



# The Aesthetic Surgery Center & Face Spa

11181 Health Park Blvd | Naples, Florida 34110 | 800.594.7472

September 2006

## RENAISSANCE REVIEW

Imagine the Look, Create the Dream...

### Fat Transfer Makes Sense!!



### Fat Transfer

Unfortunately, aging is accompanied by an overall loss of fullness to the face and skin. Fortunately, everyone has fatty deposits along the abdomen, thighs, buttocks, love handles, etc... which can be transferred to the face. In these photographs, note the hollowing along the bony orbital rim and the folds near the corner of the mouth. After fat injection, these areas are smooth, with a more youthful and less “hollow” appearance. Fat can be used to fill depressions, folds, or build up cheek volume. Best of all, it is not a foreign material!

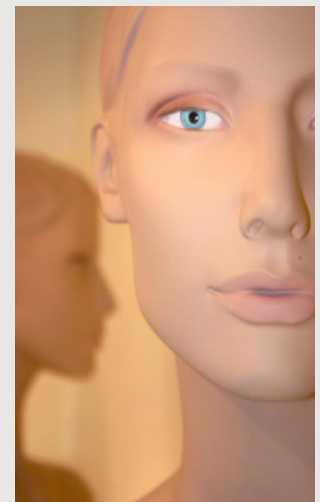
Approximately 30 to 40% of the injected fat stays long term. Fat injection can always be repeated. The procedure can be done with minimal sedation, but there is the potential for up to 2 weeks of bruising. If you are trying to decide between temporary fillers such as Restylane or Radiesse versus fat transfer, keep in mind that certain wrinkles may be better suited for one or the other. Deeper folds and depressions may be better suited for fat injections. The best way to determine your options is through individual consultation with one of our doctors.

### Annoying Blood Vessels on Your Nose?!

#### Broadband Light

Broadband Light (BBL) uses light energy to selectively heat broken capillaries on the face. On average, at least 2 office-based treatments spaced 2 weeks apart are needed.

Because the epidermal skin barrier is left intact, you can return to work, and apply makeup right away. There is mild redness for the first 24 hours, but no crusting or scabbing. It is important to avoid prolonged direct sun exposure throughout the treatment period.





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### Avage is Therapeutic!!

#### AVAGE

Because of the overwhelming number of skin care products available, patients are often confused by the terminology, when to apply which agent, and how the various agents interact. At the Aesthetic Surgery Center, our approach to skin care is based on the following principles: 1. Scientific, clinical published data which supports the use of specific therapeutic skin care agents; and 2. K.I.S.S. (keep it skin simple).

Other than sun avoidance and sunblock, the single most important topical agent is a vitamin A derivative such as tazarotene (Avage), tretinoin (Retin-A), or adapalene (Differin). These differ from retinols, which do not have the same therapeutic benefit. Any of these products have therapeutic benefits, but they must be applied properly, and their penetration is often enhanced with glycolic acid products, which lower the pH of the skin. Here are the beneficial effects on a clinical level:

- Increased collagen type I formation = A reduction in fine lines and coarse wrinkles
- Melanin is distributed to surrounding cells = Improvement in hyperpigmentation
- Increased cell turnover = Constant renewal of the skin
- Improved blood flow in the skin = Clearance of Toxins and a Rosy Glow
- More fibroblasts which produce glycoaminoglycans = More hydrated skin with less need for moisturizers
- Increased skin thickness = Firmer skin

The benefits are endless and they continue to accumulate over a period of 6-12 months. Side effects are common, and they indicate a desirable response to treatment. These side effects include peeling, burning, stinging, redness, and itching. Do not give up! It takes 6 weeks for the skin to build its tolerance and for the side effects to go away. You will not regret it! There is no substitute for this agent in our (or your) skin rejuvenation arsenal. If you would like to discuss your skin care regimen and treatment options, including in-office BBL or Arctic laser treatments, call 239-594-9100.

**AVAGE**  
(TAZAROTENE) CREAM, 0.1%