

KDA SKIN CARE CLUB

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IF ONLY I DID HAVE A MAGIC WAND

Bridal magazines often give time-frames as to when tasks need to be undertaken to achieve wedding day bliss, i.e. reserve the reception site a year ahead, start cake taste testing six months ahead, that sort of thing. However, I haven't yet heard of one mention when to start seeing your dermatologist.

Women's magazines have been touting the miraculous procedures that are now available, but they don't always tell you the time-frame you should be knowledgeable of to achieve these results. More often than not, I am meeting patients who are coming in for their first appointment only 1 or 2 weeks before their wedding!

Well, since I don't truly have a magic wand (people just say that, but

they don't mean it literally), there isn't much I can do in such a short span of time! If they had come in sooner though, we may have achieved some very "magical" things.

Wedding planning should include an initial consultation with the dermatologist **one year** before the wedding day.

Since I don't have a crystal ball, I can't predict precisely what it will take to satisfy a patient's desires. For example, try BOTOX® for the first time at least 4-5 months ahead of an important event as a trial, that way if it needs tweaking, or you don't like it then it will have wear off before the important day arrives. Most people love it, but it's better to be sure.

In a consultation, I can listen to what the goals are, let the bride or groom know what is realistic, the alternatives, then what the plan and the cost is. Inside I detail some options to consider. Goal setting, preparation and budgeting work best when everyone involved starts far enough ahead.

Yours Truly,

Marla M. Klein, M.D.

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MED SPA EDITORIAL

Medical spas or "medspas" or medi spas were almost non-existent 4 years ago; now there are over 1,260 in the USA; and 50% of those opened in the last twelve months!

Many medspas are owned by non-physicians, and most do not have a dermatologist or plastic surgeon on site the majority of the time.

A problem dermatologists are seeing today is that "Aesthetic Medicine" doctors often don't know how to handle complications when they occur. Also, these medspa docs are having a higher rate of complications than the dermatologists and plastic surgeons are.

Inexperienced medspa doctors tend to believe everything the laser salesman tell them, and pass it on to their patients as fact; this leads to unrealistic expectations, and more often than not, loss of money for the patient.

Skin cancer screening is best done by a dermatologist. Early melanomas may be missed when entrusting a lesser trained examiner.

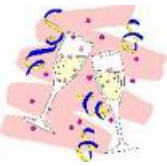
Estheticians are not licensed to perform injections (like Botox or Juvederm) or to do skin cancer screenings.

Buyer beware.



ACNE & ROSACEA DISAPPEAR!

1-12 months It can take 1-12 months to find the “right” topical treatment plan; 1 month if you are lucky, 12 months if you end up needing to try different combinations. It is best not to wait until the last minute to decide how to get your complexion clear enough so you feel confident in that wedding dress and confident that it won’t break out from stress the week before the wedding day happens.



2-3 months to clear for oral antibiotics with topicals; some antibiotics can cause increased sensitivity to sunlight, and you should not be taking them if honeymooning in a tropical vacation spot; also most antibiotics cannot be used when trying to get pregnant.

3 months It can take approximately 3 months for hormonal treatments to take their full effect (oral contraceptives, spironolactone), and remember that you should take precautions to avoid pregnancy if hormonal therapy is part of your acne treatment plan. What you certainly want to do is avoid going off of your acne treatment “cold turkey” because you want to get pregnant. It works much better to have a transition plan of some type in place prior to discontinuing hormonal treatments.

6 months A traditional course of Accutane is 6 months long. You must be off Accutane for at least 30 days before getting pregnant. It is best to finish up 2-3 months before the honeymoon to be on the safe side as well as enjoying looking great for the honeymoon *and* the wedding!

THE CLOSEST THING TO A MAGIC WAND



When you need big results right away, there is finally a way. Cosmetic dermatologists are excited about the new possibilities and the results of combination therapy using Radiesse with other products.

It takes about 2 hours, maybe a Lorazepam pill, and injections, but now in an extended office visit you can have facial contouring done, and the results are fabulous, when done by a qualified physician.

Combine Radiesse, Juvederm, and Botox and transforming facial contouring can be performed in a single day! Cheek volume, eye area improvement, jaw line smoothing, even the tops of the hands can be improved quickly and easily with long durability (one year) and high patient satisfaction.

Come in for a consult and find out the latest; call us at **503.445.2200**. Discounts apply for use of multiple syringes on same day.

