FACIAL REJUVENATION E-GUIDE

PRESENTED BY
Charlotte Plastic Surgery

For Questions, call (704) 266-6944

www.charlotteplasticsurgery.com
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introduction

It happens to all of us eventually. One day you’re looking in the mirror and suddenly there’s a different person looking back at you. Or perhaps a recent selfie reveals wrinkles, sagging skin or hollowness you hadn’t really noticed were there before. Facial aging is happening to every one of us, all the time, and there’s not much we can do to prevent it.

Facial aging is caused by unstoppable internal changes occurring at a cellular level, such as a decrease in collagen production as we age, combined with outside factors such as exposure to the sun and the elements. However, there are steps we can take to stay a few steps ahead of the game and even reverse some of our most unwanted signs of aging.

In this E-Guide, you’ll learn about a broad range of facial options, from basic skin care products to complex surgical procedures, which seek to improve the three areas of facial aging: skin tone loss, skin positioning, and volume loss. You’ll learn from our team of skin health experts and surgeons how to effectively combat your most undesirable facial aging problems and discover your best you.

Sincerely,
The Ladies of Charlotte Plastic Surgery
Not every problem requires a complete overhaul, and not every skin care issue requires a surgical approach. Great strides in the understanding of facial aging have occurred in the past few decades and many non-surgical options have proven to be extremely effective in the treatment of fine lines, poor skin quality, and pigmentation.

**non-surgical options**

Non-surgical options are great for the patient who doesn’t want to have any downtime or who needs an option that can easily be done on a regular basis to maintain skin quality and fight aging. These options are suitable for patients hoping to address:

- fine lines & wrinkles
- dull or blotchy complexion
- large pores, dryness, or uneven skin tone
“When the only tool you have is a hammer, every problem looks like a nail. And when it comes to facial rejuvenation, there is no "ONE-SIZE-FITS-ALL" treatment for creating beautiful results. Customizing an approach that is comprehensive and incorporates various different options and modalities is what allows us to create subtle, natural-looking outcomes that enhance each patient’s own natural beauty.”

– DR. STEPHAN J. FINICAL, M.D.
facial treatments

Facial treatments are an easy, basic way to effectively maintain your skin and fight the signs of aging. During a treatment, skin is cleansed and exfoliated to remove dry & damaged cells; this helps the look of fine lines, wrinkles, and rough skin texture. Your skin will also be infused with moisture, allowing for a youthful, luminous glow and overall rehydration. Facial treatments have the immediate benefit of making your skin feel smooth, hydrated and clean, but they also have long term effects such as allowing your skin care products to be more effective by letting 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, your treatment can include the use of a medical grade Dermablade for maximum exfoliation, Oxygen 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 System is a 3-in-1 device that takes facial treatments to the next level. It gently exfoliates away dry skin with a sturdy diamond tip, suctions oil and dirt from inside pores with a closed loop vacuum system, and deeply infuses condition-specific serums directly into the skin – all simultaneously! The treatment is moderately vigorous yet feels extremely comfortable and leaves your skin feeling exceptionally clean. Not only is Dermalinfusion a luxurious treatment, but it has a clinical aspect as well: Dermalinfusion can battle specific skin conditions with specially designed serums, targeting your most unwanted issues like acne, melasma, dryness, and wrinkles. It’s great for all skin types and leaves your skin looking fresh and renewed.

RECOVERY: None. Skin may be slightly pink afterwards.
PRO-TIP

“Not sure what you need for your skin? The “VISIA IMAGING SYSTEM” scans your face for wrinkles, lesions, broken capillaries and more, allowing you to see what’s really going on with your skin and determine what problems to focus on. It’s also a great tool for measuring the effectiveness of your products & treatments when done in 3 month intervals, so you can focus your care plan on what matters most.”

