

In Touch

Cosmetic Surgery Center
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MOMMY MAKEOVER

Having children changes women's lives in so many ways. Motherhood has its rewards, but pregnancy and breast feeding can affect a mother's body in ways that cannot be fixed through just diet or exercise. The changes that take place as a result of pregnancy and breast feeding – the sagging breasts, the flabby tummies, the stubborn fat areas – are disappointing to any woman who cares about her appearance. A Mommy Makeover is a surgical cure for the physical trauma of pregnancy, childbirth,

and breast-feeding and is an effective way for moms to look and feel great!

A Mommy Makeover is a combination of body contouring procedures that help mothers return to their pre-childbearing figures. Most commonly, a Mommy Makeover is performed in one stage and consists of a tummy tuck and a breast augmentation. However, a Mommy Makeover can also be split into two (2) operations and can include other procedures such as a breast lift, breast reduction and liposuction of the abdo-

men. The procedures are intended to tighten loose skin as well as reduce stretch marks and pregnancy fat. Each Mommy Makeover is unique and tailored to your individual needs. This uniqueness creates variations in surgery times that range from 2 to 6 hours. Side effects include temporary bruising, swelling, discomfort, rarely numbness, and permanent scars, which fade with time. Recovery can take several weeks depending upon the patient's physical condition. Some women are *(Story Cont. on pg 3)*

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Spring Skincare Specials

Laser Hair Removal by the Area

Under Arms \$50 Upper Lip \$50
 Bikini \$75 Chin \$50
 Lower Legs \$125
 Upper Legs \$125

(Special ends May 31, 2009)

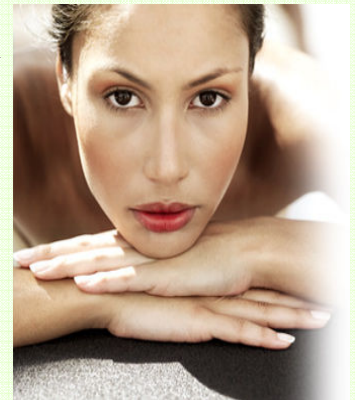
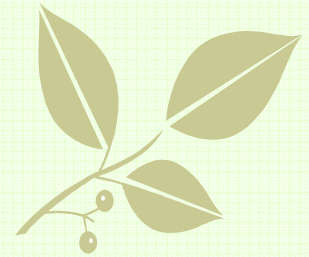
Micro Laser Peel

Micro Laser Peel is the ideal treatment for patients who want improved skin with immediate lasting results, little time off, little discomfort, or post-treatment care. The Micro Laser Peel treats skin conditions associated with aging and active lifestyles. You can see real improvements in just a few days. A Micro Laser Peel is an intra-epidermal laser peel that precisely ablates the outermost layers of the skin. The procedure is individually tailored to the nature of condition to be corrected. Skin conditions such as wrinkles, most acne scars, Kerasotes, or pigmentary problems have been very successfully treated with the Micro Laser Peel. This treatment is more than microdermabrasion or light chemical peels. If you have little time for a prolonged healing process, then the Micro Laser peel was designed for you. Generally, microdermabrasion only removes the stratum corneum. The Micro laser peel is a partial to full epidermal peel and is performed with topical anesthetic. Because this procedure

ablates deeper into the epidermis, it is the perfect step between Microdermabrasion and full skin resurfacing. Typically, the procedure is repeated 2-4 times, spaced 6-8 weeks apart, depending on the desired results. Healing time for each peel can take about 3-4 days and include redness and some skin peeling. The procedure can be performed on a Thursday or Friday, so that you would be able to return to work on the following Monday feeling refreshed and youthful. You will be able to use makeup by the fourth day and will experience smoother, healthier, more vibrant skin, with a significant and immediate change to skin texture and tightness. We will provide you with very detailed pre- and post- treatment information so that together we can devise a plan to rejuvenate your skin. Call us to set up your complementary skin consult so that we may begin your new look today!

Wishing you health and happiness,

Maggie Comez, Master Esthetician



LATE DAY APPOINTMENTS AVAILABLE WITH
OUR MASTER ESTHETICIAN, MAGGIE!
CALL US AT 497-5400 TO SCHEDULE YOUR
COMPLIMENTARY SKIN CONSULT TODAY!

