

Beautiful U

Beauty News, You Can Use

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Refreshing your look this Holiday Season

The season is quickly approaching with many upcoming holiday parties. Have you noticed your smile lines getting deeper over the summer? Does it look like you're permanently scowling (from squinting at the sun)? The Institute of Aesthetic Surgery offers several simple non-invasive procedures to give a subtle change while completely refreshing your look.

BOTOX® Cosmetic is great for those "scowl" lines you get between the eyes, as well as crow's feet, and the horizontal lines across the forehead. **BOTOX®** Cosmetic is a purified protein that is administered with a few tiny injections into the muscle which relaxes them and temporarily prevents them from contracting. The entire procedure takes about 10 minutes with minimal to no downtime. You will see results within days and your results can last up to 4 months!

Radiesse® is a fantastic wrinkle filler that does its job in two ways. Not only do you get an instant result as it fills in your lines but it also works below the skin's surface to stimulate the production of your own collagen. Radiesse® has proved to be an amazing tool for contouring certain facial features. Consulting with one of our board certified plastic surgeons can help you determine if Radiesse® is a fit for you. You will see results instantly and they can last up to 18 months!

JUVÉDERM® Injectable Gel is an amazing filler perfect for the lips and mouth area. It can be used to treat vertical lip lines, thinning lips, or just to increase lip volume giving you a fuller pout. If darkness under the eye is an issue for you, **JUVÉDERM® Injectable Gel** may help as well. Some people that have hollow "tear wells" (area under the eye) tend to have dark circles. This is caused by shadowing. **JUVÉDERM® Injectable Gel** can be placed in that area to contour it helping the light reflect away from that area. You will see results instantly and they can last up to a year!

Due to the skill level of our physicians and the tremendous volume of patients that have been successfully treated with injectable products, we are able to offer significant benefits to our patients. The manufacturers of **BOTOX® Cosmetic**, **JUVÉDERM® Injectable Gel**, and **Radiesse®** recognize the standing of our physicians and therefore exclusively offer unique rewards for our patients; whether it be rebates, buy one get one free offers, or other promotions to help make looking beautiful more affordable. For more information or to book your consultation today, call us at 630-348-3000!



Change Your Nose For The Look You Want

by *Dr. Daw*

When you look in the mirror, what do you see?

If you're unhappy with your nose, sometimes that's all you can see. Do you avoid mirrors or stay out of pictures? Does your nose make you feel unattractive? It can sag on your self-esteem, like a weight on your shoulders.

I'm pleased to tell you that rhinoplasty – surgery of the nose – may be the right option for you. I can improve the proportion of your nose and the overall harmony of your face, to give you a terrific look.

It's possible that your nose's structural imbalance can also cause breathing problems. I may be able to correct the underlying problem and restore functionality – and improve your appearance at the same time.

Achieving the right balance

When I meet with you to discuss your nose for the first time, we'll talk about more than just your nose. We'll consider your whole face. Does your nose look big because your chin is small? Are your jawbones or cheekbones too weak? I may end up recommending facial implants or other procedures, along with your nose surgery, to achieve better balance. If you have breathing problems, we'll discuss those too and how surgery might improve your situation. For example, surgery of the nose can correct a deviated septum or fix a blocked nasal passage.

Because every face is unique, rhinoplasty is a highly individualized surgery. Together, we'll determine the best options for you. This may include:

- Altering the bridge of your nose
- Reshaping the bridge of your nose
- Reducing the shape or width of your nose
- Reshaping the tip of your nose
- Reducing the width or size of your nostrils
- Adjusting the angle between your nose and your upper lip

Also during our consultation, we'll review photographs of previous patients. You'll be able to see other real-world results, so that you can begin to picture what rhinoplasty can do for you.

Your surgery and your results

Surgery of the nose is usually done under general anesthesia, in an operating room, on an outpatient basis.

