



AESTHETIC SURGERY CENTER

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Endoscopic facelift by Dr. Anurag Agarwal

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It was rewarding for Dr. Agarwal to see this 55 year old woman, 4 months after he performed an endoscopic forehead and brow lift, endoscopic midface lift, Uplift™ lower face and neck lift, fat transfer to the tear troughs/temples/cheeks, and fractional CO₂ laser resurfacing of the forehead, lower eyelids, and around the mouth. Her comment after seeing her own before and after photos: "that looks like a mother and her daughter!"

If you are interested in endoscopic facial rejuvenation, please call 239-594-9100 to schedule your individualized consultation.

[CLICK HERE TO READ MORE ABOUT ENDOSCOPIC FACELIFT SURGERY](#)



CoolSculpting was recently brought into the spotlight when Linda Evangelista opened up about her struggles with body image as she experienced a rare, yet disfiguring side effect of CoolSculpting, PAH. CoolSculpting is a non-invasive form of cryolipolysis, basically cooling fat cells to the point where they rupture. CoolSculpting has become extremely popular over the last several years due to the noninvasive treatment of excess adipose tissue. Some patients experience a condition known as paradoxical adipose hyperplasia, or PAH. Paradoxical adipose hyperplasia is a rare, adverse effect of cryolipolysis. PAH causes a gradual enlargement of the treated area, most commonly the abdomen. It occurs when the cooling of fat cells starts a process in the fatty tissue that thickens and expands the fat cells rather than breaking them down and allowing the body to remove them. PAH is only known to occur following CoolSculpting. PAH most commonly occurs in the abdomen and men are more likely to be affected. PAH typically presents with patients complaining that they are getting bigger in the exact shape of the cooling device. PAH can be severe for many people such as Ms. Evangelista, who described herself as “brutally disfigured”, by PAH. Further treatments with CoolSculpting will not treat PAH and will most likely make it worse!

The only effective treatment of PAH is surgical removal of the hypertrophied fat cells, most commonly with liposuction performed by a plastic surgeon. Treatment varies depending on the individual and the amount of hyperplasia (excess growth) that has occurred. Although PAH is rare, the combined cost of CoolSculpting and the multiple sessions required to see results means that Dr. Holmes does not recommend it as the primary choice for his patients seeking to get rid of stubborn, excess fatty tissue. All treatments should be tailored to the individual...there is no “one size fits all” approach to treat areas of fat that are not responsive to diet and exercise.

If you think you may have been affected by PAH or are considering treatment options for excess adipose tissue, please contact Dr. Holmes AT 239-594-9100 to review your options and weigh the risks and benefits of the treatments he offers.

[CLICK HERE TO READ ABOUT VASER LIPOSUCTION](#)



Vi Peel™ treatments are amongst the most popular facial superficial chemical peels performed by our aestheticians. A new Vi Peel™ **body treatment** has now been released, helping to target troubled areas and reveal smoother, more radiant skin in just one treatment. This is safe for all skin types, tones, and textures.

Some of the concerns addressed by this new superficial chemical peel for the body are:

Pigmentation and fine lines on the Décolleté

Body Acne

Scars from Acne, Surgeries, or Injuries

Stretch Marks

Sagging skin

If you would like to improve the quality of the skin on your body, please contact our skilled licensed aestheticians, Ilaria and Brittini, at 239-594-9100. They have expertise with Vi Peel™ treatments. Call 239-594-9100 for your Skin Spa service.

[CLICK HERE TO READ MORE ABOUT OUR SKIN SPA SERVICES](#)



Introducing Skinmedica's new Firm and Tone Lotion for the body!

This twice a day lotion is ideal for all skin types and diminishes the look of crepey skin, improves body skin firmness and tone, and improves uneven skin texture. It is commonly applied to upper arm and thigh crepey skin, and on the thighs for cellulite. In clinical studies, visible improvements were seen 4 weeks, 8 weeks, and 12 weeks after treatment.

The key ingredients are green microalgae and shitake mushroom extracts, lemon balm extract, coffee arabica seed oil, caffeine, hydrolyzed rice protein, Japanese parsley, grapefruit peel oil, and ginger root extract. These ingredients together provide antioxidant defense, soothe inflammation, and supports collagen production.

The cost of this lotion is \$166. For a limited time and while quantities last, receive a luxurious SkinMedica exfoliating body brush!

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PRODUCT LINES](#)

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