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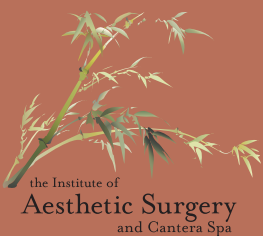
Do You Know Your Plastic Surgeon?

We've said it before and we'll say it again: it's absolutely critical that you choose a board-certified plastic surgeon for your cosmetic procedures. Certification from the American Board of Plastic Surgery means your doctor has 6 years of surgical training with 3 years specifically in plastic surgery. A plastic surgeon must fulfill continuing education requirements to stay on top of advances in the field, including patient safety techniques. Both Dr. Daw and Dr. Sigalove are board-certified plastic surgeons with almost twenty years of experience collectively.

Dr. Daw is also a dentist, a maxillofacial surgeon and a plastic surgeon which is a very unique combination of credentials. He performs a full range of both facial and body surgery. He is also an expert in pediatric cosmetic plastic surgery, particularly in ear surgery, nose surgery, chin augmentations (implants), corrective jaw surgery and breast reduction. He is a member of the American Academy of Pediatrics and the American Association of Pediatric Plastic Surgeons and is affiliated with Advocate Hope Children's Hospital. Should you be looking for a physician with extensive experience in both adults and pediatrics, Dr. Daw may be a good fit for you.

Dr. Sigalove is a reconstructive hand and breast surgeon as well as a plastic surgeon. His specialty in breast reconstruction for mastectomy patients has led to the use of some of the same techniques in the cosmetic patients. Dr. Sigalove is also an expert clinical faculty member and new product advisor for LifeCell, the parent company of AlloDerm® and Strattice™ (tissue products commonly used in reconstructive surgery). Strattice™ is now being used for the cosmetic patients for secondary breast augmentation to provide additional support for the implant. With technology constantly evolving, Dr. Sigalove's work with LifeCell ensures that he is always on top of the latest developments which make him a better cosmetic and reconstructive plastic surgeon.

Because Dr. Daw and Dr. Sigalove work with such different patient populations, they have a much wider breadth of experience which has been a benefit to their cosmetic patients. They are leaders in their fields, and they remain your best resource for excellent, up-to-date information on safe and scientifically-based treatments that produce high quality outcomes for you.





A Better Technique for Breast Lifts

by Dr. Sigalove

It's an unfortunate fact of life – not all women are born with perky breasts. And even if you're lucky enough to be born with them, they don't always last through the rigors of pregnancy, breast feeding, or even weight loss.

Thankfully, it's a fixable problem. The solution – a breast lift (mastopexy) – has been around for decades. But if you've considered a breast lift before and decided against it, now is a good time to take a second look. New advances in the way we perform breast lifts mean more lift, fewer scars and longer lasting results – for an all around better look.

The Old Way

Traditionally in a mastopexy, we would make three incisions in the breast: a circular incision around the areola, a vertical incision from the areola down to the fold of the breast, and a horizontal incision along the fold of the breast. This pattern is called the “keyhole” incision.

We would then remove excess skin, reposition the nipple and the breast, and close the incisions. The skin of the breast would hold the breast in its new position.

However, this technique produced three scars on each breast. The breasts also tended to sag again over time, and we weren't always able to achieve the projection the patient desired.

And so we developed a better technique.

The Better Way

Now, we're able to do a complete vertical mastopexy, which eliminates the horizontal scar completely. We are also able to use your own breast tissue to support the breast, as opposed to relying on the skin alone. This gives your body a better profile and ensures your results will last longer.

This technique of using your own tissue not only gives you better results, it gives you more options as well. For example, if you have enough breast tissue, we can perform an “auto-augmentation” where we use your tissue to add volume and better shape to your breasts, for a natural look that doesn't require an implant! The vertical breast lift is performed as outpatient surgery, and potential complications such as sensation loss or difficulty breast feeding are typically minimal. Downtime is only 1-2 weeks, less than for an augmentation, and the recovery is virtually painless.

It's important to note that mastopexy is not perfect for everyone. It's possible you may need an additional augmentation to achieve the full look you desire, or there may be other contraindications. The most important thing is to consult a board-certified plastic surgeon who will be uniquely qualified to advise you on your best options.

If you'd like to discuss whether you're a good candidate for a breast lift, I'd love to talk with you. Please call our office to schedule your consultation!

Can we take fat from your hips and add it to your breasts?

Sounds like a great idea, right? Take a little off here, add a little there... the ultimate sculpted look!

This technique is called “autologous fat augmentation.” I currently use this technique extensively in breast reconstruction surgery for mastectomy patients. For cosmetic breast augmentation, it's widely used in Europe, and it's on the cusp of becoming mainstream here, too.

