

Inside

Dr. Daw has a simple fix for your eyelids.

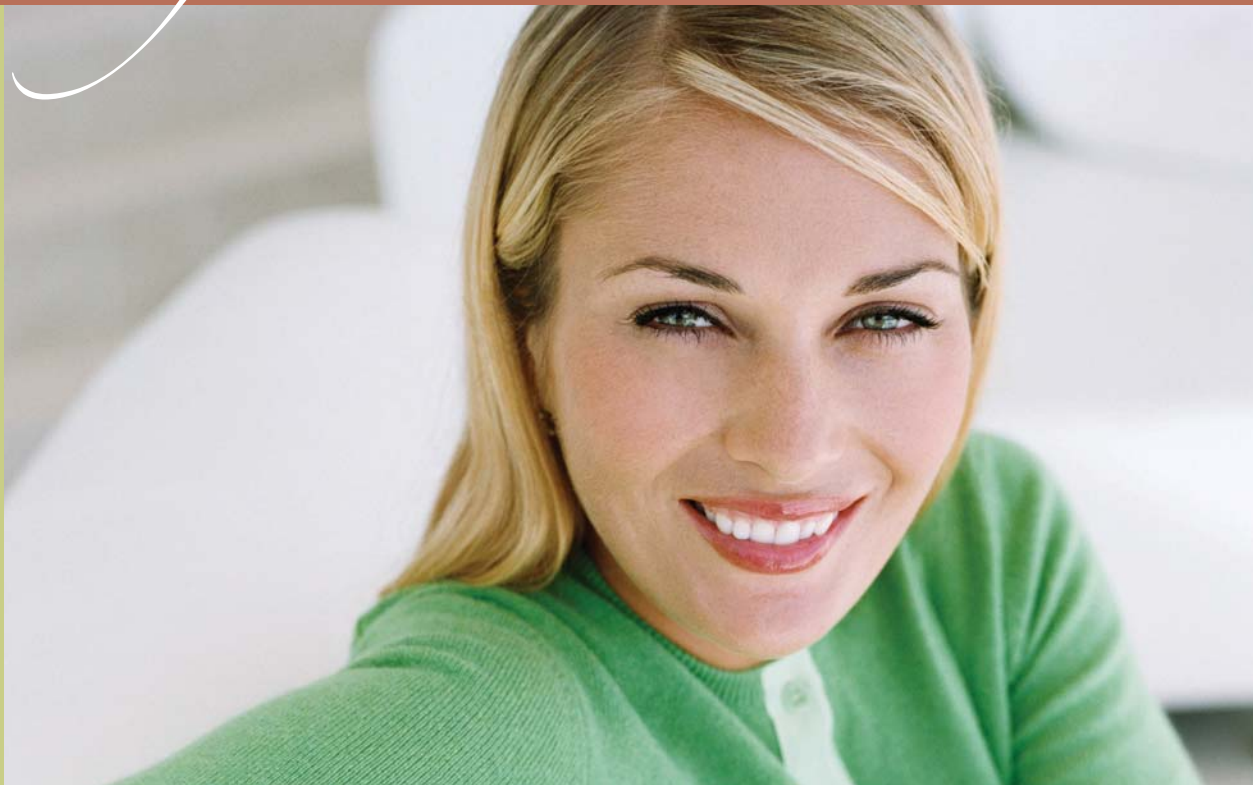
Dr. Donat asks if tip rhinoplasty is right for you.

Dr. Sigalove says don't hide your ears -fix them.

Cantera Spa: Your mattress may cause more problems than you know: A simple explanation of sun spots.

Elizabeth's Beauty Tip: **Multitasking your morning routine!**

Member of DuPage Medical Group



Day of Beauty Specials on Botox® and Fillers!

The holidays are almost here, so get yourself ready now! Come in on **November 6th** or **December 4th**, for our Days of Beauty and take advantage of our early holiday present to you – **25% off Botox® and Fillers!**

Botox® smoothes out all those wrinkles around your eyes – especially the ones that form a number “11” between your eyebrows which make you look like you’re perpetually scowling. Radiesse® and Juvéderm™ are great for filling in those “parentheses” that come down from your nose to the sides of your mouth and for “marionette lines” that form around the corners of your mouth down to your chin. You’ll love looking softer, more youthful, and full of confidence in your beauty!

