



SKIN CARE

PHYSICIANS & SURGEONS

SKIN CARE NEWS

What you need to know!

A few things to discuss with your Cosmetic Surgeon when considering an upper or lower Eyelid Lift.

Are you a good candidate for an Eyelid Lift? Any healthy individual with no serious medical problems may be a good candidate.

Are your eyes contributing to a stressed or tired appearance? With age, lax skin, fatty deposits, extra folds and bulging, among other unwanted changes, occur to the skin and tissue surrounding the eye area.

Do you have an extra crease or fold that "hoods" your eyes? Often an extra fold of skin forms which can "hood" the eyes and eyelashes — sometimes obstructing vision.

Are your brows contributing to the problem? Sagging eyelids can be a result of low brows (or changing bone structure). If so, lifting the brow area with aesthetic injectables such as Dysport or Botox in combination with an upper Eyelid Lift may provide a better result.

Are your eyes protruding or do they appear puffy or swollen? Fat cushions develop as the thin membranes in the skin weaken — allowing the fat to protrude into the lids.

Results are incredible and will last several years! It is important to recognize that a healthy lifestyle and diligent sun protection will help maintain results for as long as possible.

Questions?
Please call 760 633-1000 to schedule a cosmetic consultation with Dr. Yardy Tse.

LIFT YOUR LOOK

And take years off your appearance!

Are your eyes contributing to an aged, stressed or tired appearance?

The visible signs of aging can be daunting, and the eyes are generally the first area on the face to show unpleasant fine lines, wrinkles and lax skin — not to mention a puffy, swollen or bulging appearance. If you are looking for dramatic, long-term results, an Eyelid Lift can take years off your appearance.



Before Eyelid Lift



After Eyelid Lift

EXTRA FOLDS, FATTY DEPOSITS, BULGING AND MORE! As we age, the skin loses its elasticity and fatty deposits around the eyes become more prominent. More specifically, the natural crease in the upper eyelid becomes lost, creating an extra fold or "hood", possibly even covering the eyes and eyelashes. Fat cushions also develop as the thin membranes in the skin allow the fat to protrude into the lids. And, loss of bone and facial structure may cause the soft tissue surrounding the eyes to drop and sag.

WHAT IS AN EYELID LIFT? An Eyelid Lift involves the removal and redistribution of eye tissue that begins to form and sag with age. This procedure can restore both upper and lower eyelids to a younger, more vibrant appearance.

- **Upper Eyelid Lift targets a sagging, heavy appearance.** Excess skin is precisely removed, improving sagging and heavy upper eyelids for a more open appearance.

- **Lower Eyelid Lift targets swollen or sagging "bags".** Excess fatty deposits can be removed to address under eye "bags" — creating a smooth and less tired appearance. The key advantage of this approach is that there are no stitches or scars in the highly visible eye area.

YOUR EYES CAN TAKE AWAY YEARS — OR ADD THEM! Dr. Tse and her team take great care to ensure natural results — all under local anesthesia. Dr. Tse is board certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery.

Schedule an upper or lower Eyelid Lift (or both) between November 15, 2011 and January 15, 2012 and receive 20% off. Call 760 633-1000 to schedule your consultation today!

KNOW YOUR DERMAL FILLERS



**A MESSAGE FROM
DR. YARDY TSE, FOUNDER,
SKINCARE PHYSICIANS & SURGEONS**

Nonsurgical procedures are certainly growing in popularity, yet many have not been around long enough to determine their effectiveness and long-term results. It is important to recognize that the FDA approves and monitors devices for safety — not necessarily for efficacy.

For example, there is a lot of hype around various fat melting devices that have no proven efficacy and, many of these procedures promise more than they can deliver. Developed in 1985 by Dr. Jeffrey Klein, Tumescent MicroLipo-sculpture has the ability to shape and contour — and continues to be the safest and most effective procedure available. Devices such as Zeltiq and Smartlipo remove miniscule amounts of fat and lack consistent, clinically significant results.