POSSIBLE TO-DO LIST

- Get acne controlled
- Remove brown spots
- Diminish redness and broken blood vessels on cheeks/nose
- Do something to make face look smoother
- Enhance lips
- Prevent cold sores (Rx)
- Control the excessive sweating under arms (Rx or Botox)
- Remove tummy bulge
- Make legs silky smooth to the touch
- Get rid of leg veins
- Remove saddle bags (or love handles)
- Improve hands appearance
- Learn how to apply self-tanner properly
- Get annual full skin exam done for skin cancer screening
- Find sun protection clothing and hat and SPF30+ sunscreen for honeymoon

www.kda-aesthetics.com

AMERICAN ACADEMY OF COSMETIC SURGERY



WEDDING PLANNING FOR DERMATOLOGY

FACIAL REJUVENATION

12 months before: Come in for a consultation appointment to decide upon a treatment strategy. It is important to set priorities and do budget planning.

Acne and rosacea should be controlled prior to starting treatment for brown spots and discoloration.

Chemical peels can have 0-8 days of downtime, and ideally should not be done in the summer months.

Radiesse is an instant volumizer for achieving facial contouring that lasts approximately a year; Sculptra can take a year to see full result, and is less predictable, but when it works Sculptra lasts 2+ years.

3-9 months before: Get started on BOTOX® and Radiesse/filler injections to ensure you are happy with effect. Softening frown furrows can take several months for the best overall effect if the lines are very deep. Avoid doing any needle injections less than 2 weeks before the big day, because if you were to get a bruise, it needs time to heal.

2-3 months before: Start VBeam laser, microdermabrasion, chemical peels, photo facials to ensure the skin has a smooth texture, minimize brown discoloration and has a nice healthy “glow”.

HAND REJUVENATION

2 months before: Hands can look softer and more youthful with some volume added by injecting Radiesse to mask the veins and a treatment to the surface to remove discolorations.



LEG REJUVENATION

9-12 months before: Legs may need a variety of things to improve their appearance, so a consult early on is needed.

In my opinion, the best investment a woman can give herself is hair laser removal of hair from the legs, bikini, and underarms. Women with dark brown or black hair get the best results. It typically takes about 3 treatments done 2 months apart to get the bulk of the hair gone, then occasional touch-ups after that. The pay off is long-term silky smooth skin. In addition, you won't be wasting valuable honeymoon time in the shower shaving.

I think hair laser isn't simply about vanity, it is about convenience, freedom, and possibly even the environment; much shorter showers save water, right?

Sclerotherapy or laser treatments for spider veins on the legs typi-

cally require several treatment sessions spaced about 6 weeks apart, and ideally these procedures are performed in the winter, fall or spring.

HYPERHIDROSIS

2-3 months before: BOTOX® has been FDA-approved for the treatment of excessive underarm sweating and is very effective. Some insurance plans cover the treatment. It works about 2-5 days after the simple procedure, and lasts 6-9 months. The only trick here is getting prior authorization from the health insurance company vs. affording it yourself.

LIPOSCULPTURE

9-12 months before: Tumescent liposuction works well for the properly chosen individual. Full healing and tightening takes 4 months; and wearing of the post-surgical garment is important. Ideally, liposuction is done when you know you can comply with wearing the 2nd layer of clothes afterwards, so not at the beginning of summer. Once the consultation is completed, labs need to be done, and the wait is about 6-8 weeks right now for the surgery date from the time of the consult.



PHOTOSHOP

Don't overlook the obvious, most people can't afford everything, and if your photographer uses digital, they can probably fix and cover a lot of skin problems cheaper than your dermatologist can!



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THE CAMELOT SPECIAL

3 hour deluxe appointment

If you have been wishing for something that will make an obvious improvement, lasts a long time, but you need a little help relaxing to get through it.....then this special was designed just for you!

In **September** and **October**, we have saved some time for these very special sessions, **you should call us now at 503.445.2200**, we expect these days will fill up fast!

\$1,400



Trance Transform Awaken & Go

The Camelot Special includes:

- ◆ Pre-medication (Lorazepam) & pampering
- ◆ **Radiesse™** 1.3 cc syringe
additional Radiesse can be added at \$400/syringe
- ◆ **Botox®** 15 units
- ◆ **Juvederm** Ultra Plus OR **Cosmoplast** syringe
- ◆ Pedicure & Smoothie

All injections will be done by Marla Klein MD.

Appointment times are 8:30 –11:30 or 9:30—12:30 on specific dates.

Payment is requested at time of reservation,
and is fully refundable if cancellation notice of 48 hours is given.

“The Royal Treatment”