When using the procedure for breast augmentation, we extract fat tissue via liposuction on the patient's abdomen, thighs or buttocks, we separate the serum from the fat, and we reinject the fat into the patient's breast to add volume and shape.

Pros

- Good option for a woman who wants a more natural look without a significant increase in cup size.
- Good option for women who want volume without implants.

Cons

- The tissue does eventually get reabsorbed into the body, so the results are not as permanent as with a traditional implant.
- 50% of the volume will remain five years after the procedure.
- Calcifications can form around the tissue, which may produce mammograms that appear abnormal; however, an MRI can delineate between calcifications and breast cancer.

Fat augmentation is definitely an exciting development on the horizon. I believe this technique represents the future of plastic surgery. I'll be watching for new developments, so stay tuned.



The New, *Permanent* Answer for Beautifully Full Lips!

by *Dr. Daw*

Luscious, gorgeous lips. Whether blowing a sultry kiss goodbye or slowly opening into a breathtaking smile, there's nothing quite like beautiful lips. Sometimes, though, our natural assets can leave a little something to be desired.

Historically, patients could come to me for injectable fillers to plump their lips for the look they craved. The fillers are effective, but unfortunately, only temporary. Patients had to return to my office every 6 to 12 months to maintain their beautiful look. Coming in the office that frequently can be inconvenient and expensive over time.

I'm pleased to announce a new alternative: permanent silicone implants for lip augmentation.

Perma Facial Implant by SurgiSil™

The new Perma Facial Implant by SurgiSil™ is a safe solution for permanent soft tissue enhancement of the lips and face. The FDA-approved implant is made of silicone, which has a long record of safety and is already the most common implant material for breast, chin and cheek augmentation. The Perma Facial Implant is made using an injection-molding process that produces natural contours with a smooth surface that cannot rupture or deflate.

Patients can opt to have the implant in one or both lips, and a variety of sizes are available to match your preferences. Although permanent, the implants may be removed at any time.

The procedure

The procedure can be done during an office visit, under local anesthesia similar to the nerve block you might get when the dentist works on your teeth.

I'll make a tiny incision in the very corners of your mouth, so the scars will be small and inconspicuous. Through the incision, I'll make a "tunnel" in your lip and slide the implant into the tunnel. The procedure takes approximately 30 to 60 minutes.

Afterward, you'll experience mild bruising and swelling, but icing your lips will help. Pain is generally mild – typically handled with over-the-counter medications. And I will likely put you on a course of antibiotics to reduce the risk of infection.

The results

How do they look? They look natural. They feel natural. There's no seam on the implant, so there's no worries of rippling. And the scars are so small they are virtually unnoticeable. Perma Facial Implants give women a long-term, cost-effective way to correct thin lips and achieve a more youthful, natural, beautiful look. However if you're not ready for a permanent procedure, Juvederm™ can still be a great alternative.

So go ahead, put on a little lipstick... and smile!





New Product Line fills in the Gaps at Cantera Spa

by Elizabeth Weiler



Revision Skincare is a 22-year-old skin care company veteran based in Dallas, Texas. Revision offers a line of advanced skin care available only to physician's offices so that we may provide our patients with more state-of-

the-art technology. If you go way back with Cantera Spa, you may remember the famous Teamine Eye Complex, the #1 eye cream for dark circles. This antioxidant-rich, anti-aging eye product is back at the Cantera Spa! Along with it, we brought in some of the other "big-hitters" from Revision to complement and enhance our current skin care lines.

Here are some of our favorites:

Intellishade™ SPF 45: Dewey, tinted moisturizer for almost every skin color

While previewing this product, I never had so many comments on the visible health and dewiness of my skin. This product impressed me with its high SPF rating and proprietary Intellishade™ color (it's almost as if it knows what color your skin is!). I don't use any powder or foundation when using Intellishade™, but still it somehow doesn't seem heavy. This product is even appropriate for sensitive skin. I'm impressed!

Nectifirm®: Advanced technology for firming the neck

In this formulation, 8 active ingredients work together to strengthen the dermal-epidermal junction. With regular use, you'll see the skin on your neck and chest become increasingly firmer, smoother, and more hydrated. Ceramides and peptides work together to stimulate fibroblasts, reducing fine lines and wrinkles in this convenient and effective one-step treatment.

Lumiquin: Have you been looking for an anti-aging hand treatment?

