



ACTUAL PATIENT

*facial
rejuvenation
e-guide*

PRESENTED BY



THE SKIN CENTER
BY CHARLOTTE PLASTIC SURGERY.

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introduction

Facial aging is happening to all of us, all the time. It's caused by internal cellular changes, such as a decrease in collagen production, and outside factors such as exposure to UV rays and pollutants. However, there are steps we can take to stay a few steps ahead of the game and even reverse unwanted skin damage.

In this E-Guide, we'll reveal our secrets to beautiful skin. You'll learn everything you need to know, from basic skin care products to complex surgical procedures and everything in between. We'll help you understand how these options will work for your specific concerns, and how our expert estheticians, laser technicians, registered nurses, and renowned plastic surgeons can help you discover the best skin of your life. Together, we will help you bloom.

Sincerely,
The staff at The Skin Center by Charlotte Plastic Surgery



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non-surgical options

Non-surgical options are ideal if you don't want lengthy downtime or you need an option that can easily be done on a regular basis to maintain your skin quality. These options are great for clients who want to tackle:

- ❁ Fine lines & wrinkles
- ❁ Dull complexion
- ❁ Large pores
- ❁ Dryness
- ❁ Uneven skin tone



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"There's no

one-size-fits-all

approach for facial rejuvenation.

Customizing a plan with options
that are right for you is what allows
us to enhance each patient's own
natural beauty."

DR. STEPHAN J. FINICAL, M.D.
CHARLOTTE PLASTIC SURGERY



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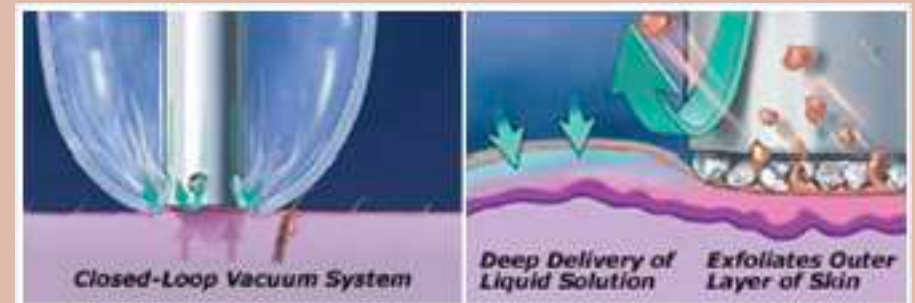
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facial treatments

During your customized facial, your skin is cleansed and exfoliated to remove dry & damaged cells, helping the look of fine lines, wrinkles, and rough skin texture. Your skin is rehydrated with moisture, allowing for a youthful, luminous glow. Facial treatments make your skin feel smooth, hydrated and clean, but they also make your products more effective by allowing them to penetrate deeper into the skin. Treatments are recommended once every 30 to 90 days and are highly customizable based on skin type & condition. For example, you can add **Dermaplaning** for maximum exfoliation, **growth factor therapy** for penetrating cellular renewal, or even **extractions** for removing black heads and clogged pores.

RECOVERY: None. Skin may be slightly pink afterwards.



Dermalinfusion System

The Dermalinfusion is a luxurious all-in-one facial treatment that enhances your appearance by gently exfoliating away dry skin, suctions oil and dirt from pores, and deeply infuses corrective serums into the skin – all simultaneously! The treatment leaves your skin feeling exceptionally clean and hydrated. Plus, Dermalinfusion can battle your most unwanted issues like **acne, hyperpigmentation, sun damage, dryness, and wrinkles** with its patented medical-grade serums. It's a great treatment for all skin types and leaves your skin looking fresh, renewed, and glowing.

RECOVERY: None. Skin may be slightly pink afterwards.