While fillers offer immediate (and incredibly long lasting) results, it can take up to a week to see the full effects of Botox®.

Make your appointment now to enjoy 25% off of Botox®, and Fillers on November 4th or December 6th, and get ready to hear “Wow, you look amazing!”, at all your holiday parties!





This simple fix of the eyelids can achieve big results

by Dr. Daw

Have you ever thought about what really makes your eyes look old? Wrinkles around the eyes get all the attention, but what about your eyelids? Puffy eyes or drooping eyelids can drag down your whole appearance and add years to your face. Luckily, there's a solution.

Eyelid surgery, or blepharoplasty, can take care of the excess skin, tissue and fat that contributes to puffiness and bags in both the upper and lower eyelids. This simple procedure can produce subtle changes that brighten your whole face and make you look younger and more energetic – without being obvious that you've had surgery.

As part of your initial consultation, I'll give you a comprehensive, top to bottom evaluation of your face; I may suggest you consider, in addition to eyelid surgery, a brow lift, Botox®, or laser resurfacing of the eye area to tighten the skin and reduce wrinkles. My goal is to make sure your eyes are in harmony with the rest of your face, for a balanced, natural look.

Eyelid surgery can be done as an outpatient under either local or twilight anesthesia. Incisions are barely noticeable; for upper eyelids, the incision is hidden in the crease of the eyelid, and for lower eyelids, the incision can actually be made on the inside of the eyelid. You should allow yourself two weeks for the bruising and major swelling to go down, at which time you can resume exercise and other normal activities.

Over the next three to six months, the full results of the procedure will gradually appear as any remaining trace swelling subsides, revealing a smooth, better-defined eyelid and surrounding area, and an alert, more rejuvenated appearance.

Recently a 64-year-old man came to me; as he got older, his upper eyelids hung down over his eyelashes, and he wanted to change that. I removed some of the extra

skin on his eyelids, and he's extremely pleased with the results.

"It was really a breeze for me," he says. "After a week the swelling was over. The scar was in the crease of my eyelid and disappeared completely in a month. The whole thing was quick and easy and a piece of cake for me. My lids look like they did 30 years ago. This was a very good experience – everything I could have wanted."



Before - unretouched photo of actual patient



After - unretouched photo of actual patient



Before - unretouched photo of actual patient



After - unretouched photo of actual patient



Consider this attractive option for subtle changes to the nose

by Dr. Donat

If you've ever considered reshaping just the tip of your nose, but you'd like a more minimal option than a full rhinoplasty, I can offer you an appealing alternative – a "tip" rhinoplasty performed in the comfort of an office setting.

A tip rhinoplasty involves reshaping the cartilage in the lower third of the nose; the bone of the nose is not altered at all. Imagine a line drawn from one nostril, up across the bridge of the nose, to the other nostril – that's where I make the changes. I can thin the tip or lower part of the nose, reduce the angle of the nose, or shorten the length of the nose.

Typically, most surgeons perform rhinoplasty (both tip and regular) in hospitals or surgical centers with the patient under general anesthesia. But because a tip rhinoplasty involves less physical manipulation of the nose than a regular rhinoplasty, I extend to my patients the option of having the procedure done in my office, under local anesthesia. With this safe alternative, patients can avoid the unpleasant side effects of general anesthesia, as well as save thousands of dollars in anesthesiologist and facility fees.

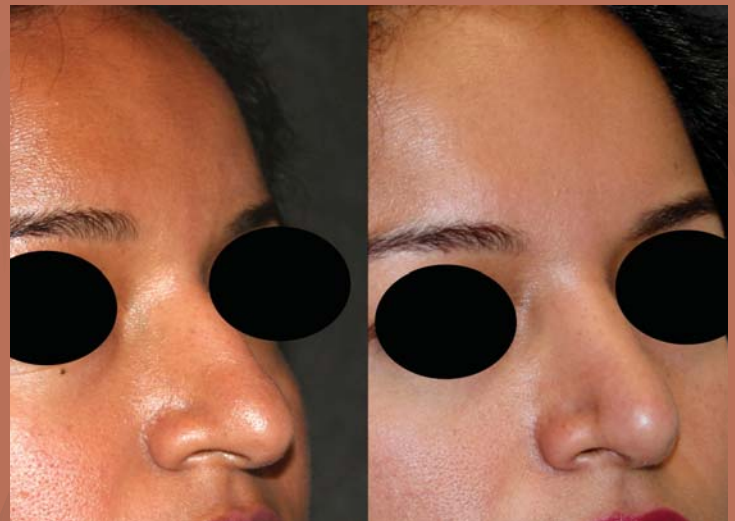
Recovery after tip rhinoplasty is relatively easy. Although the complete healing process will take up to a year, the majority of the swelling and any soreness subsides within the first week. There is no internal packing of the nostrils and there is also very little bruising.

