

# A New Leaf



The Center for  
Plastic Surgery  
at Copper Ridge

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The Center for  
Skin Care  
at Copper Ridge

## “Spotlight”

### Physicians Honored

If you were to ask Dr. Steve Thomas and Dr. Chris Jeffries what recognition they value most, they would both easily answer that the thanks and appreciation from their patients is the highest praise. But recently, both physicians with The Center for Plastic Surgery at Copper Ridge received accolades from their colleagues and the community that we thought you'd like to know about:

In the November issue of Traverse, Northern Michigan's Magazine, Dr. Thomas was applauded in the annual Best Doctors® report from The Best Doctors in America 2011-2012®. This list is created each year by the Best Doctors company, which contacts physicians and asks them who they'd recommend for a loved one in various specialties (not all specialties are represented in each year's list). The results of this research of peer physicians is then vetted through background checks and statistical analysis. Thousands of physicians make the list from across the United States, but only 62 physicians in Northern Michigan were selected, and only Dr. Thomas was singled out as the best in plastic surgery.

In the September issue of Traverse City Business News, Dr. Jeffries was chosen as a member of the select 40 Under 40 group, “the region's most influential professionals under 40.” He was honored for his accomplishments as a father, an athlete (he competed in three triathlons this summer), a teammate, and his recent success in performing (with Dr. Thomas) the first DIEP breast reconstruction in Northern Michigan.

## “Ask the Doctors”

**Dear Doctors: I have been hearing a lot about brow lifts. Is this the same thing as a face lift?**

**Dr. Thomas:** A brow lift – or a forehead lift – is sometimes indicated when the skin has lost its elasticity, causing people to look tired, sad or older than their years. The sun, wind, and gravity all affect the face, resulting in frown lines, wrinkling across the forehead, and an increasing heaviness of the eyebrows. Some of these issues are genetic, and we've seen people in their thirties that feel that their faces don't well reflect how they actually feel.

The brow lift is sometimes part of a full face lift, but can be performed as a separate procedure, concentrating on the upper half of the face. Based on variations in how men and women age and on new advances in medical technology, different methods are used to perform this procedure.

**Dr. Jeffries:** Recently I performed a brow lift and an eyelid lift on a young man (see before and after photos on the back page) who was severely affected by how his brow had fallen. His friends referred to him as ‘caveman,’ and his vision was almost completely diminished. After the surgery, he was delighted to not only resume his favorite activities, like hunting and fishing, but commented that his girlfriend could now look him in the eyes...eyes that she really hadn't seen for quite some time. He was thrilled with the results.

**Dr. Thomas:** During this procedure, we tighten loose skin and remove the excess; forehead wrinkling and drooping brows are modified. For some patients, it is necessary to remove part of the muscle that causes vertical frown lines between the brows. The result can be a smoother brow and a more youthful expression. I often tell patients that if they want to see what a forehead lift can do for the face, put your hands above your brows and outside the edges of your eyes and gently raise the skin upwards. There are several techniques that we utilize. Incisions can be placed at the hairline, behind the hairline, or in some cases, above the brow or in the mid-forehead.

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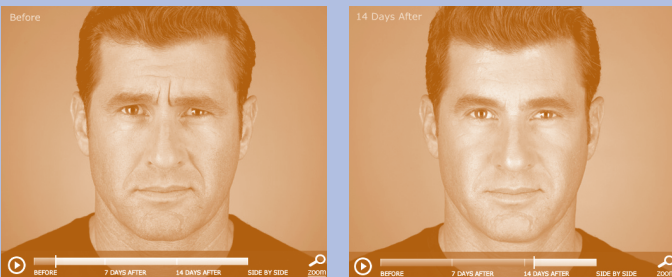
## “Skin Care”

### Botox® and Dysport®

Karen Tosiello, PA, one of our skin care coaches and a physician assistant with our medical practice, has just returned from an extensive training program on injectables that are used to relax muscles and fill lines and wrinkles.

The newest product on the market is Dysport®, an abobotulinumtoxin A formula that is similar in structure to Botox®. Both are prescription formulas that are best administered by a health care professional with special training, in the nerve and muscles of the face. When correctly administered, either of these treatments can reduce or eliminate the deep frown lines of the forehead and between the eyes. While at the conference, Karen learned that the formula of the two is quite different; with Dysport®, it's necessary to inject 2/3 more product. Other findings include the efficacy, showing that while the effects of both products seemed to last the same amount of time (usually about 3-4 months), there were some reports that the Dysport® started working in 2-3 days, while the effects of Botox® is known to be noticeable at 3-5 days. They are both priced the same. At this point, we are only offering the Botox® injections.

If you have any questions about this, please contact our office. For a series of before and after photos that show the effects of this type of treatment, please visit [www.botox.com](http://www.botox.com).



“I don't mind looking a little older  
- I just don't want to look mean!”

- A Botox® patient at The Center for Plastic Surgery

## “What to Ask”

### Considering Surgery?

Sometimes, talking to a physician about something as personal as plastic surgery can be a little intimidating. Having a list of questions might help you put your thoughts, concerns, and questions into words.

1. Am I a good candidate for this procedure? Why or why not?
2. Are there treatments other than surgery that might work just as well or better for me?
3. How many times have you done this procedure? What were the results?
4. Can you share photos or diagrams to help me understand the procedure and the expected results?
5. Can the desired effect be accomplished in one procedure, or do you anticipate multiple procedures?
6. What are the specific surgical options? What are the pros and cons for each?
7. What type of anesthetic will be used? How will it affect me?
8. Will I be hospitalized? If so, for how long?
9. What are the possible complications?
10. How will my progress be monitored after surgery? What follow-up care will I receive?
11. How much will the procedure cost?
12. How often is “touch-up” surgery needed? Is it covered in the cost estimate?