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PRO-TIP

*“The “**VISIA IMAGING SYSTEM**” allows you to see what’s really going on under your skin to help you decide which problems to focus on. It’s also great for measuring the effectiveness of your products & treatments when done in 3-month intervals.”*

JENNIFER KREIBICH
SKIN HEALTH SPECIALIST



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chemical peels

Chemical Peels can dramatically transform your skin by reversing damage and battling issues like **blemishes, wrinkles, enlarged pores, acne** and even **irregular pigmentation**. Skin transformation occurs thanks to ingredients such as beta hydroxy acid, salicylic acid, alpha hydroxy acids, glycolic, lactic or fruit acids. A precise formula is adjusted to meet your needs and you can even choose the amount of physical peeling you want to experience. Peels can be great for a quick complexion boost before an event or an aggressive approach to correcting serious skin problems - it just depends on your goals, which you'll discuss with your skin health provider as you map out a plan together.

RECOVERY: Depends on the type of peel - ranges from slightly pink skin for up to an hour (can go out in public afterwards) to 5-7 days of moderate redness, peeling, & flaking (will want to stay home for a few days).

medical-grade skin care products

The use of medical-grade skin care products prepare the skin for skincare treatments, help maintain our skin's integrity, protect it from further damage, and even aid in correcting various skin concerns. From basic exfoliation with the use of enhanced cleansers and retinols, to deep penetrating serums which seek to replenish lost hyaluronic acid and collagen, medical-grade skin care products are much more powerful and effective than over-the-counter products. They are rigorously scientifically tested for effectiveness and can even address complex skin issues like **acne** and **uneven pigmentation**. Through extensive testing and research, these products pack a punch with the highest levels of active ingredients and can only be sold in doctors' offices.

RECOVERY: None. Recommended regular use for best results.



IMAGE COURTESY OF
SKINMEDICA® AND ALLERGAN

"As we see more lines and texture,
it's important to use anti-aging products
that include

*human growth
factors and
antioxidants.*

Some products are so advanced that
they've even been given nicknames like
"laser in a bottle" and "topical Botox®".
But whatever you're using, the most
important part of any skin care regimen
is consistency and daily application for
best results."

**ANDREA SPENA,
LICENSED ESTHETICIAN**



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chemical peels

Somewhere between treating the skin's surface with topical solutions and going under the knife is the realm of minimally invasive options. These are procedures that may gently penetrate the surface layers of the skin, require a few days of downtime, but do not require actual surgery, anesthesia, or weeks of recovery. They are the middle ground of cosmetic options, where a patient can take a long weekend to recuperate and take years off his/her appearance. These procedures are highly effective at creating significant change and are suitable for patients hoping to address:

- ✿ *deepening lines, creases, and wrinkles that don't soften while the face is resting*
- ✿ *pockets of unwanted facial fullness (fatty areas) or hollowness (sunken appearance)*
- ✿ *dark areas of melasma, hyperpigmentation, or age spots*
- ✿ *rough or crepey skin texture, enlarged pores, acne scars, or broken capillaries & redness*



microneedling (with PRP)

Microneedling is exactly what it sounds like: tiny little needles that make micro-punctures in the skin (think tattoo gun with less discomfort). By gently penetrating the surface layers of the skin, the body's own healing process kicks in and new cells, collagen and elastin are produced. Your skin literally heals itself from the inside out and issues such as acne scars, **uneven skin tone**, **stretch marks** and **wrinkles** are softened dramatically. The best part is that it doesn't hurt; the skin is prepped with a topical numbing cream prior to treatment, and 3 to 4 treatments will yield the best results. You can also add PRP (platelet-rich blood plasma that is full of your own human growth factors) to your treatment to give healing and cell turnover an extra boost.

RECOVERY: Mild redness immediately afterwards with potential flaking & dryness for a few days. Patients may return to regular activities within 24 hours.



lasers (with optional sedation)

The Sciton Halo® Laser is the first of its kind to combine two laser wavelengths, ablative and non-ablative, into one treatment. That means you get the best of both worlds: the impressive **resurfacing** of an ablative laser but with the reduced discomfort and shorter downtime of a non-ablative laser. Halo® also stimulates **collagen** and **elastin** production, improving overall **skin structure** and strengthening it from within. The best part? Almost everyone is a candidate and it can be done with ProNox™ Nitrous Oxide Sedation so you can feel calm and comfortable throughout. The Sciton also has a BBL (or broadband light) option that targets fine vessels and melanin, eliminating issues such as **redness**, **freckles**, **sunspots**, and **melasma**.

