



# SKINCARE

## PHYSICIANS & SURGEONS

### SKINCARE NEWS

*What you need to know!*

**Be realistic about the outcome.** Talk to your Cosmetic Surgeon about which procedures will produce a natural appearance.

**Aesthetic Injectables can actually slow the aging process.** With proper administration, injectables such as Dysport® and Botox® can prevent muscle movement that eventually leads to fine lines and furrows. Dysport® and Botox® are especially effective for relaxing facial muscles and smoothing the appearance of fine lines and wrinkles around the eye area. Restylane®, Perlane® and Juvéderm® are used to softly enhance and augment the shape and fullness of the lips and mouth area.

**Achieve longer-lasting results with a maintenance schedule.** Aesthetic Injectables are highly customizable, making the duration of the results individual to each patient. It is important to establish a maintenance schedule with your doctor — repeated injections can retrain the muscle for longer-lasting results. Treatments such as Dysport and Botox typically last up to 4 months. Studies have shown that with 2 injections, dermal fillers can last up to 3 years.

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

## ACHIEVING A NATURAL APPEARANCE

*It's about looking relaxed, well-rested and youthful!*

**Filling in lines and erasing wrinkles instantly is certainly an amazing breakthrough in the world of cosmetic procedures.**

As we age, our skin begins to thin, it loses support and fat begins to diminish, making Aesthetic Injectables an excellent option for slowing the aging process. No more forehead wrinkles, crow's feet, flat cheeks, or fine lines around the mouth! If you are looking to plump, lift and soften folds in little or no down time without surgery, Aesthetic Injectables can really make a difference in how you look! And, when administered properly, these treatments are a safe and effective approach for a refreshed and natural looking appearance.

According to Dr. Tse, "It's about choosing the right combination of Aesthetic Injectables for a relaxed and natural appearance — and looking like you, only better."

We have all seen a face or two that looks somewhat "unnatural". Always make safety a priority — and always be realistic about the outcome. Schedule procedures in a medical setting with a board-certified physician — or highly trained nurse practitioner under the direct supervision of a physician. An administrator that lacks experience and proper qualifications can indeed produce less than pleasing results.

### ARE YOU SEEKING AN ELEGANT AND NATURAL LOOKING APPEARANCE?

- An experienced, careful hand can make a significant difference in your overall appearance, as well as the duration of results



Model

- It takes precision and artistry to achieve facial balance and proportions — and to maintain muscle movement and character
- Careful contouring of cheeks is important if you are looking for a full, yet subtle appearance
- When it comes to the lips, size is a personal preference — but, it is still important to maintain shape and definition

Dr. Tse is board Certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery. She works closely with each patient to identify the best solutions for optimal and long lasting results. **See page 3 for our Aesthetic Injectable special! Call us today to schedule a cosmetic consultation 760 633-1000.**

# CHALLENGED BY UNEVEN, BLOTCHY OR DISCOLORED SKIN?



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

There is still a great deal of controversy about medical spas — especially when it comes to popular procedures such as Dysport and Botox, cosmetic fillers and laser treatments. It is important to realize that there are risks associated with any treatment and that cosmetic procedures should only be performed in a medical setting, where a physician is present to direct or oversee the treatment.

More specifically, under current law, the Medical Board of California states that these procedures should only be performed by physicians — or delegated to registered nurses, nurse practitioners, and physician assistants while under the direct supervision of a physician.

I am Board Certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery. Our state-of-the-art outpatient surgical facility is certified by the Institute for Medical Quality and is truly designed with patients' safety in mind. I work closely with each patient and choose procedures that produce the most aesthetic outcome. If you have questions or would like to schedule a medical or cosmetic consultation, please call 760 633-1000.

With warmest regards,

Yardy Tse, MD  
FAAD, FACMS, FAACS  
Founder,  
SkinCare Physicians & Surgeons

☎ 760 633-1000

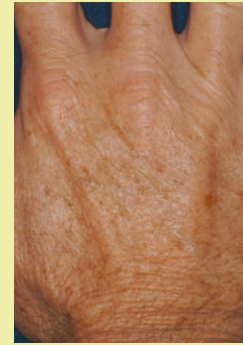
## PIGMENTATION PROBLEMS ARE MOST OFTEN A RESULT OF A HISTORY OF UNPROTECTED SUN EXPOSURE OR HORMONE CHANGES.

