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Dr. Joseph Banis & Dr. Vera van Aalst

Contour ThreadLift™—The minimally invasive “facelift”

Have you ever looked in the mirror, lifted up the skin on your face, and wished it would stay there? If this describes you, there is hope—read on. New non-surgical procedures using minimally invasive, safe, and effective techniques now can achieve subtle, natural looking facelift-like results.

The Contour ThreadLift™ utilizes tiny sutures to lift and support relaxed areas of the face including the brows, cheeks, face, and neck. The unique design of the threads includes tiny hair-like barbs that grasp onto and lift soft tissue, holding it in place without the need for visible scars. Tiny incisions are made behind the hairline or in hardly visible creases, and the barbed thread is advanced through the relaxed tissue. They then create a firm hold on the underlying tissue and then heal with collagen bundles being generated around each thread to maintain the lifting effect. Several significant advantages are readily apparent with this technique, compared to standard surgical approaches.

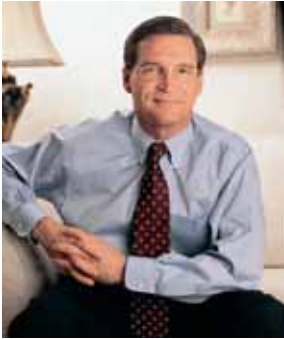
- The procedure is able to be done in the office setting using only local anesthesia.
- Pain and discomfort are minimal. Most patients use only non-narcotic pain medications for relief.
- Bruising is usually minimal compared to standard surgical techniques.
- Edema (swelling) is minimal compared to standard surgical techniques.
- The effects are immediate.
- This procedure can be combined with other rejuvenation procedures including fat transfer, dermal fillers, Botox®, and liposuction.
- Standard surgical rejuvenation procedures (facelift, brow lift, neck lift) can always be done later for more dramatic results.

The ideal candidates for this procedure are individuals with mild to moderate relaxation of the soft tissues of the brows, cheeks, and neck. As with all cosmetic procedures patient selection is very important, and individuals with the extremes of very thin, fragile, or loose skin or those with thick skin and heavy, jowly cheeks and necks are not good candidates for this procedure.

We believe that this procedure will be one more tool (along with cosmeceutical skincare, lasers, Botox® treatments, dermal fillers, and fat grafting) to produce desirable anti-aging effects and subtle rejuvenation.

You should also know that the ThreadLift™ procedure is an ideal procedure to be used as an adjunct to the Laser Facial technique. Where the Laser Facial technique heats the collagen-producing cells in the deep layers of the skin, thereby firming and toning the skin, the ThreadLift™ procedure can add a gentle lift to these same tissues, and in a combined fashion produce an outstanding result. The Laser Facial procedure is completely non-invasive, out-patient, with no downtime whatsoever, with results that can be seen in as little as four to six months on a once a month treatment program.

If a program of this type sounds interesting to you, please call for an appointment to learn about your options.



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Breast Reconstruction

When hearing the words “plastic surgery” and “breasts”, many women first think of breast augmentation. Although breast augmentation is a commonly performed procedure in our practice, we would like to focus some attention on another very serious aspect of breast surgery, that of breast reconstruction.

What possibilities exist when a woman is diagnosed with breast cancer and must have her breast removed? After this procedure (called mastectomy) a surgery known as “breast reconstruction” can be performed by a plastic surgeon to create a new breast mound. While the options for management of the breast cancer (lumpectomy, partial mastectomy, total mastectomy, radiation and chemotherapy) are being discussed with the cancer surgeon, a patient may also want to be including a discussion on reconstructive breast surgery options at the same time. This allows her to make an informed choice as to how to approach the overall planning for her cancer treatment in a thoughtful, proactive fashion. Options available to her for breast reconstruction are ideally best discussed at the earliest possible time. Reconstruction can be done immediately—at the time the breast is removed, or can be delayed for an indefinite period of time, based on both plans for the treatment of the cancer as well as patient desires. Reconstructive surgery is a covered procedure under most health insurance policies.

Once a woman decides to have her breast reconstructed she and her surgeon will decide whether she would benefit most from reconstructing her breast with synthetic breast implants, the woman’s own body tissue (flaps), or a combination of the two. This decision is based on a number of variables. Regardless of the procedure chosen, breast reconstruction is carried out with multiple surgical steps which will take six months to one year to complete under ideal conditions.

One of the most natural-appearing methods of breast reconstruction involves moving tissue from the abdomen (skin and fat that would be thrown away during a “tummy tuck” procedure) and transferring this tissue to the chest to create a new breast. This procedure is generally regarded as the “Cadillac” of breast reconstructive surgery. While this procedure is surgically time consuming and technically challenging, the outstanding results it produces warrant its continued availability to our patients who are in need of breast reconstruction.

Because of our many years of experience and technical expertise in this procedure, as well as the broad range of other available reconstructive procedures, we offer our patients an expectation of demonstrated success and excellence in results. We are proud to offer a full range of breast reconstructive surgical options to our patients who have dealt with breast cancer or other breast deformities.

A New Peel – The MicroPeel Plus

This is a new peel to our practice. It is similar to the MicroPeel in the fact that it is stimulating the epidermal layer, but it has profound results usually after just two treatments.

It clears the pores efficiently and works to soften the appearance of fine lines. Although we expect you to have little or no down time, there is always the chance you will experience mild redness or perhaps mild peeling for 2 to 3 days.

