

A New Leaf



The Center for
Plastic Surgery
at Copper Ridge

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“Spotlight”

A New Partner



Many of you have already come to know and trust the expertise and caring nature of Dr. Christopher Jeffries. Dr. Jeffries joined us at The Center for Plastic Surgery just over a year and a half ago and now, we can't imagine life without him! We are very pleased to announce that Dr. Jeffries is now a Partner at the Center where he will continue to provide clients with professional and expert care.

“We are so fortunate to have a doctor of Chris's caliber here in northern Michigan,” says Dr. Thomas. “He is an asset not only to the patients here at the Center but also to the community as a whole.”

Board-certified in plastic and general surgery, Dr. Jeffries now has over 3 years of experience specializing in cosmetic and reconstructive surgery. He is also one of the first surgeons in northern Michigan to have performed a DIEP flap breast reconstruction, a revolutionary surgery designed to allow active patients to maintain an athletic post-operative lifestyle.

“Ask the Doctors”

Dear Doctors: I don't want to do anything too drastic to get rid of my frown lines and wrinkles on my forehead – could Botox be a good starting point?

Dr. Thomas: Next year marks the tenth anniversary of Botox's FDA approval for the treatment of wrinkles. Over the past decade we've come to know and understand the very best uses for Botox treatments and how safe they really are. Now, Botox injections are the fastest-growing cosmetic procedure in the industry, according to the American Society for Aesthetic Plastic Surgery (ASAPS).

Botox Cosmetic is a protein complex produced by a bacterium called *Clostridium botulinum*. When we use this complex in a medical setting, it is a sterile, purified form of botulinum that blocks the release of a chemical called acetylcholine by nerve cells that signal muscle contraction – these are your frown lines and wrinkles. By selectively interfering with the muscles' ability to contract, lines or wrinkles are smoothed out and, in many cases, are nearly invisible in a week.

Dr. Jeffries: Typically, recovery time from this procedure is about a half day. Many patients come in during a break in the work day to have their treatments, and leave without any associated swelling or redness. The minimal down time makes this a good treatment option for people who are concerned about having a more invasive procedure to correct wrinkles or frown lines. It's important to note that Botox is a prescription drug that needs to be administered by a qualified doctor or health care provider with experience and special training in treating the nerves and muscles of the face. Physician Assistant, Karen Tosiello, performs the majority of Botox treatments at the Center. Karen's extensive education and experience working directly with patients to soften lines and wrinkles has led to fantastic results. Her experience is especially important because there is a small chance of getting a droopy eyelid or eyebrow after the procedure.

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“Permanent Makeup”

Keep it Simple

Your New Year's resolutions might have included getting healthy with more exercise and a better diet, maybe less TV or more time with your family. Lots of people also use the New Year as a time to reevaluate their time commitments and try to pare down on obligations. But what about a resolution to keep things simple in your everyday routine?

You've probably heard about "waking up with make-up" – a way to have your morning makeup routine halfway done by treating yourself to a one-time permanent makeup application. Permanent Make-Up Specialist Jan Wiseman, LPN, recommends permanent makeup for anyone who "wants to save time, look and feel great without the daily hassle." Visit our website to see a slideshow of how this procedure is performed or give us a call to find out more.

“Heartfelt”

Supporting the Cause

Each year the doctors and staff at the Center for Plastic Surgery dedicate their philanthropic support to a different cause. This year, the doctors have chosen to pledge their support to ending breast cancer with donations to the **National Breast Cancer Coalition Fund** (NBCC). The NBCC is dedicated to ending breast cancer through the power of grassroots action and advocacy. With so many of our friends and family members affected by breast cancer, this is a cause that is near and dear to many of us. If you are interested in getting involved on a personal level or would like to make an additional donation to NBCC, please visit stopbreastcancer.org.

* Do your homework

There are 882,000 practicing doctors in the U.S.; only 5.6% are actually qualified to perform aesthetic procedures.

(Source: New Beauty)

“Flash”

Solar Protection

For many, vacations to sunny locales in the springtime means exposing skin to damaging UVA/UVB rays that can accelerate aging or hyperpigmentation. Basic sunscreens can only shield skin from UVB radiation that can cause red, painful irritation that most of us know as a nasty sunburn. UVA is the deeper penetrating radiation more often associated with skin changes such as wrinkles, hyperpigmentation and long-term damage. Solar Protection formula was developed specifically to block the complete light spectrum and protect skin from sunburns, accelerated aging and dark spots, using a combination of Titanium, Zinc and Iron oxides for mineral protection. It is excellent for all skin types including sensitive skin and contains no dyes, fragrances, oil or PABA.

