

face facts

Aesthetic Solutions ■ Volume 3, Issue 1 2008 ■ www.aesthetic-solutions.com

Facial shaping with injectable fillers

When it comes to facial rejuvenation, maximum results can only be achieved through surgery. For those who aren't ready to go under the knife, or who just plain don't need such a dramatic difference, your best option may be injectable fillers for significant results in facial contouring.

Traditional areas that have long been treated with fillers are the lips (both for vertical lines and augmentation) and the nasolabial folds (to fill in the "commas" that extend from the nose to the mouth). Most people don't know that fillers can also be used around the eyes, nose, cheek area, and even earlobes.

Beautiful cheek bones are the benchmark of classic beauty, but they can get lost under sagging skin as we age. Fillers can plump up the area, adding definition and create volume for hollowness. An added benefit to this type of procedure is that augmented or enhanced cheeks will lessen the look of nasolabial lines and sagging skin by drawing up the tissue as it sits higher on the apple of the cheek. Soft tissue fillers produce a smooth appearance and natural feel.

If the eyes are the windows to the soul, who wants them to look dark and tired? Dark circles are often the result of thin skin

underneath the eye orbit that shows through the dark grey coloring of the bone underneath. Filling in this area lessens bags and diminishes sallowness, resulting in a more youthful, rested appearance.

A heavy brow can be lifted with a combination of botox and filler. Strategically placed botox can result in a 2-5mm elevation, while filler in the area of the browbone will plump up the platform for the skin to sit on, which reduces the "hooded" effects of sagging lids.

Next is the nose. Rhinoplasty is the ultimate fix, but fillers can help improve asymmetry, lift the nasal tip and soften bony projections without surgery. It can also be used to fill soft tissue defects. Maintenance treatment may be needed after 8-12 months.

Finally, the ears, a much overlooked area for improvement can be helped with dermal fillers. The older we get, the more we lose the plump fatty tissue that gives earlobes their shape. Many women lose the ability to wear earrings because of the lack of tissue support in that area, causing the earlobe to droop at the risk of tearing. Fillers replenish the area of atrophy and offer a quick fix with no downtime.

At Aesthetic Solutions, Dr. Finn and Dr. Cox offer a variety of fillers including Restylane, Perlane, Juvederm Ultra and



Ultra Plus, Radiesse, Hylaform, Cosmoderm, Cosmoplast, Captique, Artefill, and Sculptra. Different products are preferred for different areas so ask Dr. Finn or Dr. Cox which is best for you.

Pre-treatment guidance for fillers

Discontinue aspirin, nonsteroidal anti-inflammatory medications (N.S.A.I.D.S) and high doses of vitamin E a few weeks prior to treatment, as these may increase bruising or swelling after treatment.

Know who's behind the needle

Patients seeking cosmetic injectables should weigh training and qualifications over convenience. Injectable fillers are medical treatments and should be performed by a highly qualified physician. Training should include an extensive understanding of cutaneous

medicine and the aging face, knowledge of the various FDA-approved injectable products and their indications, experience in injection techniques appropriate to the products, and the pre- and post-procedure care involved in treatment. Dr. Finn and Dr. Cox perform all injectable treatments at Aesthetic Solutions so you can rest assured you are in skilled hands.

Doctors update – travel and education

As our patients are well aware both Dr. Finn and Dr. Cox often travel the world to present lectures at many different medical conferences throughout the year. They attend these meetings not only to lectures about techniques and trends in their medical specialty, but also to learn. Dr. Finn and Dr. Cox believe it is important to stay educated in order to offer cutting edge medicine.

There is always something new to learn and they recognize the educational opportunity for themselves and the staff. They bring back valuable information, techniques and tools to continually improve and provide patients with the highest quality medical care and office experience.

Thank you to all our patients who might have to wait an extra week to see Dr. Cox or who have had to reschedule an appointment due to their lecture schedule. We appreciate your patience and loyalty!

Lecture and Teaching Schedule through March

January 18 – 22, 2008

Vail, CO

Both Dr. Finn and Dr. Cox attended the Winter Symposium on the *Latest Advances in Facial Plastic Surgery* in Vail, CO in January 2008. Dr. Finn lectured on skin cancer reconstruction and the use of injectable fillers around the eyes for periorbital rejuvenation. Dr. Cox lectured on the treatments available for widespread actinic keratosis (pre-cancerous lesions) as well as injectables fillers for facial rejuvenation.

January 24 – 25, 2008

Cayman Islands

Dr. Cox went to the Cayman Islands to attend a meeting on Evolence, a new collagen-based dermal filler.



January 25, 2008

London, England

Dr. Finn traveled to London to participate in an *Allergan Investigator Meeting* for a new injectable filler. Allergan is the manufacturer of Botox and both Dr. Finn and Dr. Cox serve on a board that oversees new advances in Botox.

February 1–5, 2008

San Antonio, TX

Dr. Cox was invited to be a Forum Director at the annual meeting for the AAD (American Academy of Dermatology) in San Antonio, TX. In addition to being a Forum Director at the AAD meeting she presented several lectures on topics such as Botox, injectable fillers, liposuction, and marketing.

February 18 – 22, 2008

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Dr. Meredith Sheedy, a Duke University resident, will be shadowing Dr. Finn and Dr. Cox to observe and learn. Both Dr. Finn and Dr. Cox offer residents an educational experience for external clinical rotations.

