

Dr. Joseph Banis & Dr. Vera van Aalst

This Issue:

- Recapturing that youthful glow.
- Who is a good candidate for liposuction?
- Coming soon...dermal fillers.

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Skin Health

We all aspire to have a glowing complexion. It makes us look healthy and youthful. Intuitively we recognize that people with healthy skin are healthy people. But the question is, how can we improve the health of our skin?

There are many environmental abuses our skin endures such as sunlight, smoking, and poor nutrition. The end result is damage to the skin by producing free radicals (unstable oxygen molecules) that can then attack and damage skin proteins. This results in accelerated aging, wrinkles, loss of elasticity, color irregularities, and, potentially, the development of skin cancer.

The best starting point to protect yourself is to wear sunscreen, avoid cigarette smoke and eat a nutritious diet high in antioxidants—vitamins C, E, and A (found in fresh fruits and vegetables).

When you think about what a large role your skin plays in your life and all of the ways it changes daily, monthly and every year you age, it makes sense to have an ongoing relationship with a medical practice offering a pharmaceutical skin care line.

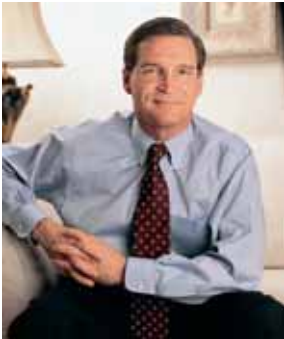
What is available?

1.) **Cosmoceuticals**—these pharmaceutical-grade skin care products can improve your complexion, smooth fine lines, decrease pore size, fade hyperpigmentation and age spots, and overall develop a youthful glow to your skin. Use of our skin care products can be tailored to fit your skin care needs.

2.) **Laser Facial Treatments**—this program provides a significant opportunity for skin improvement. The procedure uses a non-ablative laser that heats the collagen (the major skin protein component) in your skin resulting in tightening and toning of the skin, increasing collagen production, and therefore reducing the appearance of wrinkles and rejuvenating the appearance of the skin. Best of all, this is done with no downtime, surgery, convalescence, or special care. This program is done in a series of 6 treatments initially and maintained periodically thereafter for best results.

3.) **Microdermabrasion**—an excellent technique to *immediately* improve facial skin appearance and restore a healthy glow to your skin by removing the dry, flakey, dead outer skin layer. This improves the color, shows a healthy youthful glow, softens the skin, and makes the skin more receptive to skin care programs by improving the absorption of skin care ingredients. The treatment feels good, and there is no downtime or convalescence—great for right before parties and special events when you want to look “just right.”

If you want to look better, start with your skin. It is an easy and inexpensive way to get the healthy, youthful glow back into your life. Obagi NuDerm, Obagi Vitamin C, Microdermabrasion, Laser Facials, and laser resurfacing/rejuvenation are options for your skin’s improvement. Call the office to find out more about these and other skin care techniques available.



Dr. Joseph Banis

“Liposuction does not replace dietary control and is not used for weight loss.”



Dr. Vera van Aalst

Liposuction

Have you ever considered having liposuction?

Liposuction is a method of removing localized deposits of fat to recontour one or more areas of your body. These areas include abdomen, hips, waist, back, buttocks, thighs, knees, legs/calves, chin and neck. It is a frequently performed cosmetic procedure that will give great results in appropriate individuals.

Are you a good candidate for liposuction?

The ideal candidate is of normal weight, with firm, elastic skin who has localized pockets of excess fat. Most patients, of course, are not “ideal” candidates, but as long as you are physically healthy and realistic in your expectations you can expect marked improvement in your figure. Liposuction does not replace dietary control and is not used for weight loss, but rather for “sculpting” you to your best, most ideal shape, at whatever *stable* weight you are.

Tell me more about the surgery....

Liposuction is usually done in the hospital on an outpatient basis. In most cases, local anesthesia with monitored sedation is used. After a small incision is made, fluid (a mixture of intravenous salt solution, anesthetic, and vasoconstrictor—to decrease blood loss) is injected into the fatty areas before the fat is removed. It helps the fat to be removed more easily, reduces blood loss and provides anesthesia during, and for several hours after, the surgery. Next, a narrow cannula is inserted through the same incision and is used to vacuum out the fat layer that lies deep beneath the skin. The cannula is pushed and pulled through the fat layer, repeatedly breaking up the fat cells so that they can be suctioned out. Finally, the small incisions will be closed with a single suture. And, because the fat cells are actively destroyed and removed, these changes are permanent.

What can I expect after the surgery?