In most circumstances, I perform the rhinoplasty procedure called an "open approach". I make an incision across the columella (the narrow strip of tissue that separates your nostrils), which gives me better access to all the structures of your nose. Once I've sculpted the underlying nasal structures into the desired shape, I redrape the skin and tissue and close the incisions.

You'll probably have a splint on your nose for 7 to 10 days to help it heal and you may have packing inside your nose if extensive internal work was performed. There will be some swelling and bruising (particularly around your eyes) for 7 to 10 days. Healing may take up to 6 weeks if I had to break any bones. Your scars, however, will heal remarkably well; they'll eventually be barely visible. As the swelling subsides and your tissues heal, over the course of the next year your nasal contour will refine to reveal your new look.

Imagine how good it will feel to breathe properly. Imagine how satisfied you'll feel every time you walk past a mirror. Imagine living your life with confidence and self-esteem.

Start now. Contact our office and schedule your consultation today!



Before Rhinoplasty



After Rhinoplasty



New Solution For Correcting Cosmetic Breast Surgery Problems

by Dr. Sigalove

It's unfortunate but it's true: some women have problems with their breast implants. Implants may become visible; they may wrinkle or ripple. They may lose their positioning, become asymmetrical and even bottom out, or your breasts may become painfully hard due to capsular contractures. In fact, you might not even know exactly what's wrong, other than feeling that your implants just don't look right.

Whatever the problem, you just want it fixed. And you may find that many doctors have trouble fixing these problems.

But at the Institute of Aesthetic Surgery, we're thrilled to bring you an effective new solution to correct cosmetic problems with breast implants.

State-of-the-art technology with amazing results

This technique involves state-of-the-art "biologics" – which uses living tissue to create medical solutions. In this case, we use an acellular dermal matrix out of porcine tissue that provides coverage for the implant. Sounds pretty space age, doesn't it?

To explain how it works, first let's look at what's behind many of the problems associated with implants.

The problem has to do with weakened tissue that can be caused by aging, genetics, or having too large of an implant among other things. Either way, the tissue surrounding your implant can no longer hold its shape. As a result, rippling may appear through the skin or the implant may fall out of its original position.

To solve the problem, we need to create a new support system for the implant. After much research, we've figured out a revolutionary way to create a "sling" that supports your implants. We can position this sling – and therefore the implant – wherever we want, for the best look. The sling is sewn to the chest wall and to the pectoralis muscle. Over time, the sling becomes an extension of the muscle, giving you the best, most natural looking results.

How does it work?

The sling involves, amazingly, a piece of decellularized pig skin. This means that all of the cells of the tissue have been removed, with the underlying structure of the tissue still intact. This also means that the tissue is non-immunogenic. That is, your body doesn't recognize the pig skin as a foreign object and therefore won't reject it.

Because the underlying structure of the pig skin tissue is left in place, your body will eventually repopulate it with its own cells in as little as two to three weeks. It's quite impressive, really; months later, new cells and blood vessels can be seen under a microscope – where there weren't any before!

We use the pig skin to create coverage like a sling for your implant. As explained above, we can position the sling to redefine your breast and give you the look you wanted in the first place. We can also replace your implant with a new one, typically filled with a more natural looking silicone gel.

This technique is cutting edge. But believe it or not, it's not new. We've been using it in breast reconstruction surgery for nearly eight years now. We've also been applying similar techniques to cardiac surgery, abdominal wall reconstruction, otolaryngology, and even hernia repair. And over the last year, we've perfected its application to the correction of cosmetic breast implant problems, as well.

The procedure is performed under general anesthesia on an outpatient basis. Following your surgery, a pain pump will deliver an anesthetic directly to the surgical area. You'll also have a drain inserted into your incisions for about a week. Down time is typically four weeks; but your results will be long lasting.

Until now, there have been few solutions for breast implant problems. We've seen patients who have undergone multiple surgeries, with very unsatisfying results. We're pleased to say we have had very good results with this technique.

Contact our office and schedule your consultation today!



The New and Improved Benzoyl Peroxide

by *Izzie Flynn*

Did you know that benzoyl peroxide is a great ingredient used to treat acne?