Sun damage to the skin is cumulative, the more sun you get without protection, the more damage is done. Protecting skin is even more important since 1 in 5 Americans will develop skin cancer in their lifetime as a direct result of sun exposure.

Solar Protection Formula is a full line of skin products designed for daily use. The line includes water-resistant lotions, lip protectant and moisturizer, tinted facial moisturizer and clear SPF protection. Solar Protection Tinted Formula SPF60 can even be individually customized to match skin tones.

The Center for Skin Care coaches can help you select the sun protection product that is best for your skin type. Contact Kim Pringle, Paramedical Skin Care Specialist, at 231.929.7700.



“Time well spent”

👉 Skin Care for All Seasons 👈

With seasonal changes in humidity and temperature, your skin can become parched. There are so many different moisturizing and cleansing skin care products out there and it can be difficult to judge which are the best for your skin. We asked Kim Pringle, our Paramedical Skin Care Specialist, to share some tips about choosing a skin care routine that works in all seasons.

1. Decide what your goals are: Do you have acne, hyperpigmentation, rosacea or are you looking to smooth fine lines and improve skin tone?
2. Evaluate your skin type: Is your skin normal, dry, oily or a combination of all of these?
3. Think about what you have time to maintain. Take the time to care for your skin as best you can with a daily wash, moisturizer, serum and a weekly mask.
4. Ask for recommendations. You can never really judge how good a product is going to be for your skin until you try it. But asking friends or family members for their best recommendations is a great way to get an honest opinion. At the Center for Skin Care, we can also recommend products that have produced great results. We carry several different skin care product lines for all different skin types. Ask Kim for a sample to try at home.
5. Make an informed decision. Once you've figured out what your goals are, your skin type and what you have time for, it's time to make a choice. We can help you have your best skin and keep it moisturized and nourished in every season.

To schedule a skin care coaching session with Kim, Jan or Karen, call us at 231.929.7700.



“In the Know”

👉 Destination Procedures 👈

We have all heard of destination weddings but what about destination plastic surgeries? The number of people jumping on a plane to have plastic surgery at a reduced rate is growing, but what is the true cost? Medical licensing standards and regulation of surgical procedures vary by country which means the rule is: patient beware.

“Benefits”

👉 Juvéderm XC 👈

Many of my skin care clients ask about ways to correct wrinkles that are more comfortable. Juvéderm XC is an injectable filler for wrinkles that also contains a mild anesthetic. In the past we routinely had to use a topical numbing cream to pre-treat the area, but with the introduction of Juvéderm XC we are able to give clients a great treatment for deep laugh lines, wrinkles and lines without the discomfort usually associated with these types of treatments.



Karen Tosiello
Physician Assistant

Injectables, such as this one, deliver synthetic hyaluronic acid deep into the skin. Hyaluronic acid is naturally found in the body but, as we age, less is produced. When we inject hyaluronic acid back into the skin it attracts water molecules to help add volume to the area – like a sponge that expands when it soaks up water. This also helps support the skin to maintain a smooth appearance.

For more information or to see if Juvéderm is right for you, call us a 231.929.7700.

“Testimonial”

👉 Thanks Team 👈

“Everyone at The Center is so personable and friendly. They all work together like a family and it makes you feel instantly at ease when you go in there. I really felt that they took my concerns seriously and I could tell they knew it was important to me.”

Cheryl, Brow lift



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Steven V. Thomas, MD, FACS
Christopher C. Jeffries, MD

4110 Copper Ridge Drive
Suite 242
Traverse City, Michigan 49684

Phone: 231.929.7700
Fax: 231.929.7709
tc-plasticsurgery.com

“Ask the Doctors” (continued)

While these are not permanent problems, it's best to be safe and have Botox treatments performed by an expert.

During the procedure, we will typically use ice to decrease sensation in the area. Next, we'll use a very fine needle to inject the Botox directly into the targeted facial area. The actual treatment takes only a few minutes and you'll be able to return to your normal daily activities immediately afterwards.

Dr. Thomas: We often get asked how long these treatments last and although it varies, most of our patients see a dramatic difference for 3 to 4 months. Usually it will take around 3 to 5 days to see full results. You can have confidence in knowing that this treatment has an excellent safety record. We treated over 200 patients last year with Botox – both men and women who wanted to ease the appearance of wrinkles or who wanted to look less tired or angry.

Dr. Jeffries: Having Botox treatments is a great way to regain a more youthful appearance and smooth wrinkles. The commitment of time for treatment and recovery are minimal and this non-invasive procedure is a good option for those who don't want anything too drastic yet want to see quick results.

Steven V. Thomas, MD, FACS

Christopher C. Jeffries, MD