Be careful when considering cosmetic treatments — and do not let price be your guide. Cosmetic treatments are on a fast track and a “deal” can turn out to be hazardous to your health. If you are looking for optimal results, do your homework and make decisions based on safety and effectiveness — and only choose procedures that produce consistent, reproducible results.

With warmest regards,

Yardy Tse, MD
FAAD, FACMS, FAACS
Founder,
SkinCare Physicians & Surgeons
☎ 760 633-1000

Restylane® | Perlane® | Juvéderm® | Sculptra®

Plump – Lift – Restore — and reverse the visible signs of aging! It sounds like a lot but dermal fillers are indeed remarkable when it comes to restoring lost volume and lifting specific facial features such as the cheeks, lower eyes, nasal folds and mouth areas. And, when administered properly, these fillers can produce natural, immediate and long-lasting results — without surgery.

Experience, knowledge and precision.

Factors such as age, skin elasticity and texture, and the amount of sun damage all have impact on determining which fillers might be right for you. Certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery, Dr. Tse works closely with each patient to customize and pair treatment options for the most aesthetic outcome. **Call 760 633-1000 for a cosmetic consultation.**



Before Fillers

After Fillers

According to Dr. Tse, “most experts will agree that using the right filler the right way, assures a better overall result.”

FILLER	RESULTS / AREAS	DURATION
RESTYLANE® AND PERLANE® HOW IS PERLANE DIFFERENT FROM RESTYLANE? The gel particles in Perlane are larger than those in Restylane, making Perlane a good choice for deeper wrinkles.	Instantly restores lost volume and lifts specific facial features such as cheeks, lower eyes, nasal folds and mouth areas	Dermal fillers can last anywhere from months to one year
JUVÉDERM®	Instantly fills in wrinkles around your mouth and nose such as smile lines and vertical lip lines	Just one treatment can produce natural-looking results that last up to one year
SCULPTRA®	Excellent for restoring lost volume and fullness to deep facial wrinkles and folds between the nose and the mouth as well as wrinkles in the chin	Often administered in a series of 3-4 treatments over a few months, for subtle, gradual and long-lasting results

Special – achieve natural and long-lasting results Purchase one syringe at the regular price and receive 20% off each additional syringe. Offer good when purchased between November 15, 2011 and January 15, 2012.*

Holiday Specials

FRAXEL® RE:PAIR

ONE TREATMENT. REMARKABLE RESULTS. MINIMAL DOWNTIME.

Fraxel re:pair® is simple, precise and effective. Not only does this powerful laser target aging and damaged skin, but it is FDA approved to treat precancerous conditions – conditions that can put you at a higher risk for developing skin cancer. The process removes old, damaged skin and stimulates the growth of new collagen.

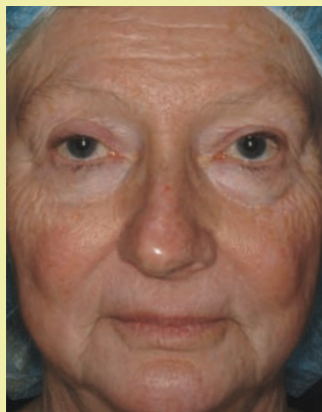
- Tightens face, neck and chest
- Improves sun damaged skin
- Removes wrinkles
- Improves pigmentation problems
- Reduces acne scars
- Smooths skin texture
- Minimizes pores
- Rejuvenates neck and chest



Before Fraxel re:pair



After Fraxel re:pair



Before Fraxel re:pair



After Fraxel re:pair

SPECIAL – Learn how you can take years off your appearance! Schedule a Fraxel® re:pair treatment for the face, neck and chest between November 15, 2011 and January 15, 2012 and receive 20% off. Call today to schedule a consultation.*

VITALIZE PEEL

LOOK FRESH AND RADIANT THIS SEASON!