The hands are often overlooked, until you notice that they can be a telling sign on age. Lumiquin is a nightly hand treatment formulated with a unique combination of powerful antioxidants that can inhibit the progression of stress-related aging. Natural ingredient-lovers will appreciate this hydroquinone-free lightener; Lumiquin utilizes a pure form of licorice extract to lighten brown spots while you sleep!

Call Cantera Spa for more information or stop in to try our new Revision favorites!

Beauty Tip

New from Obagi!

Obagi Blue Peel Radiance™

This new, superficial and light chemical exfoliation treatment by Obagi improves skin with little to no downtime! The treatment (great for photodamage, skin resurfacing, and overall improvement in texture and tone) is appropriate for all skin types. Not an aggressive exfoliation like the original Obagi Blue Peel, this easily applied peel is best in a series of 4-6.



Nuderm® Sun Shield SPF 50

Finally, a sheer-matte finish in a comforting, cosmetically-elegant cream! 10.5% Zinc Oxide provides fabulous UVA protection, while 7.5% Octinoxate provides thorough UVB protection. On top of all of this, Obagi made Sun Shield Paraben Free! Oily and normal-to-dry patients alike will love this new and exciting oil-absorbing formula! Try it today!





Spring Cleaning: What to do right now to get your skin ready for the warmer weather.

by Izzie Flynn

As the days get longer and the temperature gets higher, we're mentally ready for spring. Our skin however is still dealing with the winter blues! Your skin may feel dry, scaly and rough as well as overheated and undernourished.

A long cold winter can wreak havoc on your skin. Between the dry, heated air from our homes and the cold harsh weather outside, it's no wonder our skin is looking sluggish and feeling dehydrated. No worries, here are some simple suggestions to perk your skin back up and get it ready for the coming of spring.

- **See your Aesthetician** If you're not sure where to begin or just need recommendations on which products would best suit your skin, make a complimentary appointment at Cantera Spa to see your skin care specialist.
- **Exfoliating** Our first order of business is to remove that top dead layer of skin. Seeing your aesthetician for a nice chemical peel/facial treatment is a great way to start. These services provide an important boost to get your skin on the right track allowing your other products to penetrate better. Adding a Retinol or a Tretinoin product to your regimen will enhance and continue your results.
- **Vitamin C** With the sun starting to heat things up, Vitamin C is essential. By protecting your skin from free radical damage, Vitamin C helps build collagen which in turn prevents and diminishes signs of aging. Vitamin C also replenishes essential lipids to enhance the skin's barrier function. Studies also show that adding a Vitamin C product along with a good sunscreen actually gives added protection against sunburn.
- **Sunscreen** As we all know by now, sun exposure can cause several types of skin cancer. Sun exposure is also one of the causes of pre-mature aging and can also lead to pigmentation problems. It's much, much easier to prevent these skin issues ahead of time by using sunscreen rather than having to treat them once they've occurred. Studies show that sunscreens containing Zinc Oxide are among the best to protect our skin.

Taking care of your skin as you would take care of your body is very important. You can think of exfoliating your skin as "out with the old and in with the new", by feeding your skin with vitamin C you're helping it fight the damaging effects of the environment and last but definitely not least, protect your skin with a great sunscreen. Come spring, you'll be ready to show your healthy glowing skin.

Spring is quickly approaching, so schedule your treatment today! 630-348-3000

As always, we offer complimentary skin care consultations



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**.

Cantera Spa with Me

Cantera Spa is proud to announce the start of our “Cantera Spa with Me” program. Here is how it works...

- Make sure Cantera Spa has your email address.
- Check your email for our quarterly deal on services and products Cantera Spa offers. You will then have 24 hours from the time the email is sent to call the office to take advantage of the promotion that we run in the “Cantera Sp with Me” special. For example, if the “Cantera Spa with Me” email goes out at ten o’clock in the morning on March 15th, patients have until ten o’clock in the morning on March 16th to call our office, schedule an appointment and pay for the “Cantera Spa with Me” offer.
- Share the deal with family and friends via email or broadcast them to your social networks.

Stay tuned for the first “Cantera Spa with Me” arriving in your inbox soon! Cantera Spa with Me specials can not be combined with other offers. Limited quantities will be offered.

Specials

*Cash Discount**

Perhaps you have been thinking about breast augmentation, eyelid surgery or a facelift, but could not find the right time or could not afford it. We want to help you make these dreams a reality. Schedule your cosmetic procedure now, pay cash and we will give you a “Cash Discount”. Call our office today for details.

**Cash discount applied to professional fee only. Cash payments include cash, cashiers check and personal check.*



Contact Us

Cantera Lakes • 28381 Davis Parkway, Suite 700 • Warrenville, IL 60555
630.348.3000 • **Canteraplasticsurgery.com**
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