



## Cantera Spa- True to Our Patients

*Every day, consumers are overwhelmed with lotions, potions, and creams (Oh my!) that claim to be the answer to your skin care woes.*

Products and services that address aging, acne, and hyperpigmentation are all presented to you, the consumer, as the next best thing. Powerful advertising, excited salespeople, and celebrity endorsements can dupe many into purchasing overpriced skincare that offers little to no benefit; so, how do you protect yourself?

In our inaugural newsletter issue, I want to take an opportunity to reassure you of our practices in selecting the products and services that we offer- so you can breathe a sigh of relief.

I would like to introduce myself as your resource for professional, serious skincare. All of the services that I offer are approved and co-designed by Drs. Daw, Donat and Sigalove to compliment their services and provide you with honest, results-oriented care.

Be assured that we have done our proverbial "homework" to research ingredients, study independent and clinical research. Our staff actually uses the skincare products (oh to sacrifice for science!) to filter out the fads and deeply understand how the products work.

So put our number on speed dial as your informational resource, and call me today for your skin care consultation- and your prescription for success!

**Elizabeth**, Your Aesthetician

## Beauty Tip

**Spring is Here- Show some Skin!**

Many people diligently maintain their facial skin by pursuing treatment and following great regimens... but what about the neck and chest?

Your décolletage, the skin of the neck and chest, often show true age due to discoloration, age spots, freckles, fine lines, and wrinkles. This thinner, less moisturized skin is vulnerable, and is often damaged after a lifetime of exposure to the sun and environmental elements.

Facts about the Décolletage:

- 1) In your early 20's, your body ceases to produce Elastin, the protein that keeps skin smooth and firm!
- 2) Most patients are strict about caring for their faces, but forgo applying topical antioxidants and daylight protection (SPF) to their necks and chests.
- 3) OBAGI Medical Products, the company physicians have trusted for years, is now debuting the FIRST skin care system specifically formulated to correct, maintain, and restore the skin of the neck and chest!
- 4) In just two simple steps each day, a beautiful, luminous, revitalized décolletage can be yours in as little as 4 weeks!

Don't forget, now until June 30th, make an appointment at the Cantera Spa for a Complementary Elastiderm Décolletage Consultation and receive a **FREE 1 oz Obagi Nu-Derm SPF 35 Healthy Skin Protector!!** Make your Décolletage Radiant and Show-Off-Ready this summer!

## 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 reward program. Please contact our office for more details about our **Referral Reward Program**.

## Specials

### Blepharoplasty – Eyelid Surgery

See Spring Through New Eyes

Many adults choose cosmetic eyelid surgery or blepharoplasty to improve the appearance of the eyelids. The aging process, heredity, sun exposure and even tobacco can contribute to making your eyes look tired or even older than you feel. We remove excess skin and fat in order to restore a more healthy, revitalized look. Eyelid surgery can enhance your appearance and boost your self-confidence.

**Take advantage of our Spring Savings and book an eyelid surgery consult with Dr. Joseph Daw, Dr. Terry Donat or Dr. Steven Sigalove. Call us for more details at 630-348-3000 and mention code EYELID1**

### Breast Augmentation

Enhance Your Appearance

Women choose breast augmentation for different reasons; some desire larger breasts while others want to restore the look of fuller breast tissue lost during pregnancy. Breast augmentation can enhance your appearance and boost your self-confidence. We specialize in breast implants of all sizes and for women of all ages. We use silicone and saline implants to meet each patients needs.

**Take advantage of our Spring Savings and book a breast augmentation consult with Dr. Joseph Daw or Dr. Steven Sigalove. Call us for more details at 630-348-3000 and mention code IMPLANT1.**

### Cantera Spa

Don't forget, now until June 30th, make an appointment at the Cantera Spa for a complementary Elastiderm Décolletage Consultation and receive a **FREE 1 oz Obagi Nu-Derm SPF 35 Healthy Skin Protector!!** Make your décolletage radiant and show-off-ready this summer!

## Contact Us

### Cantera Lakes

28381 Davis Parkway, Suite 700

Warrenville, IL 60555

630.348.3000

**Canteraplasticsurgery.com**

Member of DuPage Medical Group

## Inside

Dr. Daw talks about the advantages of Rhinoplasty.

Dr. Donat tells you about the latest technology in advanced 3-D Digital Imaging.

Dr. Sigalove gives insight on the benefits of a "tummy tuck".

Cantera Spa: Lotions, potions and creams. (Oh My!)

Elizabeth's Beauty Tip: **Spring is here, show some skin!**

Member of DuPage Medical Group

# Beautiful U

Beauty News, You Can Use



## What's New at the Institute

It hardly seems possible that a year and a half has passed since the Institute of Aesthetic Surgery opened its doors, with a vision of providing a truly unique experience for our patients. **Dr. Joseph Daw, Dr. Terry Donat and Dr. Steven Sigalove** appreciate the warm reception and support from their patients and the community. We are launching our **Beautiful U** newsletter with this edition to provide information about what's new and exciting in aesthetic treatments and surgery. We hope you will enjoy articles from each of our board certified surgeons, as well as timely beauty tips from our licensed aesthetician. If there is a particular topic you would like to see discussed in the newsletter or are looking

for a beauty tip to take care of a personal problem area, please feel free to contact our office.

In celebration of our success, you are invited to our open house on **Saturday, May 17th, from 10 am to 4 pm**. Meet our board certified physicians. View live demonstrations of Botox®, Juvederm™ and Radiesse® injections. Enter raffles every half hour for products and services with values ranging up to \$500. Please join us for refreshments.