Well, it just got better.

Acne, a disorder of the skin's oil glands and hair follicles affects an estimated 45 million Americans. Treating acne can be a long, stressful journey. While some people try antibiotics and others try birth control, skin care products continue to be the most popular treatment used to control acne.

One of the more common ingredients found in skin care systems popular for treating acne is benzoyl peroxide. Traditional benzoyl peroxide (used in a lot of these systems) is generally formulated with insoluble micro-crystals. When these products are applied to the skin, the micro-crystals tend to remain on the surface of the skin. A lot of the time, you can still feel or even see the crystals. This formulation works to a degree by drying out the skin, therefore drying out the "breakouts". This is a start, so let's take it a step further. The goal of treating acne should be to stop it before it starts, right? We found that the Obagi CLENZiderm M.D.® system does this. They have developed a patent-pending liquid formula of 5% benzoyl peroxide. This liquefied form is 1/10,000 the size of other benzoyl peroxides. This allows it to penetrate the pores all the way down to the follicles where acne begins therefore greatly reducing breakouts. Allowing this liquefied form to penetrate will help treat these three main causes of acne:

- Eliminates *P. acnes* (acne causing bacteria)
- Decreases excess sebum (oil)
- Removes cellular buildup within the pore

So if you're one of those people that feel like they have tried everything for their breakouts, this may be for you. For more information and a free "Reveal" consultation with one of our Medical Aestheticians, please give us a call at 630-348-3000.





Prescription Skin Care Saves the Day

by *Elizabeth Weiler*

So, what's the story with Obagi Medical's Nuderm® system? It's been around for years, helping to reverse signs of aging and stimulating Angiogenesis (the repair mechanism in the skin.) Pronounced "OH-bah-GEE", this line of medical products transforms patient's skin quickly and effectively. The Institute of Aesthetic Surgery's Cantera Spa is actually one of the top dispensing offices in the state and in the midwest: our patients love this line!

The benefits are seemingly endless. Did you know that you no longer need to use a moisturizer after using an Obagi Nuderm® kit? It's true; the stimulation of natural GAG's (glycosaminoglycans) restores the natural moisture in your skin. It's really fun to walk right past all the cosmetic counters at the mall, knowing you can spend your money on shoes instead of a cream- you don't need one anymore! Most importantly, Obagi® actually reduces fine lines, roughness, dryness, uneven tone, age spots, and acne of any patient who is a good candidate for the system.

There are several Obagi® lines in existence. The Obagi-C Rx® line is a vitamin C and Rx system for lightening the skin (younger patients love this). The CLENZIderm M.D.® line is a revolutionary acne care program that reduces acne lesions by 52% by week 2! The ELASTIderm® line includes eye and décolletage care to build elastin in the tissue. Obagi® even offers the Rosaclear™ system, for the treatment of Rosacea. All of these therapeutic systems are fantastic, but the cornerstone of the Obagi® line of products really tends to be the Nuderm® System (this can also be called Condition and Enhance in certain offices).

The Nuderm® system involves several prescription and non-prescription products formulated with saponins, the plant-based vehicles that deliver the ingredients most effectively to the skin. It also involves the use of tretinoin (Retin A was the brand name that made tretinoin famous). If you decide that you'd like to try Nuderm®, you'll want to start with the kit. This involves a cleanser, toner, three treatment products, and sunscreen. You'll need to use a few products each day and night to embark on your skin's transformation. Not a regimen-person? You can stop in and we'll put together a successful skin program that will meet your needs. Also, tretinoin can tend to make you a little dry within the first few weeks, but we've got all the tips and secrets to keep this manageable. Within a few weeks, your skin will adapt to the program and your new, healthy glow emerges! That's it, piece of cake! No facials, masques, or moisturizers necessary... nothing! People begin to ask you what your secrets are... and that's a nice feeling.

Try a Nuderm® Kit for yourself and embark on your transformation to clear, firm, and healthy skin!