RECOVERY: With Halo®, your skin will be a little swollen and moderately pink to red for about 3 to 5 days (may want to stay home for a few days). With BBL, your skin looks moderately pink afterwards, but you can return to your daily routine the same day.

chemical peels

As collagen, elastin and hyaluronic acid production slows down in our 20's & 30's, our skin looks less firm, especially in the lower face, mouth, jawline, & neck. Profound® is an FDA-cleared, single-treatment option that is being hailed as "the best non-surgical facelift alternative" with a 100% response rate in a clinical study (see www.syneron-candela.com). A handheld device makes tiny punctures in your skin with small probes; the probes are then energized with fractionated radio-frequency energy, stimulating collagen, elastin, and hyaluronic acid production. It takes roughly an hour and there's minimal downtime - you can even return to your regular routine the very next day (although we do recommend you stay out of the sun). You'll see a more lifted lower face, tightened contours around the jaw and neck, and a rejuvenated appearance to aging skin within a matter of weeks (with optimal results in just a few months).

RECOVERY: Some swelling and bruising for 5-7 days (which can be minimized with products after the first 24 hrs.). Can return to normal activities the day after.



Aquagold® fine touch™

AquaGold is a patented gold-plated micro-injection system that comfortably delivers custom solutions into the skin without downtime. The applicator contains a reservoir filled with ingredients tailored to your specific skin needs, such as vitamins, anti-aging serums, PRP (platelet-rich plasma), or micro-quantities of hyaluronic acid fillers and botulinum toxins (like Botox® and Dysport®). The device is then "stamped" into the skin delivering this cocktail of rejuvenation directly into the dermis. AquaGold can help shrink enlarged pores, smooth rough or uneven skin, improve superficial acne scarring, brighten dull or lackluster complexion, and enhance the results of your other skincare treatments. Considered a 'Red Carpet Facial' for its ability to improve imperfections like a filter.

RECOVERY: Minimal with no downtime. There is mild redness immediately after treatment for up to 24 hours.



*“non-ablative
treatments* target the lower
layers of skin while leaving the skin’s
surface unharmed and intact.

*ablative laser
resurfacing* targets both the
surface and the lower layers of skin by
injuring or “ablating” the surface of
skin. The Halo® laser takes the best
aspects of both, resulting in a
significant change to your skin without
a significant downtime or recovery
process.”

**ALLIE HOGGE,
REGISTERED NURSE &
LICENSED ESTHETICIAN**



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PRO-TIP

*“Don’t wait until you’re miserable with your appearance to do something about it. I tell my patients to think of your face like the facade of a house – by doing **SMALLER, MAINTENANCE-TYPE** procedures over time, you can keep aging at bay and prevent the need for an overhaul down the road.”*

DR. JACK SCHEUER, M.D.
CHARLOTTE PLASTIC SURGERY



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injectables (with optional sedation)

With dozens of different kinds and types of injectables available today, injectors are now able to choose their product like an artist chooses a brush. Clients can tackle lots of different concerns while still looking natural, like subtle **lip-enhancement**, replacing volume in the **cheeks**, correcting **under-eye hollowness**, softening **wrinkles** around the eyes and forehead, correcting a **"gummy smile"**, and remedying **creases** around the mouth. There's even a fat reducing injectable, Kybella®, which **dissolves fat** in the "double chin". Afraid of needles? No need to worry – you can now choose ProNox™ Nitrous Oxide Sedation to make your treatment comfortable and anxiety-free.

RECOVERY: For Botox® & filler, zero downtime. For Kybella®, slight swelling for 3-5 days.

coolsculpting

There have been literally millions of CoolSculpting® treatments done worldwide there's no doubting its effectiveness. With targeted cooling, fat cells are frozen, die, and are expelled from the body naturally. Areas such as the **abdomen, thighs** and **upper arms** are frequently targeted, but one of the most dramatic transformations is in the **double-chin** or submental area. By eliminating the bulge above the neckline, you can take years off your appearance, all within 35 minutes. There's no needles, pain, or downtime and you can return to work or exercise the same day. Full results are visible at 90 days, although most patients notice changes in the first 30 days.