FUN PLASTIC SURGERY FACTS!

Plastic Surgery? That is only for the rich and famous, right?
NOT REALLY! A 2005 study found that almost 60 percent of people who had recently had plastic surgery or were seriously considering plastic surgery had a household income of \$30,000-\$90,000 a year. In fact, 40 percent of that 60 percent reported an annual income of \$60,000 or less. Just 10 percent of respondents reported a household income of more than \$90,000. We like to ask all of our surgery patients if they have any friends or family members that have had plastic surgery, and about 75% of them say yes. So watch out you Movie Stars and Orange County Housewives! It is anybody's game now!



MOMMY MAKEOVER



(cont. from pg 1)

able to resume normal activities after two weeks. Most patients are able to return to work in two weeks, but they must avoid strenuous activities for two to four weeks. It's important to realize that a tummy tuck leaves the patient with a scar, which can extend from hip to hip. Women who plan to have more children may consider postponing the surgery because vertical muscles in the abdomen that are tightened during surgery can separate again during pregnancy. More than ever, you have exciting options to reverse the unwanted effects of childbearing and age. You may be a mommy, but never forget that you are still your own person. Wouldn't you be able to accomplish more with a fresh perspective and younger feel? Wouldn't it be easier to succeed at work and at home when you're feeling great about your appearance? Having a positive self-image certainly benefits you and your family. Come see us at the Cosmetic Surgery Center to learn more about your options and what procedures are best for you.

CareCredit



We offer low monthly payment plans
through CareCredit

[Learn more >>](#)

This Season On the Lake

What a winter it has been! Freezing temperatures, horrendous snow storms, icy roads, and bone chilling winds. Oh wait! That doesn't sound quite right. We get the phantom snow storms, some chilly days followed quickly by a surprising 60 degree sunny day, pre-salted roads with no sign of ice, and of course "tornado-esk" winds that will almost blow your car off the road. You never know what to wear or what season to dress for. Thank goodness summer will be here before we know it. This year will be our 2nd summer



**Some of the Wildlife
in our backyard!**
(photo taken by Dr. Lopes)

in our office on the lake and we are excited to see what wildlife we will attract this time around. We invite you to stop in and experience the calming effect and entertainment of the birds and animals we often encounter here on "our" lake. We have been known to run into a few great blue herons' that bathe and "eat lunch" regularly with us. We even have a pet muskrat named Moe. Pelicans, geese, ducks, seagulls, and hooded mergansers are just a few of our regular visitors we watch for. Stop in and relax with us!

Latisse™

(bimatoprost ophthalmic solution) 0.03%

Introducing Latisse™

Latisse™ is the new FDA approved eyelash treatment which makes your lashes longer, fuller, and darker in an average of 8-12 weeks (individual results may vary). There are numerous over-the-counter products available that claim to help your eyelashes grow thicker and longer that you don't require a prescription. But because Latisse™ is a prescription treatment, you would need to see Maggie, our Master Esthetician, to confirm that this new and exciting product is right for you. So give us a call for additional information or to make an appointment. Please visit www.latisse.com to see before and after results. You will be amazed!



\$120 per kit, by prescription only.

Unretouched photos of LATISSE™ users in the clinical trial before starting treatment and at week 16. The onset of effect with LATISSE™ solution is gradual. In the clinical trial, the majority of users saw significant improvement by 2 months! Individual results may vary.



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Cosmetic Skin & Laser Center

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JoAnne Lopes, MD, FACS

Botox & Filler Special!

Friday, March 27, 2009

Botox will be \$10 per unit

with no injection fee!

Restalyne will be \$400 per syringe

for Nasal Labial folds only.

Please call 497-5400

to schedule now!

All this and Whiter Teeth too?

As you may know, our office is located next door to Family & Cosmetic Dentistry, Dr. Michael Fernandez. In an effort to make the neighborhood brighter, Dr. Fernandez let our staff try out their teeth whitening kit. Two weeks later, we have emerged with a brighter smile and a new found love for Dr.

Fernandez and staff. They were very kind and helpful through our whitening journey.

They will be offering a special of \$250 for your very own teeth whitening kit until June 2009 for patients that are in good dental health. Please call Dr. Fernandez at **497-4825** to schedule your whitening appointment today and let your smile shine on!