Beauty Tip

Multitasking! Unexpected uses for Obagi Products

Obagi-C Rx® Exfoliating Day Lotion is a great way to exfoliate elbows, knees, and rough skin anywhere on the body!

Obagi® Exfoderm and Exfoderm Forte are wonderful treatments for the bumps found on the back of the arms... keratosis pilaris.

Obagi® Hydrating Complexion Corrector is a great way to immediately relieve a "flush" when drinking wine or having a flash.

Obagi® ELASTIderm® eye gel is great when kept in the fridge for a cooling and soothing treatment. Just got facial injections? Woke up with puffy eyes? Grab the re Fridgerated ELASTIderm®!

Obagi® ELASTIderm® Décolletage system is wonderful for the chest and neck, but you can use it on your forearms this fall. Summer sun can make forearm skin blotchy and hyperpigmented. Why not transform it?



Cantera Spa Complimentary Lunch and Learn Education Series

Cantera Spa is proud to announce a series of educational seminars with topics that will benefit you! Join us for a short informational segment on one of our skin topics, followed by lunch and a complimentary Reveal Photography Imaging Consultation performed by our licensed Aestheticians. Space is limited, so please call 630-348-3000!

Saturday, November 20th from 11:30-12:30 - Don't be Blue about your Brown!

Saturday, December 4th from 11:30-12:30 - The 411 on Preventative Aging

Don't be Blue about your Brown! An Overview of Hyperpigmentation and Ways to Treat It

Are freckles or age spots from a fun-filled summer causing you to use more foundation than usual? Don't be blue, we've got a solution! Our Aestheticians will explain the How's and Why's of age spots and hyperpigmentation. Have you heard the Obagi[®] Blue Peel? We've got answers to your questions! Decide if Retin-A, Obagi[®] Medical, or chemical peels are right for you during this informative event!

Saturday November 20th from 11:30-12:30

Specials and Discounts on November 20th:

- Enjoy a FREE full sized Healthy Skin Protector SPF 35 and Obagi[®] Lunch Tote with the purchase of any Obagi[®] Kit (\$70 value)
 - Take 25% off any other skin care product purchase
 - Enjoy a FREE Obagi[®] Blue Peel with any Obagi[®] Full Sized Kit Purchase (Blue Peel valued at \$555)
-

The 411 on Preventative Aging Do you need the 411 on Correction and Prevention?

Join us for lunch and a discussion on fine lines and wrinkles: how they form, how to prevent them, and what to do if you've got them. Topicals, peels, laser, and injectables make present day a great time in history to have concerns about aging.

Saturday December 4th from 11:30-12:30

Specials and Discounts on December 4th:

- Enjoy a FREE full sized Healthy Skin Protector SPF 35 and Obagi[®] Lunch Tote with the purchase of any Obagi[®] Kit (\$70 value)
- Enjoy a FREE Obagi[®] Blue Peel with any Obagi[®] Full Sized Kit Purchase (valued at \$555)
- Enter our Raffle for a FREE ELASTIderm[®] Décolletage Kit! (Valued at \$198)
- Take 25% off any other skin care product purchase

Disclaimer: Space is limited, so please call to RSVP. You must attend the educational event to take advantage of the specials and discounts. Specials and discounts only apply on the date of the educational event. Offers can not be combined with other offers.

Now is the time to try Latisse[®]!*

Latisse[®] solution is a prescription treatment to grow eyelashes, making them longer, thicker and darker. Patients appropriate for Latisse[®], can save up to \$100 on their first purchase.

How It Works:

Qualified patients who receive BOTOX[®] Cosmetic can get up to \$100 off when they purchase Latisse[®] Solution. You must receive treatment with BOTOX[®] Cosmetic by December 31, 2010 and purchase Latisse[®] by December 31, 2010.

**Cannot be combined with other offers. Expires 12/31/10. BOTOX[®] Cosmetic minimum purchase \$200. Must be deemed an appropriate candidate for treatment by one of the IAS providers.*

Contact Us

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