This is great for pigmented and prematurely aging skin. For those of you that have already purchased a series of six MicroPeels, we will be incorporating the MicroPeel Plus into your series depending on your skin type. We do not use these on patients who have Rosacea. There is no derma planning, so it is a different process than the MicroPeel. We are seeing great things and will keep you posted.

Clinical Corner

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



I get so many questions regarding laser techniques – Thermage, Photofacial, IPL etc... What are they? Are they the same thing? I am so confused!

Its okay, it is confusing. Laser is the new trend in Plastic Surgery. It's one of the many procedures available in the world of Aesthetics that requires a series of treatments with no down time and lasting results with maintenance. All of these treatments are basically the same thing; our treatment is called a Laser Facial.

It is a laser technique that stimulates the collagen and we know what that means – smoother skin, better texture and a decrease in fine lines and wrinkles. But, our treatments don't stop there; they can also take care of freckling, areas of hyperpigmentation from sun damage, hormones and aging effect on the skin, as well as removing teleangiectasias (spider veins on the face). Sounds good...it's great!

The treatments are sold in a series of six. Why, you may ask? Because you are not going to get full

results in one or two treatments. One treatment every four to six weeks is our protocol. Each treatment lasts approximately 20 minutes. It feels hot, but tolerable. I tell people it feels similar to the rush of heat felt when opening an oven door.

After each treatment your face is pink and occasional areas of blistering have been reported, but makeup may be put on immediately. After your series of six treatments is completed, maintenance is recommended for two to four treatments a year.

Our patients love the treatments. The results are subtle and the main purpose of treatments is prevention and maintaining or improving what you have. Everyone is a candidate from the ages of 30's to the 60's. The cost is \$500 per treatment. We package them in a series of six for \$2600 – so it's almost like getting one for free. The maintenance package is \$750 for two sessions. Still not sure...call us. We can talk to you some more, we can even get you in touch with patients who have experienced and loved the results. They really speak for themselves. We have success with varying age groups, skin types and an array of skin imperfections.

Have we piqued your interest? I hope so. I'll be seeing you soon!

Thermal Spring Water – A little History

Over 17,000 years ago, the unique water of La Roche-Posay, began its descent through selenium rich clay. Napoleon, upon his return from Egypt, had a hydropathic hospital built at this site to treat his soldiers' skin disorders. As early as this time, these waters were discovered to have a medical therapeutic effect on the skin. In 1904, a spa was constructed at La Roche-Posay, which was officially declared a hydrotherapeutic center in 1913 by the French Academy of Medicine.

La Roche-Posay has since come to be known as the European capital of thermal dermatology. Each year, over 10,000 patients suffering from psoriasis, eczema, atopic dermatitis and other types of inflammatory dermatoses are treated at the La Roche-Posay intensive dermatological skin care center.

Analysis of the La Roche-Posay thermal spring water indicates the presence of trace amounts of selenium, which:

- Contains low levels of minerals, bicarbonate, calcium and silicate. It is very pure and almost neutral in pH.
- Performs an essential role in tissue metabolism and has a protective effect on the human body.

- Acts as an antioxidant and inactivator of free radicals which in combination of Vitamin A, E and C, delay aging tissues.

Thermal spring water is in many of the La Roche-Posay products that we carry such as Vitamin C, Toleriane Fluid, Lipikar, Xerand, Vitamin C eye cream, to name a few.

Call us today to make an appointment to see if you're doing the right and best thing for your skin!!



Botox Evening

at
**Joseph's
Salon & Spa**

June 5th

All of our patients are welcome to have a Botox treatment at this East End location.

Call the salon at
897-5369
to reserve your time.

Pricing will be the same as in our office.

Can't make it downtown

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

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We're on the Web!

See us at:

www.aesthetics.com

Dried out from the Winter Months . . .

We have just the product for you!

Lipikar Baume is made of shea butter and a vegetable oil extracted from an African tree. La Roche-Posay uses a high grade naturally extracted by pressure without the use of a solvent. It is extremely well tolerated while it soothes skin, protects the epidermis, replenishes the lipid barrier and penetrates easily because it melts at body temperature. Great for the entire body! Cost - \$24

Medical Skin Care Parties in Your Home

We have started Medical Skin Care Parties at people's homes, work places – whatever works best for you. Our focus is to educate as many people as we can about skin health, the medical skin care lines available to improve your skin, and treatments such as Botox® and skin fillers which can further “erase” the years.

The hostess of the party will benefit greatly for just getting people together for us. She will receive either a free skin care line or a free area of Botox®. What a deal! We send the invitations, cater the food, and we even bring the wine! It doesn't get any easier than that for an evening with friends. The response has been terrific, and no wonder—women love learning about skin health from true professionals. And you know what...it's fun too! Call today and schedule your skin care party.



Botox & Filler – A Match made in Heaven!

Botox® is not just a simple and safe way to minimize wrinkles, but also as a way of sculpting the face. Botox® is injected into muscles of the face by using tiny, micro needles. The protein weakens the muscles and decreases the activity therefore relaxing wrinkles, lines, and furrows. Not only does this make these areas look smoother, but also prevents formation of new wrinkles.

Botox® can be injected all over the face – in between the eyebrows, on the forehead and the crow's feet. But, sometimes, you may have deeper wrinkles and lines. Yes, the Botox® will help to relax the muscle movement, but it will not erase the line.

For these “fixed wrinkles” we may recommend using fillers along with Botox®. Filling a deep line or furrow with a dermal filler like Restylane® or Hylaform® and following it through with Botox® to decrease movement in that area can improve the longevity of the results! Now that's heaven!!!!

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