February 21 – 22, 2008

Morganton, NC

Dr. Finn will be conducting a AAAHC, Accreditation Association of Ambulatory Healthcare site survey for a medical practice in Morganton, NC. Becoming AAAHC accredited is an important step in providing patients with high standards in a medical practice. The AAAHC measures the quality of its services and performance against nationally recognized standards. Aesthetic Solutions has been AAAHC accredited since 1999 and Dr. Finn has been a surveyor for the AAAHC since 2003.

March 17 – 21, 2008

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Dr. John Soderberg, a Duke University resident, will be shadowing Dr. Finn and Dr. Cox to observe and learn. Both Dr. Finn and Dr. Cox offer residents an educational experience for external clinical rotations.

March 28 – 30, 2008

San Diego, CA

Dr. Cox has been asked to attend the Facial Aesthetics meeting.

Skin and Tonics

Do you see your skin as your coat of armor? Your skin reacts to its environment. It has layers that show your history. Like a mirror, it reflects your emotions.

There is some truth about "Messages in a Bottle!"

Antioxidants: Protect your skin from environmental stress and sun exposure. (Kinerase Pro-Therapy C6 Peptide, Obagi C Serum 10-15, PreVage MD, Revale CoffeeBerry, Vivité Antioxidant Day Serum)

Alpha-Hydroxy Acids: Gently exfoliates and hydrates the skin. Available for the face and the body! (MD Forte Skin Rejuvenation Lotions & Creams, Vivité Night Cream, Glytone Body Lotion)

Retinoids: Turns over skin cells and promotes new collagen. (Differin, Retin-A, Tazorac, Avage) These products are prescription only and must be prescribed by a physician.

Moisturizers: Hydrates and acts as a vehicle for better product penetration and tolerance. (Biafine Rx, Kinerase Cream and Lotion, Pro-Therapy Ultra Rich Day and Night Cream, Ultra-Lite Lotion, Fortified Cream)

Sunblock: Protects your skin from UVA and UVB rays and helps prevent skin cancer. (Anthelios w/Mexoryl)

Beauty Cocktails

Ready for action? And reaction!
 Special savings from Kinerase!
 Take **15% off any Kinerase Pro Therapy product** through the end of March, 2008.

Beauty advice is always available at the Product Bar, no IDs required!

Beauty Byte!

Did you know? Drinking through a straw frequently can cause lines around the mouth that look like smoker's lines?

Skin of color

This past November, April Cotten (one of our two

Paramedical Estheticians) attended the L'Oreal Institute for Ethnic Hair and Skin conference in Miami, Florida.

A major topic of discussion was the challenge that women of color face when treating

dermatologic disorders such as acne, discoloration including melasma, eczema, alopecia (hair loss), and general irritation due to oil gland imbalance. These disorders are so frustrating for patients because they are both common and challenging to treat. Ethnic skin is much more reactive to injury, and is more prone to unsightly discoloration and keloid type scarring than fair skin. Patients who attempt to self-medicate or treat these skin disorders risk disastrous and irreversible consequences.

Treatment of disorders of ethnic skin, because of its sensitive nature, should be reserved for a well-trained and well-educated provider. Communicate your concerns and be realistic about your expectations. The provider-patient relationship should be a partnership. That said, many treatments of ethnic skin require strict patient compliance and may take several weeks or even months to yield results so please be patient.



April and Dr. Cox

Common Problems for Ethnic Skin	Solutions
Excessive Hair	Gentle Yag Laser Hair Removal
Pseudofolliculitis barbae "razor bumps" (PFB) are small, irritated bumps on the skin	Gentle Yag Laser Hair Removal
Dark spots and other discolorations	Obagi skincare system (a corrective system for hyperpigmentation) Chemical peels Topical lightening creams
Keloid Scarring	Steroid injections Surgical removal of scar
Acne	Chemical peels Topical medications Oral medications

Staff update

Stacie's back! **Stacie Knight** formerly worked here as a Front Office Coordinator and we are so excited that she has decided to return. Stacie will work throughout the office at Aesthetic Solutions as well as The Product Bar downstairs in suite 202. With Stacie's friendly, easy-going personality and knowledge of the procedures and products, employees and patients are excited to have her back.



Congratulations, Jodie! For those of you who haven't heard, **Jodie Popik**, Front Desk Coordinator, is expecting a baby! Jodie and her husband Dan will be first-time parents and are excitedly awaiting the arrival of their baby at the end of June. By far the fittest person in the office, Jodie continues to exercise daily and still teaches her fabulous "Body Pump" and "Spin" class every week at O2 Fitness in Southern Village.

Welcome, Archie! **Archie McAlexander** is our new LPN here at Aesthetic Solutions. He has been in the healthcare field since 1995 and most recently spent 3 years employed with Raleigh Neurology. We have already found that Archie is very personable and his upbeat, positive attitude is infectious!



Archie loves to dance and aspires to dance on national TV show *Dancing With the Stars*. If that doesn't work out, then he may return to school to study to become a certified nurse anesthetist.

Best of luck, Rosie! **Rosina Orr**, Front Desk Coordinator will be leaving us in the Spring. Rosina has been with us since April of 2005 and she will be missed by all. Rosina is quite the entrepreneur and plans to open her own hip clothing store in downtown Chapel Hill. She has always impressed us with her unique style and we fully support her extraordinary business goals. We will keep you posted on her adventures!



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