



Keeping you...

# In Touch

NEWSLETTER

## WHAT MAKES OUR PRACTICE UNIQUE

Here are the top 5 qualities that make our practice stand out!

#5 Dr. Lopes offers new surgery patients a complimentary microdermabrasion skin treatment with our Licensed Esthetician. The treatment mildly exfoliates the skin and reveals a revitalized and refreshing glow that will greatly compliment any surgical procedure!

#4 Dr. Lopes has many years of experience with Botox and fillers. She is known for her "great female touch"! She now offers the latest permanent filler, called Artefill (see a "Chat with Dr. Lopes" section). Dr. Lopes is also the Artefill injection trainer for the Hampton Roads area.

#3 Dr. Lopes' facility is conveniently located right off Interstate 264 and offers a tranquil, spa-like setting that has a relaxing water view that all our patients enjoy! Within her practice, Dr. Lopes has her own operating room that offers patients lower surgical costs as opposed to hospitals and is much more private.

#2 Dr. Lopes is very experienced with two of the most sought-after local procedures that include a Mini Facelift and Labiaplasty. Both procedures require no anesthesia and very little down time!

AND THE #1 QUALITY IS.....

....Dr. Lopes is one of the few female board-certified plastic surgeons in the Hampton Roads area. As her patient, you will not be anonymous or just another number! Not only do you receive top-notch treatment from Dr. Lopes, but you will find her entire staff extremely warm and friendly like no other!

## Quarterly Promotions

**30% OFF Laser Packages w/ purchase of skincare regime**

Buy laser package now and prepare your skin for treatments in the fall!

**20% OFF Jane Iredale Mineral Cosmetics**

"The Skincare Makeup" Available in foundation, concealers, blush, eye shadow and beautiful bronzers

**20% OFF European Facials**

Great before special events to give you back that glow and resilience

Call the office today to set up your appointment and take advantage of these fabulous specials!

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Join us for an early afternoon  
**Skin Talk Seminar**  
featuring Jane Iredale Mineral  
Cosmetics!

**Friday, August 1 from**

**Noon till 2:00 p.m.**

**Bring a friend and receive 50% off, when you both schedule a microdermabrasion treatment!**

**Call the office today to R.S.V.P.  
(757) 497-5400**



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## A Chat with Dr. JoAnne Lopes, M.D., F.A.C.S

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### Artefill® *The First to Last*

Artefill® is the latest injectable filler, but in a class of its own. It's the first and only non-resorbable filler on the market. Depending on the depth of your wrinkles and folds, the majority of my patients get the results they want with at least two treatment sessions. With the Artefill® Progressive Enhancement or gradual wrinkle correction, I can tailor a treatment program to meet your individual needs. This personalized approach helps me ensure that you get the results you desire! Artefill® is the answer for many of my patients.

If you have any additional questions concerning the Artefill® injectable filler, please contact the office and set up your consultation for Artefill® today and don't forget to see the inserted newsletter on our summer Artefill® Special!

Sincerely,  
Dr. JoAnne Lopes, M.D.



*"I enjoy my relationships with my patients, the success of my results, and most importantly, the difference it makes in their lives!"*

*~Dr. JoAnne Lopes*

## Skin Talk with Maggie Gomez, Licensed Esthetician

### *SPF and Protecting Your Skin*

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Each day we are exposed to the UV Rays, which are the number one cause of photo aging and even more serious conditions such as skin cancer. The UV radiation that reaches the earth is composed of about 5% UVB Rays and 95% of UVA Rays are the rays of the sun that age. No matter what activities we are doing, everyone needs protection. We can protect ourselves by using a good sun protection and vitamins that will help fortify our skin while protecting us from the UV Rays.

You can protect your skin from premature aging and skin cancers by using sun protective sunscreen. To determine which sunscreen is best for you start by selecting a broad spectrum sunscreen that blocks both UVA and UVB, as well as contains a good level of Zinc oxide around 4% or titanium dioxide, parcel 1789 or Mexoryl SX, among the list of active ingredients. Secondly, you want to choose a sunscreen that feels good on your skin so that you will be comfortable applying it everyday!



Here are some of the sunscreen and skincare treatments that will make you feel gorgeous and are great for your skin:

- \* **Obagi C RX SPF 30**
- \* **Obagi Nu Derm SPF 35 Healthy Skin Protection**
- \* **Skinceuticals Daily Sun Defense SPF 20**

## Ask the Nurse.....

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**Q. I am interested in breast augmentation surgery. Can you tell me the difference between saline and silicone implants? ~ P.B. Virginia Beach, VA**

**A.** There are two basic types of breast implants: saline filled breast implants and silicone filled breast implants. There are several different manufacturers for breast implants. Our office uses Mentor Breast Implants for our surgery patients. Mentor's Memory Gel™ Implant features a unique cohesive gel which is not a liquid. It holds together uniformly while retaining the natural give that resembles natural breast tissue. Unlike old silicone implants that ruptured and leaked out into the breast pocket, the Memory Gel™ Implant will retain its shape should it rupture. Below is a table comparing the two types of implants.



### Memory Gel™ Implant

FDA Approved

Filled with Mentor's cohesive gel that retains shape and resembles natural give of breast tissue

Set fill Volume

Slightly larger incision (1-2 cm longer) with inframammary incision placement

Covered by Mentor's enhanced Advantage Limited Warranty and Lifetime replacement policy



### Saline Breast Implant

FDA Approved

Filled with salt water solution similar to fluid that makes up most of the human body; slightly firmer feel

Flexible fill volume, allowing the surgeon to adjust the volume during the procedure

Small incision with periareolar and inframammary incision Placement

Covered by Mentor's lifetime replacement policy  
Enhanced Advantage Limited Warranty available for purchase

When you come in for a consultation you will be able to see and feel both the saline and the silicone gel implants. We also have several brochures available for any additional information you may be researching for. Please feel free to call our office with any questions or check Mentor's web site at [www.mentorcorp.com](http://www.mentorcorp.com)