- One of the safest yet strongest chemical peels available — for all skin types
- Improves skin texture and pigmentation
- Especially effective for photodamaged skin and acne



SPECIAL – Rejuvenate your skin! Schedule a Vitalize Peel series of 4 or more between November 15, 2011 and January 15, 2012 and receive 20% off!*

*Call 760 633-1000 today
to schedule your appointment!*

All before and after photographs in this newsletter are of actual patients and have not been retouched.
Results may vary among patients. All other photos are of models.

*May not be combined with any other offers or specials.

KNOWLEDGE CENTER

UV Radiation and Your Windows!

Did you know that at least 50 percent of UVA radiation can pass through windows? It is important to protect your skin against “non-deliberate” UVA exposure indoors, as well as outside by wearing a broad spectrum SPF of 30 or greater every day. Car windows have been proven to let in more than 60% UVA radiation so apply UV-protective film to your rear and side windows (note - all protective film colors are equal in effectiveness).

Tanning Salons and Melanoma

Research continues to reinforce the dangers of tanning salons. Recent studies show a 75% increase in the risk in melanoma in those who had exposure to tanning beds before the age of 35. The Skin Cancer Foundation cautions the public against intentional exposure to natural sunlight or artificial UV radiation (tanning beds). The health risks of UV exposure — including skin cancer and premature skin aging are significant and well proven.

What are Malar Fat Pads?

Remember the chubby cheeks you had when you were a baby? These cheek pads are called “malar pads”. With age, they descend into the middle of our cheeks creating a loss of fullness in the cheekbone area. Aesthetic Injectables such as Restylane, Perlane and Sculptra are excellent for restoring lost volume and lifting specific facial features such as the cheeks.

Are you a MEMBER of our SkinCare Rewards Program?

Our SkinCare Rewards program is a great way to earn points and SAVE on cosmetic treatments and skincare products.

Feel free to ask us about this special program on your next visit or go to www.SkinCareSanDiego.com and click on “REWARDS”.

If you are a new patient, sign up online and receive your first Rewards point!

WWW.SKINCARESAN DIEGO.COM

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Online Product Special

NEOCUTIS Bio Restorative Skin Cream with PSP®

Fragrance and color free, this intensive skin cream is clinically proven to reduce the appearance of fine lines, wrinkles and overall skin texture after just two months of daily use!

Order online
www.SkinCareSanDiego.com
and receive 20% off!
Offer good from November 15, 2011 –
January 15, 2012.*



www.SkinCareSanDiego.com

Check out our website to learn more about upcoming events, procedure and product specials, our SkinCare Rewards Program and more! Our patients find our website to be an excellent educational tool when it comes to general dermatology, skin cancer, advanced lasers and cosmetic procedures.

☎ 760 633-1000



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TO PURCHASE PRODUCTS ONLINE!
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FOLLOW THESE REJUVENATING TIPS....

*And minimize dry and flaky skin,
clogged pores and an overall
dull complexion this season!*

Winter is near! As we enter the next several months, it is not uncommon to notice changes in our skin. In addition to practicing good skin care habits and following a simple daily cleansing routine, it is important to give your skin an extra boost for a more balanced and refreshed appearance.

Exfoliate regularly — gently remove a thin layer of dead skin cells, excess dirt and oil for soft and youthful looking skin. There are many multitasking treatments available that are excellent for facial exfoliation, such as light chemical peels (Clarifying and Vitalize Peels), prescription Renova® and glycolic products such as Topix 15% Elite Facial Cream.

Liberal apply sunscreen daily — this is still important in the winter months! Ask us about MDSolarSciences broad-spectrum sunscreen products.

Add an antioxidant to your program — regular application of vitamins A and C, found in products such as SkinCeutical's CE Ferulic and Phloretin CF, not only protect your skin and accelerate exfoliation, but also improve the appearance of fine lines and skin texture.

Try a multitasking treatment — there are many options including topical smoothers such as prescription Renova® and Retin A, aesthetic injectables and laser resurfacing — all which combat the visible signs of aging.

As the largest organ of your body, it is important to give your skin the attention it needs to look healthy, vibrant and youthful!