Unfortunately, when it comes to pigmentation problems, misdiagnosis is not uncommon, making it extremely important to consult with a dermatologist. Individuals often spend a great deal of time and money attempting to combat pigmentation problems with little or no success.

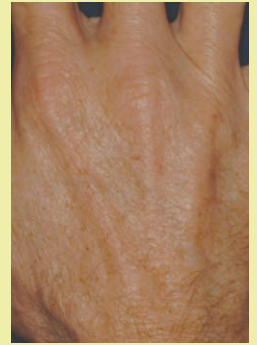
Skin pigmentation disorders occur because the body produces either too much or too little melanin. Conditions such as melasma (also known as the “mask of pregnancy”), is a specific medical condition with specific clinical findings. There are many skin conditions such as acne, burns, and eczema that can cause inflammation and lead to hyperpigmentation. Brown spots or areas of discoloration can surface from any cause or inflammation of the skin — and, certain skin colors and ethnicities tend to hyperpigment more easily than others.

According to Dr. Tse, “accurate diagnosis is critical for effective treatment — and, diligent protection from the sun over the years can eliminate skin pigmentation problems all together!”

There many multitasking procedures that target pigmentation problems such as the Alexandrite laser, the Q-Switched YAG laser, Intense Pulsed Light laser (IPL) / Photofacial, and Chemical Peels. There



Before Alexandrite Laser Treatment



After Alexandrite Laser Treatment



Before IPL and Vbeam Treatment



After IPL and Vbeam Treatment

are also numerous safe and effective topical treatment options available for combating various pigmentation problems, such as hydroquinone, tretinoin, AHA's and kojic acid. A Glycolic Peel Series can also be an excellent approach for treating pigmentation problems.

**If you are troubled with pigmentation challenges, call 760 633-1000 to schedule a consultation.**

“The art of listening is a crucial element to ultimate success. I begin each patient relationship by listening — I then work with each patient to achieve their aesthetic goals.”

— Yardy Tse, MD

# Fall Specials

## PLUMP, LIFT & RESTORE — COMBINE DYSPORT® OR BOTOX® WITH RESTYLANE®, PERLANE®, JUVÉDERM® OR SCULPTRA® FOR A YOUTHFUL AND VIBRANT LOOK!

- A safe and effective non-surgical treatment
- Relax facial muscles and smooth away frown lines and wrinkles
- Immediate and long-lasting results



Before Liquid Face Lift      After Liquid Face Lift

**SPECIAL – Achieve a youthful and vibrant look.** Purchase two or more products between September 12 and November 11, 2011 and receive 20% off! Treatments must be completed in one visit.\*

## TUMESCENT MICROLIPOSCULPTURE — THE SAFEST AND MOST EFFECTIVE TECHNIQUE AVAILABLE FOR SPOT REDUCING!

- Controlled, attractive contouring — all under local anesthesia
- Target undesirable fat in areas such as the hips, buttocks, stomach, thighs, arms, and under the chin
- Superior results and rapid recovery — without the risks associated with other forms of liposuction
- Procedure is personally performed by Dr. Tse — with over 14 years of MicroLiposculpture experience



Before MicroLiposculpture      After MicroLiposculpture

**SPECIAL – For a more youthful shape.** Schedule a Tumescent MicroLiposculpture treatment between September 12 and November 11, 2011 and receive 20% off!\*

## SCLEROTHERAPY — REMOVE UNSIGHTLY SPIDER AND VARICOSE VEINS!

- A well proven procedure that safely treats varicose veins and spider veins — which often appear on the thighs, calves and ankles
- Achieve better looking legs — without invasive surgery
- Treatment requires little or no downtime



Before Sclerotherapy      After Sclerotherapy

**SPECIAL – For better looking legs.** Schedule two or more sclerotherapy treatments between September 12 and November 11, 2011 and receive 20% off.\*

## KNOWLEDGE CENTER

### Is your sunscreen FDA approved to protect against skin cancer and early skin aging?

Check your labels! The FDA has recently modified the requirements for sunscreen labeling — and some “broad spectrum” sunscreens will be required to carry a warning that it “does not protect against skin cancer or early skin aging”. With a bewildering number of sunscreen products on the market, these changes will help consumers make smarter photoprotection choices.