RECOVERY: Resume day-to-day activities immediately. Area may be slightly swollen and tender anywhere from 24 hours to a few weeks.





surgical options

Some facial aging simply can't be addressed without exploring surgical options. For some, this may be a facelift, an eyelid lift, or perhaps a necklift. Overall, the essence of surgical facial rejuvenation is to do as little or as much is warranted to achieve a harmonious, youthful facial shape without appearing "done". These surgical options are ideal for a patient hoping to address:

- ❁ loose, hanging skin on the lower face & neck
- ❁ a dropped or heavy appearing brow
- ❁ heavy eyelids, excess eyelid skin, or enlarged fatty pads under the eyes



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PRO-TIP

*“They say a picture is worth a thousand words – well, it can be invaluable for your plastic surgeon. When considering facial surgery, **BRING IN OLD PHOTOGRAPHS** so your surgeon can see exactly how your face has changed and what areas you’re most concerned about. Together, you can use the pictures as a reference point as you discuss your goals together.”*

DR. THEO NYAME, M.D.
CHARLOTTE PLASTIC SURGERY



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facelift

A Facelift is often utilized when facial aging is more pronounced and non-surgical or minimally invasive options aren't sufficient. By lifting and repositioning the facial skin and underlying tissues, excessive hanging skin, deep skin folds, and drooped facial structures are addressed. A facelift may also involve a Neck Lift and Fat Transfer to put facial structures back where they're supposed to be. Laser Resurfacing can also be added to help smooth and improve skin texture. The goal is to achieve a natural result that elevates and smooths the face, not pulls it into an unnatural position (just say "NO" to wind-tunnel-face!). Done under general anesthesia, the procedure takes anywhere from 3 to 5 hours and requires at least 2 weeks of downtime. Incisions are hidden along the hairline and behind the ears, making scars mostly a non-issue.

RECOVERY: Back to work in 10 to 14 days. Exercise and strenuous activity can be resumed in two weeks or more. Bruising is resolved within two-three weeks and sun exposure should be limited for several months.



Brow-lift

For those with a heavy, drooping forehead, a Brow Lift (also known as a Forehead Lift) can help achieve a more youthful, "awake" appearance without appearing too "surprised" or over-animated. Performed through incisions placed in the hairline above the forehead and in the temples, a brow lift can not only lift the forehead to a more alert & youthful position, but also reduce horizontal wrinkle lines, improve frown lines, and improve hooding of the upper eyelids. In some patients, the procedure can be done with an endoscope, minimizing incision lengths and shortening recovery time. The procedure takes about 1 to 2 hours and most patients return to work within a few days.

RECOVERY: Back to work in 5-7 days, usually sooner when done endoscopically. Exercise and strenuous activity can be resumed in several weeks. Full recovery from bruising can take two to three weeks and sun exposure should be limited for several months.



PRO-TIP

*“I liken facial rejuvenation to making a bed. When you make a bed, you fluff the pillows – that’s like repositioning volume with **FAT GRAFTING**. You also tuck in the covers, which is like excess skin removal with a **FACELIFT**. And you press and wash the sheets – like smoothing and clearing up the skin with **LASER & INJECTABLES**.”*

DR. KEVIN L. SMITH, M.D.
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eyelid surgery

Our eyes are one of the most obvious places we show age - under eye bags or drooping eyelids can make you look tired or older than you are. Eyelid Surgery, also known as Blepharoplasty, removes excess skin and fat to help open up the eyes so you look more refreshed & youthful. The incisions are hidden within the natural creases and contours of the eye, making scarring basically a non-issue. Plus, it can be functional too - loose upper eyelid skin can impair vision when left untreated.