A

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cosmetics, gift certificates  
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peels, and more...all wrapped up  
and ready in beautiful gift baskets.  
(You may want to get yourself a little  
something, too!)

Happy  
Holidays

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## “Flash”

### In The News

IS Clinical has announced the addition of WHITE LIGHTENING COMPLEX™ to its product line-up. This product is designed to help treat hyperpigmentation, the dark spots that appear on our skin as we age. The product works in five ways: it provides antioxidant protection; it reduces inflammation; it interrupts communication between melanocyte and keratinocyte; it inhibits the production of melanin; and it exfoliates without excess peeling or irritation.

True to its name, WHITE LIGHTENING™ COMPLEX is a distinctive formula that safely and effectively brightens and lightens skin with beneficial moisturizing properties. Utilizing an innovative blend of proprietary lightening ingredients and pharmaceutical-grade botanicals, this high performance formula concentrates on not one or two but all five mechanisms that address hyperpigmentation, a powerful formula for lighter, healthier skin. The clinical studies, available online ([http://www.isclinical.com/white\\_lightening\\_complex](http://www.isclinical.com/white_lightening_complex)), showed that those who participated in the study enjoyed a 37% reduction in intensity of pigmented areas after just 72 hours, and even greater results with continued use.



The Center for Skin Care coaches can help you select the proper products for your specific skin issues; contact Kim Pringle, Paramedical Skin Care Specialist, at 231.929.7700.

## “Jeans on Fridays”

### Helping Those in Need

If you've noticed that staff around the Center is sporting blue jeans on Fridays, you may wonder if we're just embracing casual Friday mentality. "Actually," says practice manager Sandy Weaver, "the Jeans on Friday idea came from the staff. Each Friday, if someone chooses to wear jeans, she donates \$1 to a special fund. At the end of the year, we use that fund to adopt a family for the holidays." The Center has been doing this for several years and when the whole team participates, the funds add up! If you are interested in adopting a family, touch base with Child and Family Services in Traverse City at 231.946.8975.

## “Getting Ink”

### Permanent Makeup in O Magazine

In the "We tried it and you might want to" section of the October issue of O Magazine, Alison Gwinn described herself as looking in the mirror and feeling that "everything was just fading away." She felt clumsy at applying eye liner, was frustrated that it wore off by midmorning and, at the suggestion of a friend, decided to try permanent makeup, or tattooing of the eyes. The outcome? In her words: "I got exactly the results I wanted, precise, unobtrusive, and natural. Now, before I've even opened my eyes in the morning, they're already done."

Eyeliner is just one of the tattooing options at The Center for Skin Care. Jan Wiseman, LPN, can also provide permanent makeup in the form of eyebrows and lips. Want to wake up with makeup? Give the Center a call at 231-929-7700.

### \* *Paper or plastic?*

"When Dr. Thomas checks out at the grocery store, do you wonder if he ever chooses paper?"

## “Testimonial”

### Thanks, Doctor

"When my son required plastic surgery for a birthmark, my family physician recommended Dr. Thomas. Not only was he great in allaying my fears, he was funny and gentle with my son. He explained everything in a way that an 8-year-old could understand, and the outcome was excellent. Dr. Thomas just has a way about him that isn't stuffy or conceited – you can tell he has your best interest at heart. If I can trust him to care for my son, I know I can trust him with anything."

*Karen, mother of patient*





## The Center for Plastic Surgery at Copper Ridge

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### “Ask the Docs”

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**Dr. Thomas:** The traditional technique uses a coronal incision, which is made slightly behind the natural hairline. An alternative is the pre-trichial incision. This is similar to the coronal incision except that the mid-portion of the incision is made directly at the hairline. This incision generally heals favorably and has the advantage of lowering the hairline. The disadvantage could be noticeable scarring. An option is to place the incision within the mid-forehead creases. This is primarily used in men with deep pre-existing forehead lines. The newest approach is endoscopic surgery. Several small one-half-inch to one-inch incisions are placed just behind the hairline. Although this technique may require more surgery time, it is less invasive. This procedure takes between one to two hours to perform. It is most commonly performed under general anesthesia. At times, a brow lift is combined with Blepharoplasty (an eyelid tuck) or face lift to provide a harmonious rejuvenation. (See more before and after photos on our website.)

**Dr. Jeffries:** While this procedure is usually requested by patients between age forty and sixty-five, we have recently started to see an increasing number of older patients seeking this lift. We're finding that some patients, who have had some kind of facial surgery in their 60's, are now in their late 70's and still active and feeling great; they want to look the way they feel. Some patients who have had gastric bypass procedures or have lost a lot of weight may seek facial surgery to tighten up excess skin.

If you have any questions about this, or other procedures, please let us know.

Steven V. Thomas, MD, FACS

Christopher C. Jeffries, MD



BEFORE

AFTER

The information contained in this newsletter and on The Center for Plastic Surgery at Copper Ridge website is not intended to replace medical advice. The website is a partial summary of the practice's techniques and services. It is not an exhaustive list of procedures and options for patients. The Center for Plastic Surgery recommends consulting with a qualified physician to learn about each individual's most suitable treatment.