A recent 33-year-old patient of mine agrees that recovering from her tip rhinoplasty took, essentially, only a long weekend. The worst of the swelling, she says, was gone after three days. "Even after they took the stitches out," she explains, "there was no bruising. I didn't have to wear any special makeup, and there was no way anyone would know that I had anything done."

"In fact," she continues, "the whole thing was pretty darn easy. I'm so glad I had it under local anesthesia, first of all

because general anesthesia is so much more expensive, but also because the recovery is so much harder on your body. You just feel icky for several days after. But this was much easier and I'm just thrilled with the results."

If you're looking for a simpler anesthetic alternative for subtle changes to your nose, I encourage you to schedule a consultation with me. A tip rhinoplasty performed in my office may be just right for you.



Before *After*
unretouched photo of actual patient



Before *After*
unretouched photo of actual patient



Don't hide your ears – fix them!

by *Dr. Sigalove*

Sarah W. was always self-conscious of her ears. As a child, kids used to tease her and call her “Dumbo”. But after years of hiding her ears, she finally decided to make a change. And she’s never been happier.

According to the American Society of Plastic Surgeons over 33,000 people, like Sarah, undergo otoplasties each year. Ear surgery is plastic surgery performed to improve the shape, position or proportion of the ear. Dr. Sigalove repositions the ear closer to the head by creating a fold in the ear’s cartilage, then uses permanent sutures to anchor the ear to it’s proper position.

Parents often ask about otoplasty for their children, but surgeons generally prefer to wait until a child is eleven or twelve. By that time, the cartilage has grown and the ear has completed maturation.

At 23 years of age, Sarah can’t believe she waited so long for the surgery.

“As a child,” she says, “kids made fun of me, and I hated it. I could never wear my hair up. Even in college, I had to shower twice a day sometimes, to keep my hair looking nice, and I hated working out, because I couldn’t do ponytails. But now I love it!”

Otoplasty is performed on an out-patient basis, either at a hospital or surgical center and is usually under general anesthesia. Following surgery, the patient wears a fitted head band for two to three weeks to help keep the ears in their new position. Pain lasts only a few days, and stitches come out in a week, at which time the patient can go back to school or work.

To prevent damaging the sutures, the patient must be careful for about eight weeks, until the sutures permanently heal. But the best results are psychological; patients who are no longer embarrassed about their appearance can finally become more confident and outgoing.

As Sarah says, “This has made such a difference in my life. It’s been wonderful, like there’s a whole new world out there. This was the best decision I ever made!”



Before - unretouched photo of actual patient



After - unretouched photo of actual patient



Before - unretouched photo of actual patient



After - unretouched photo of actual patient



How springy is your mattress?

A simple explanation of Sun Spots

Ever wonder why sun damage is visible? Simply picture a cross section of a brand new, fluffy mattress with a crisp top sheet. This is healthy, damage free skin. Now picture how a mattress might look the day you toss it out: lots of condensed, compressed areas caused by broken springs or weak areas. This is the damage that makes your mattress lumpy and not-so-smooth. No matter how tightly you pull the top sheet, the lumps and bumps can still be felt. The same is true for your skin; no matter what you do to improve the surface of your skin, sun damage still lies underneath. It acts as magnets, grasping onto melanin as it floats to the surface. Because melanin sticks to damage (even old blemishes and scars!) we get to have our very own customized reminders of our days in the sun.

Not exactly interested in being reminded? You're not alone! I have many patients who are asking for treatment options to rid themselves of these stubborn sun spots before seeing friends and relatives for the holidays. The only good thing about this particular skin issue is the wide range of treatment options. No matter how severe, we have the right cosmetic cocktail for you and your "mattress"!