- JENNIFER KREIBICH, Skin Health Specialist
chemical peels

Chemical Peels have been around since ancient times; it’s said that Cleopatra used to soak in milk baths (lactic acid) to exfoliate her skin and it’s no wonder. Peels can dramatically reverse prior damage and combat issues such as blemishes, wrinkles, enlarged pores, acne and even irregular skin 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 each patient’s needs and the patient can even choose the amount of physical peeling they want to experience. With various levels available, these treatments can be great for a quick complexion boost before an event or, on the other hand, an aggressive approach to correcting serious skin problems. A skin health specialist will customize treatment based on your specific wants, needs & goals.

**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 daily use of medical-grade skin care products maintains our skin’s integrity, protects it from further damage, and even corrects various skin concerns. From basic exfoliation with the use of enhanced cleansers and masques, 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 their drugstore equivalents. They are rigorously scientifically tested for effectiveness and can even address complex skin issues like rosacea 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.
“As we age and see more lines and texture issues, it’s important to incorporate anti-aging products that include HUMAN GROWTH FACTORS and ANTIOXIDANTS. Some products are so advanced that they’ve even developed nicknames like “laser in a bottle” and “topical botox”. But no matter what you’re using, the most important part of any skin care regiment is consistency and daily application for best results.

– KELLY WOLFF
Licensed Esthetician
minimally invasive options

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:** Skin will be pink to slightly red for up to 24 hours.

lasers (with optional sedation)

Lasers have been around for a long time, but never like this. The Sciton Halo Laser is the first of its kind to combine two laser wavelengths, ablative and non-ablative, into one treatment. What does that mean? Essentially, you get the best of both worlds: the impressive resurfacing of an ablative laser but with the reduced discomfort and downtime of a non-ablative laser. This treatment not only deeply exfoliates by removing the top layers of skin to reveal the healthy skin underneath, but it also stimulates collagen and elastin production, improving the overall structure of the skin and strengthening it from within. The best part? Almost everyone is a candidate and it can be done with ProNox Sedation, a nitrous oxide system that is controlled by you, the patient, 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.
non-surgical facelift (Profound®)

As we get into our late twenties and early thirties, we begin to see changes in the contours and shape of our face. As collagen, elastin and hyaluronic acid production within our bodies starts to slow down, our skin begins to look less firm – especially in the delicate areas around the lower face, mouth, jawline, & neck. Profound® is a remarkable FDA-cleared, single-treatment, non-surgical option that is being hailed as “the best non-surgical facelift alternative” by many experts in the cosmetic industry. It even had a 100% response rate in a clinical study! (see www.syneron-candela.com for more information).

The process is fairly simple: your face & neck are numbed so that you’re completely comfortable throughout the treatment. A handheld device is passed over your face making tiny punctures in your skin with small probes. These probes are then infused with fractionated radio-frequency energy to stimulate collagen, elastin, and hyaluronic acid production – the building blocks of youthful skin. The whole process takes about an hour and there’s minimal downtime. Your skin may be slightly red for 1 to 2 days afterwards and you may have some mild swelling & bruising in the treatment area. You can wear makeup within 24-48 hours and there are no post-operative restrictions – you can literally return to your regular routine the very next day (although we do recommend you stay out of the sun).

The results our patients are experiencing are dramatic – you’ll see a noticeable improvement to the contours of your face within a matter of weeks with optimal results in just a few months. With just a single treatment, you’ll see a more lifted lower face, tightened contours around the jaw and neck, and rejuvenated appearance to aging skin. Plus, the Profound® is so versatile, it can also be used to address loose skin & cellulite on the arms, knees, abdomen, and upper thigh (banana roll) area too.

**RECOVERY:** Mild redness & swelling for 3-4 days with the potential to have a little bruising. Can be covered with makeup within 24-48 hours and can return to daily routine the next day.

Images courtesy of Syneron-Candela.
“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
PRO-TIP

“Don’t wait until you’re miserable with your aging face 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 some signs of aging at bay and prevent the need for an aggressive renovation or extensive overhaul.”