You will see a noticeable difference in the shape of your body immediately after surgery. However, don't expect to look or feel great right after surgery. Immediate effects can include some pain, burning, swelling, bleeding and temporary decreased sensation in the area of surgery. You may also experience fluid leakage from the incisions. It takes several weeks for most of the swelling to subside and it will take about 3 months to see the final result. To minimize swelling and to help your skin better fit its new contours you will wear a snug elastic garment over the treated area for about 3-4 weeks. Most people will resume daily activities within a few days and enjoy their “new” figure.

If you've always wanted to enjoy the spring and summer fashions that you can't because your figure doesn't cooperate, call now for an informative consultation on how easy it would be to have a new you.



38 year old male

1 year post-op
liposuction of neck,
chin and cheeks

Clinical Corner

Abbey Helton BSN, RN C, *Certified Plastic Surgery Nurse*

I think I need a tummy tuck—but I just want a better figure. What can I do?

So many patients come into this practice positive that they need an Abdominoplasty, “tummy tuck.” They don’t like their “shape” anymore. They tend to focus on their abdomen, but in reality it is also other areas like their hips, waist, upper and lower back, and thighs that are really making them unhappy—none of which an abdominoplasty will fix.

Liposuction is a sculpting tool, chiseling away at the fat layers and creating a slimmer silhouette. A flatter abdomen will certainly be achieved by an abdominoplasty—but that is it. It will do nothing for your hips, waist, thighs or flanks. Liposuction is the answer so many patients find even more satisfying than they ever imagined. Trust me—I see it every day!

I have a lot of sun damage and fine lines, but I don’t want anything surgically done. What will help?

The number one thing that I think people should do for themselves to look better is to take good care of their skin. You should start by protecting your skin in childhood, but it’s never too late to start. We carry different pharmaceutical skin care lines for different needs.

The Obagi NuDerm system is a retin-A based program that stimulates cell turnover in the deep layers of your skin, therefore giving you a smoother complexion, reducing the appearance of fine lines, increasing the firmness of the skin and decreasing pore size.

For more sensitive skin there is Kinerase or the Obagi Vitamin C Rx line. These pharmaceutical products increase the brightness of your skin, evening the tone by smoothing and hydrating the skin. It helps diminish early photo damage from the sun.

Glycolic peels are another option. These deep cleansing, exfoliating peels treat sun damaged areas, fine lines and blackheads; leaving you with a clearer rosy complexion. These peels can be done alone, in a series of 6, or combined with microdermabrasion. For optimal results I highly recommend a series of 6 glycolic peels administered in conjunction with microdermabrasion.

None of these skin care lines are an overnight fix, but within 6-8 weeks of starting a program you will start seeing results. It takes a commitment, but it’s worth it!

Specials

March
Laser Facial Package
--A Real Deal--
Series of 6 for \$2300
(a savings of \$700)

Botox
\$100 off one area

April
Botox
\$100 off one area

Skin Care
25% off all products

May
Skin Care
25% off all products

Fillers
Call for details

Call for more information on our everyday microdermabrasion packages.



The Obagi NuDerm system corrects damaged skin and restores your youthful appearance.

Laser Facial Dates

March 14	1pm-5pm
April 20	8am-12pm
May 25	8am-12pm
June 29	8am-12pm
July 27	8am-12pm
August 24	8am-12pm

Call for more information and to make your appointment.

Physician Supervised Microdermabrasion

Better than the treatments available at salons—offered in our office for only \$45

Can't make it downtown...

Avoid the traffic and parking by having your skin care products mailed to you.

Joseph Banis Plastic Surgery

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We're on the Web!

See us at:

www.aesthetics.com

Satellite Office

On May 26th we will begin seeing aesthetic patients at our satellite office in LaGrange. Tri-County OBGYN has offered us the opportunity to come to their newly built office at Baptist Hospital Northeast. For the convenience of our East End patients, consultations will be available the last Thursday of each month. Call our office for more details and appointment times.

Do you have...

Deep furrows, creases, crow's feet, unwanted scars, marionette lines, thin lips or loss of fullness in your cheeks?

*You may be a great candidate for **dermal fillers**.*

Available in our office beginning April 2005.

Exciting things are happening...

There are many new things happening in our practice.

Since Dr. van Aalst joined us in September 2004, we have added a new nurse to our staff and moved our office.

We are still located on the seventh floor of the Medical Towers South, but we are now in a

newly-remodeled space nearly 3 times the size of our previous office.

Botox is now available every week instead of once a month. We are also pleased to offer laser facials once a month and we will soon have dermal fillers available to plump lips and fill fine lines and wrinkles.



**Botox is now
available every week
at our office.**

*Call to make your
appointment and ask
about our special pricing.*

Open House

Please join us at an open house showing of our new office on April 7 from 4-7pm. Both doctors will be available as well as representatives for Botox and Obagi. You can find out more information about our new services and enter to win a door prize.

Joseph Banis Plastic Surgery

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