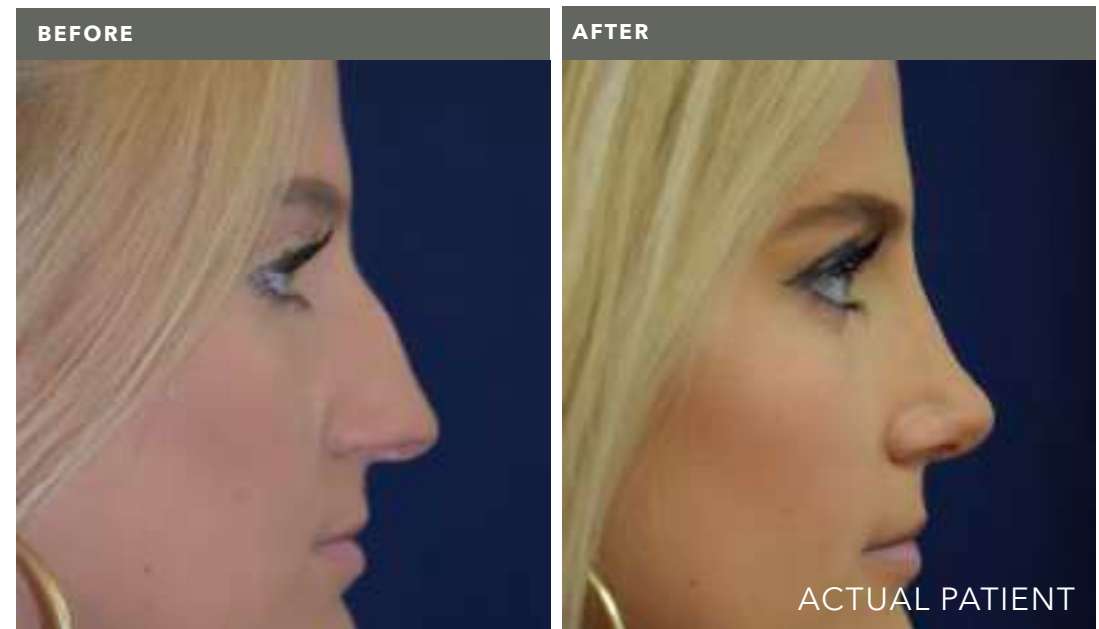
RECOVERY: Back to work in 7 to 10 days, using contact lenses in 2 weeks or more. Exercise and strenuous activities can be resumed at 3 weeks and bruising & swelling resolved in about 3 to 4 weeks.



nose surgery

Rhinoplasty is ideal for patients who feel like their nose doesn't fit with the rest of their face. A rhinoplasty can address a variety of issues such as: a large hump, a bulbous tip, a broken nose, nose widening or thickening, and even nostril size. Whatever the reason, rhinoplasty is all about balance and proportion; a few subtle changes can make a big difference by creating harmony between your nose and the rest of your facial features. Most patients are sent home from surgery with a splint on the nose for stability (removed within 5 to 7 days) and some gauze packing inside for support (removed within 24 hours).

RECOVERY: One of the best parts about rhinoplasty surgery is the recovery isn't as bad as you might think: patients are pleasantly surprised that they aren't in pain afterwards, they just have some swelling and the sensation of a "stuffy nose" for a few days.



our services

Sometimes it's hard to know which service is right for you when there are so many great options available. The truth is, the "right" option can depend on a lot of different factors, like the amount of downtime you want to invest, the amount of money you want to spend, and the type of transformation you have in mind.

So that you can learn more about what options are available to you, here are a list of our many treatments and services so you can discover your best you yet.

SERVICE MENU



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resources

Check out these websites for more valuable information:

OUR PRACTICE

Visit www.charlotteplasticsurgery.com and theskincenterbycps.com for before & after photos, physician bios, patient testimonials, videos from the doctors & staff, and descriptions of the many services & procedures we offer.

LOCATE A PHYSICIAN

Visit www.abms.org to find a board certified physician near you, verify a physician's current certification status, and to understand more about why board certification is important.

FINANCING

Visit www.carecredit.com to apply for financing for medical procedures, explore numerous financing plans for your area, and utilize the helpful online payment calculator to visualize your financial goals.

LEARNING MORE

Visit www.surgery.org for descriptions of surgical procedures, understanding what board certification means to you, and helping to find qualified surgeons near you.

INDUSTRY TRENDS

Visit our Instagram page @charlotteplasticsurgery, @theskincenterbycps for videos & articles from nationally acclaimed doctors (you'll see our physicians there!) about the latest & greatest trends & developments in the plastic surgery industry today.

PATIENT STORIES

Visit www.realself.com for a community of real patients providing testimonials & surgical experiences in their own words.



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