sunscreen, watch for skin changes and irregularities, and reapply sunscreens every 2 hours.

The three major types of skin cancer are Basal Cell Carcinoma, Squamous Cell Carcinoma, and Melanoma. People should examine their skin for any unusual changes in asymmetry, border irregularity, varied color, or size.

Basal cell carcinoma is the most common form of skin cancer. It affects people who have received chronic sun

exposure throughout their lives. 80% of all skin cancers are diagnosed as Basal cell carcinoma. When caught early, the cure rate is better than 95%. Basal cell carcinoma looks like a pearly, translucent nodule, sometimes with an ulcerated area. Destroying or excision of the lesion treats basal cell carcinoma.

Squamous Cell carcinoma is the second-most common form of skin cancer, accounting for 15% of all skin cancers. It is also 95% curable when detected early. However, Squamous cell carcinoma can spread and is potentially lethal if left untreated. It looks like a crusty,

scaly patch with a hard, callused surface. Squamous cell carcinoma is also treated by destruction or excision.

Melanoma is the least common, yet most deadly form of skin cancer. It affects 1 in 79 people, especially those with a family history of the disease and those who have experienced blistering sunburns in their youth. Melanoma looks like a pigmented mole, sometimes with an uneven border and changing color and size. Melanoma is surgically excised. The extent of the excision depends on how far the cancer has spread.



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