- DR. JACK F. SCHEUER III, M.D.
**injectables** *(with optional sedation)*

The use of injectables such as Botox and fillers has become extremely popular in recent years and it’s easy to see why. With dozens of different kinds and types available today, injectors are now able to choose their product like an artist chooses a brush. And with improved versatility comes enhanced application, so clients can tackle lots of different concerns while still looking natural. The most common applications range from creating subtle lip enhancement to replacing lost volume in the cheeks, correcting under-eye hollowness, softening wrinkles around the eyes and forehead, correcting a “gummy smile”, and remedying lines & creases around the nose & mouth. There’s even a fat reducing injectable, Kybella, which dissolves fat under the chin for a more contoured, youthful neck appearance. Have you always wanted to try injectables but you’re 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.

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**coolsculpting**

By now, you’ve probably heard of CoolSculpting and 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 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:** None. Area may be slightly swollen for up to 24 hours.
surgical options

Some facial aging concerns simply can’t be addressed without exploring surgical options as a possible solution. For some patients, this may mean considering a facelift to noticeably turn back the clock a handful of years. For others, a series of smaller, more frequent maintenance procedures may be done over time to help slow the appearance of aging. 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 “overdone”. 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
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. PAUL WATTERSON, M.D.
facelift

One of the most well-known plastic surgery procedures, the **Facelift** (or Rhytidectomy) 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, issues such as excessive hanging skin, deep facial skin folds, and drooped facial structures are addressed. A facelift often involves the utilization of a Neck Lift and Fat Transfer to help return the shape of the face & neck to a more youthful contour. Laser resurfacing is also often added to this procedure to smooth the skin and create a healthy glow. As with any surgical procedure, the goal is to achieve a harmonious, 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 can take 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 the presence of 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.

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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 and put them in the right place - that’s repositioning midface volume with **FAT GRAFTING**. You also tuck in the covers, which is excess skin removal with a facelift. And you press and wash the sheets - that is smoothing the skin and tidying up the complexion with injectables & laser resurfacing.”

- **DR. KEVIN L. SMITH, M.D.**
**eye lid surgery**

One of the first and most apparent places on our face to show age is our eyes. Large, fatty under eye bags or drooping eyelid skin can make you look tired, worn out, or old beyond your years. Eyelid Surgery, also known as Blepharoplasty, removes excess eyelid skin and trims fat pads to help open up the eye area and reveal a more refreshed & rejuvenated appearance. The incisions are hidden within the natural creases and contours of the eye, making scarring a non-issue. Plus, this procedure isn’t just aesthetically pleasing; it can be functional too, especially for patients who have loose upper lid skin that hangs down and impairs their vision.

**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.

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**nose surgery**

**Rhinoplasty** can be incredibly transformative for patients who feel like their nose doesn’t fit well with the rest of their facial features. For some, a large hump or a bulbous tip draws unwanted attention. For others, the nose has widened or thickened with age and begins to look less attractive. Whatever the reason, rhinoplasty is all about balance and proportion; a few subtle changes can make a big difference by allowing all of your facial features to live in better harmony. Most importantly, you won’t look like someone else; a rhinoplasty will refine your features and soften areas that you don’t like. 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
### WHICH SERVICE IS RIGHT FOR YOU?

What is your best you? When are you at your most confident and assured?

At Charlotte Plastic Surgery, we want this feeling to stay with you, to be part of who you are and how you live your life. The power is in your hands, and it comes from making the choice to not only look your best, but also feel your best.

*Pricing for each service is available upon request.*

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the CPS difference

Serving the Charlotte community
SINCE 1951

SIX nationally and internationally acclaimed plastic surgeons

EXPERT TEAM of Skin Health Specialists, Registered Nurses, Skilled Surgical Technologists, and customer service staff trained by the Ritz Carlton

The only plastic surgery group to win a CHARLOTTE MAGAZINE BOB (Best of the Best) Award for Best Plastic Surgery Practice in the city

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resources

Check out these websites for more valuable information:

OUR PRACTICE
Visit www.charlotteplasticsurgery.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 they 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 www.theplasticsurgerychannel.com 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.