# Rhinoplasty: Enhancing Facial Balance

by Dr. Daw

Rhinoplasty is a surgical procedure performed to change the appearance of the nose. It may be done for purely cosmetic purposes but also to correct a birth deformity or traumatic deformity. The nose is a primary focal point of the face, and it plays a major role in defining balance and proportion. When features of the nose compromise facial harmony, self-image and self-confidence may be adversely affected. Structural imbalances may also be present in the remainder of the face and may include a retrusive chin, a small jaw or flat cheek bones. Optimal treatment may involve surgery to enhance these features in addition to rhinoplasty. Many patients seeking rhinoplasty also have impaired nasal breathing. This may be due to deviation of the nasal septum, enlargement of turbinates or other structural problems. These conditions may be treated simultaneously with rhinoplasty. Rhinoplasty is typically performed in adults and older teenagers. If a teenager is contemplating rhinoplasty, it is preferred to wait until completion of nasal and facial growth, which usually occurs by 15 or 16 years of age.

Rhinoplasty is most often done under general anesthesia but can be done with intravenous sedation ("twilight sleep") if the procedure is of a more minor nature. The majority of patients go home after surgery but some elect to spend the night in a hospital. Time off of work or school usually amounts to one or two weeks. Activity must be limited for at least 8 weeks until healing has progressed appropriately. The visual results of rhinoplasty are gradual and require at least one year to reach the final outcome.

My personal approach to rhinoplasty is to individualize the procedure to each patient's wishes, their ethnic or familial traits and overall facial structure. It is one of my favorite operations and, thus, I perform it frequently. By enhancing facial balance and proportion through rhinoplasty, patients are likely to gain self-confidence and self-esteem.



Before - unretouched photo of actual patient



After - unretouched photo of actual patient



# U.S. PREMIERE: The New Dimension in Facial Plastic Surgery

by Dr. Donat

Have you been unhappy with some feature of your face, whether the shape of your nose, your drooping eyelids, or your loose neck skin, but you are hesitant to pursue cosmetic surgery because you are unable to envision what your results might look like? I feel it is important to visually address this common concern when I am discussing options with everyone considering facial plastic surgery. I have been using 2-dimensional digital imaging in just this way for over 10 years to help my prospective clients visualize a more personal outcome of their desired facial surgery when they are choosing to become a patient.

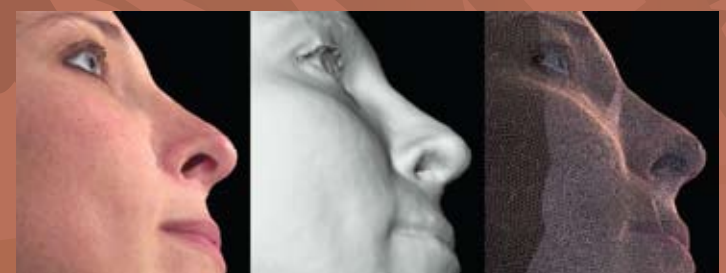
I am now excited to be the first facial plastic surgeon in the United States to debut the next generation of imaging technologies: Vectra 3D visualization. This cutting edge software allows for your 3-dimensional images to be viewed from any angle, thus displaying your personal before-and-after and predicted facial surgery outcomes from the precise viewpoints of concern to you. These 3D images were previously beyond the reach of you and your surgeon to explore when considering a rhinoplasty, facelift, eyelid surgery, facial soft-tissue augmentation, or some combination thereof, as part of your personal rejuvenation.

During your initial consultation, your 2D and 3D digital photos are taken and presented on a flat screen. As I listen to your concerns and learn about your expectations, I will be able to use the information about your personal vision to demonstrate and discuss one or more outcomes of the procedures you are considering.

For example, if you have a hump on the bridge of your nose, you can look at several options for choosing the amount of slope or the shape of the tip you would like to have as a result of your rhinoplasty. There are two other distinct patient advantages of 3D imaging: (1) digitally overlaying a predicted change on your current image will allow me to precisely determine the volume of Radiesse® or Juvederm™ filler material or pre-operatively determine the size of a facial implant needed to achieve your anticipated results; and (2) even if you schedule surgery months after your initial consultation with me, I will use the 3D images of your desired results during your actual surgery, as a visual reminder of your final surgical choices. The ultimate impact of prior 2D, and this debut of 3D imaging, is that patients report feeling more calm and confident about undergoing the facial surgery or facial treatment I will perform, since they know and feel that there is true understanding and shared commitment to their desired outcome.



Surgical Outcomes



3D Face Scan



# Fixing loose and overhanging skin with an abdominoplasty or "tummy tuck"

by Dr. Sigalove

A common sequelae of child-rearing, weight gain, or previous abdominal surgeries is loose and overhanging skin and fat in the mid and lower abdomen. Many women who have had children have experienced a significant weakening of the abdominal wall as well as seeing the physical signs of skin stretching (striae) and loose skin. An abdominoplasty or "tummy-tuck" is a surgical procedure designed to correct and reverse the physical signs of previous pregnancies, weight loss/gain, or previous abdominal surgery. This procedure takes approximately two and a half hours and is performed

under anesthesia and patients go home the same day. Down-time is approximately 2-3 weeks and most patients are back doing their usual activities in approximately eight weeks. Often times liposuction may be performed concurrently. Patients who have undergone this surgery regain the contour of their abdomen and may even lose several inches in their waistline!! For people who have tried diet and exercise, and still have that overhanging bulge in their abdominal regions, a tummy-tuck may be right for them.



Before - unretouched photo of actual patient



Before - unretouched photo of actual patient



After - unretouched photo of actual patient



After - unretouched photo of actual patient