Perhaps you've heard of the OBAGI® NuDerm system, an at-home skin care regimen. This system is "all the rage" among our patients during the cooler months! You may also have heard of chemical peeling to resurface your skin; there are a variety

of chemical peels available at Cantera Spa. And no, not all chemical peels actually make you peel! I may also suggest a prescription lightener and a chemical exfoliant to expedite your visible results before and after your peels. You may even be a candidate for a session or two with our brand new DOT SmartXide Therapy laser.

So don't despair over the state of your "mattress"! Let me find the best solution for your sun spot woes, and have healthy, glowing skin for the holidays. Schedule your complimentary skin care consultation today!



GloMinerals Shimmer Brick
(Pictured)

Multitasking Mornings: Fast Glam Makeup Pointers

We already love GloMinerals for its high-pigment, flawless mineral coverage, but some of Glo's pieces are making our mornings easier, too! Elizabeth, your Aesthetician, suggests some quick makeup methods using one product for more than one area!

GloMinerals Shimmer Brick: \$31.50

Original Use: Brush this on for a photo-finish bronze, the perfect facial contouring, and a gleamy glow.

Multitask it: My favorite Quad-Color shimmer bronzing powder looks amazing swiped onto eyelids for a dimensional, fun shadow look. You will also want to try it as your 'crease' color when using smokey browns, blacks, and greys in the evening. The mildly-reflective pinks and purples look great just under the bottom eyeliner, to "smoke out" the look.

GloMinerals Peach Eyeliner: \$16.00

Original Use: I love this pencil for lining the "inner rim" of the eyelids, especially for small eyes that need an 'open' look. This is a nice trick for brides or photography, too.

Multitask it: Peach pencil adds a subtle highlight to the very edge of the upper lip when drawn on carefully along the cupid's bow, but more importantly, this pencil will stop lip color from spreading up and bleeding over the lip line!

GloMinerals Bamboo Eye Shadow: \$18.00

Original Use: A Great 'No-brainer' classic base shadow, Bamboo adds a creamy smoothness to the lid and makes contour colors easy to apply and blend.

Multitask It: Swipe Bamboo into the inner corners of the eye to brighten dark shadows. Also try using a wide, broad brush to apply it to the temples and onto the tops of the cheek bones for a subtle highlight when you turn to the side, and apply a blended streak down the center of the nose for an airbrushed, perfected look.

Rewards Program

We have found through our years in practice that the highest compliment our patients can give is the referral of their family and friends. To show our appreciation for your referrals to our practice, we felt it was important to develop a rewards program. Please contact our office for more details about our **Referral Rewards Program**.

Specials

Abdominoplasty – Tummy Tuck

Restore Your Confidence

Many women choose tummy tucks following pregnancy and after weight loss. The skin of the abdominal wall can become loose and stretched, and fat collects in the tissues below the skin and the abdominal wall muscles become relaxed, both conditions causing the lower abdomen to become more prominent. The tummy tuck procedure can dramatically reduce the appearance of a protruding abdomen and restore a women's confidence. Schedule a consultation with Dr. Daw or Dr. Sigalove to determine if you are a candidate for this treatment plan.

Take advantage of our Fall Savings and book a tummy tuck consult with our doctors. Call us for more details at 630-348-3000 and mention code TUMMY1.**

Facelift

Enjoy Ageless Beauty

The face is one of the first places where many adults identify the subtle signs of aging. Thousands of people have reversed the signs of aging by undergoing a facelift. A facelift corrects a variety of unwanted flaws: wrinkling caused by loose and sagging skin, jowls in the lower cheek area and skin folds in the neck. The facelift procedure can restore a more refreshed and revitalized appearance. Schedule a consultation with Dr. Daw, Dr. Donat or Dr. Sigalove to determine if you are a candidate for this treatment plan.

Take advantage of our Fall Savings and book a facelift consult with our doctors. Call us for more details at 630-348-3000 and mention code FACE1.**

***In order to receive savings, procedure must be performed by 12/31/08. Savings offer can not be combined with any other offer.*

Cantera Spa

Summer Sun Damage?

For a limited time only, enjoy a complimentary Microdermabrasion service (\$150 value) when you begin an OBAGI® Condition and Enhance program.*

*(Must purchase full size Condition and Enhance Kit to be eligible, Microdermabrasion Service to be redeemed within 3 months of Kit Purchase) *expire 12/31/08*

Contact Us

Cantera Lakes

28381 Davis Parkway, Suite 700

Warrenville, IL 60555

630.348.3000

Canteraplasticsurgery.com

Member of DuPage Medical Group