- Limit outdoor activities during the peak hours of 10:00 to 4:00 — and restrict activities to shaded area
- Apply sunscreen liberally — and reapply every 2-3 hours
- Always wear protective clothing, a wide-brimmed hat and sunglasses

Overwhelming evidence shows that UV radiation contributes to basal cell and squamous cell carcinoma, melanoma and photoaging of the skin. Look for “broad spectrum” sunscreens with an SPF 30 or higher — and, apply liberally and daily!

### Are you consuming enough Vitamin D?

It's true — many individuals are becoming Vitamin D deficient. While it is important to continue to protect your skin from the sun by wearing sunscreen and avoiding the harmful UV rays, it is also very important to eat the right foods and possibly take supplements to maintain healthy levels of Vitamin D. Talk to your doctor about testing your Vitamin D levels at your next annual check-up.

**What is Renova?** For all skin types, this prescription strength Vitamin A treatment improves skin texture and reduces fine lines and wrinkles when used as a part of a complete skin care and sun protective program. Renova targets all layers of the skin — stimulating collagen production while improving the internal structure of the skin. This powerful treatment can also plump the area around the lips and can minimize pores, scars and brown spots. Call 760 633-1000 to learn more about Renova!

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.

[WWW.SKINCARESAN DIEGO.COM](http://WWW.SKINCARESAN DIEGO.COM)

## Inside

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## Online Product Special

### Neocutis Lumiere Bio Restorative Eye Cream with PSP®

This intensive eye cream is excellent for smoothing and softening fine lines and wrinkles in the eye area, while reducing the appearance of puffiness and under eye darkness. Contains the powerful ingredient PSP® — the most complete blend of human growth factors, cytokines, interleukins, hyaluronic acid and caffeine.

Take 20% off when ordered online at [www.SkinCareSanDiego.com](http://www.SkinCareSanDiego.com). Offer good from September 12 – November 11, 2011.\*

## FALL PASSPORT EVENT

Thursday, September 22, 2011  
6:00 - 8:00PM

700 Garden View Court,  
Suite 100  
Encinitas, CA 92024

Our Passport Events are a great opportunity to learn more about our practice! Always on the forefront of new technology, SkinCare Physicians & Surgeons specializes in the diagnosis and treatment of skin cancer, laser procedures and cosmetic medicine. These events are also a special way of saying "thank you" to our patients.

*Complimentary cosmetic consultations, skin screenings, makeovers, the latest in aesthetic injectables and more!*

*You won't want to miss our fabulous gift giveaways.*

Call 760 633-1000 or visit [www.SkinCareSanDiego.com](http://www.SkinCareSanDiego.com) to RSVP for this special event!

☎ 760 633-1000



## SKINCARE PHYSICIANS & SURGEONS OF ENCINITAS, INC

700 GARDEN VIEW COURT, SUITE 100  
ENCINITAS, CALIFORNIA 92024

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## GLYCOLIC ACID PEELS

*A multitasking treatment  
worth considering!*

Glycolic Peels are excellent for skin rejuvenation — treating fine lines, melasma and other pigmentation problems with no downtime. And, these peels also have a wide range of clinical and therapeutic benefits, such as improving the appearance of patients suffering from acne and dyschromias.

### More Reasons to Consider Glycolic Peels

- Safe, effective and affordable
- Can be performed on all skin types
- Can be combined with other treatments for an improved appearance
- A great way to prepare your skin for several laser and cosmetic procedures
- Can help maintain rejuvenating effects after procedures



Model

### Ask us about our 70% Glycolic Peel!

Performed by Dr. Tse, this series can produce a healthier, glowing appearance with no downtime. Multiple peels are recommended for best results. Purchase a series of 5 peels and receive the 6th peel at no charge! Call 760 633-1000 to schedule a consultation.