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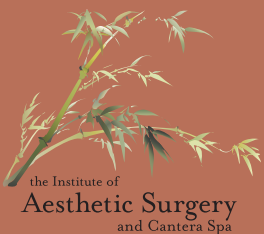
New services make YOU the VIP this fall at the Cantera Spa

We have always strived for our clinical spa services to be the most cutting edge. To stay on top of current developments and trends in scientific skin care, we are proud to announce the newest additions of pharmaceutical grade, physician-only skin care services! These new services are now available to complement and enhance the procedures you may already be having at the Institute of Aesthetic Surgery.

The VI Peel Chemical Exfoliation Treatment makes you a VIP! As seen on CBS, NBC, and ABC, the VI Peel is quickly making its way into physician's practices all over the country to change your skin. Available now at the Cantera Spa, this peel combines TCA, Phenol, Retin A, Salicylic Acid, and Vitamin C to dramatically change the tone, texture, and clarity of the skin. You will feel like a VIP when you experience this virtually painless treatment. You will notice radiant, clear, and more youthful looking skin in about one week!

Another addition to our spa is the MicroPeel. The treatments are a fast, easy way to transform your complexion making it smoother, clearer, and healthier. This truly unique skin care treatment is for all skin types and provides immediate results. The service includes the removal of dead cellular layers by dermaplaning, a technique popularized by Biomedic since 1991. The service is then followed by a chemical exfoliation, and lastly, a freezing process called Cryogenic Therapy that immediately relieves inflammation and cools your skin. Try this service and become hooked on healthy skin!

Try our introductory offer for MicroPeel today! Enjoy a skin care consultation to determine which at-home regimen is appropriate for you. Take home any 4 'Core Four' skin care products, and enjoy your first MicroPeel Free! Values at \$85-\$125.





Finding your way to a flat stomach

by *Dr. Daw*

Nothing says sexy quite like high heels and a great pair of jeans. But that muffin top around your belly just ruins the look. You may have tried exercise and dieting, but if pregnancy or weight loss has left you with stretched-out skin that sags over your belly, all the sit ups in the world won't help you. Your best solution is a tummy tuck.

A tummy tuck, or abdominoplasty, removes excess skin from the abdomen and tightens the abdominal muscles. The results? A smoother, firmer profile and a shapely new figure for you!

During the procedure

The procedure is done under general anesthesia on an outpatient basis. I make a horizontal incision on the lower abdomen, along the bikini line. If possible, I'll use the incision from a previous C-section. Through the incision, I repair the abdominal muscles and suture them together. I then pull the remaining skin down toward the pubic bone and remove the excess skin, to give the stomach a tight, flat appearance.

As I reposition the skin over the belly, I create a new hole for the belly button, to keep it in its proper position. The belly button will look similar to its original form.

Stretch marks are a big concern for many women, and unfortunately, there is no good solution for removing them. However, a tummy tuck may help. Because extra skin is removed (generally from the lower abdomen below the belly button), some of the stretch marks on your lower abdomen will also therefore be removed. The skin above the belly button is generally not cut, but you can at least reduce the amount of skin with stretch marks.

Patients also frequently inquire about liposuction. I can perform a limited amount of liposuction during the tummy tuck, but if more aggressive liposuction is needed, I'll do it as a separate procedure so as not to compromise circulation to the skin. I may recommend liposuction as a secondary stage; six to twelve months after the tummy tuck, to further refine your results.

What to expect during recovery

A pain pump will deliver a local anesthetic to the surgical area for three to four days to reduce pain and keep you comfortable. A small, thin tube will be inserted into the wounds to drain fluid for seven to ten days. You'll wear a binder for four to six weeks, then Spanx for another six to eight weeks for additional support.

Plan to be off-work for a minimum of two weeks. You'll need to limit your physical activity for three months if you've had muscle work done, to allow the muscle repair to reach maximum strength. But early on you can walk for exercise, and after three months, you can start jogging and using weights.

It's best if you hold off on your tummy tuck until you're done with pregnancy, otherwise you'll potentially stretch both the skin and muscles again. And of course, you can reap the full benefits of your tummy tuck with diet, exercise, and a healthy lifestyle.

Consider abdominoplasty if nothing you've tried has given you that flat stomach you crave. With your tummy tuck, you'll be fabulous with a toned, tighter body. You might just have to buy yourself a treat. How about a pair of Seven jeans for your stunning new look?



Before Tummy Tuck



After Tummy Tuck



Targeting trouble areas: unwanted neck fat

by Dr. Donat

Sometimes little things make the biggest difference. I hear from patients all the time, “This one little area has always bothered me.” For some people, it’s their eyelids (my last article discussed how I can correct puffy eyelids -- please ask at the front desk for a back issue to re-read the article.). For others, it’s the band of fat that hangs around the neck and under the chin. Luckily, I can remove that unwanted neck fat, easily and relatively inexpensively, right here in my office under local anesthetic.

What does the procedure involve?

During the procedure (called a “submental lipectomy and platysmaplasty”), I make a small incision under the chin. With great control and precision, I pluck out any extra fat I find under the chin and above the voice box, and I pull the two neck muscles together. The procedure is done under local anesthetic, right here in my office, in about 60 minutes.

While this procedure can give great results to many patients, there are some limitations. I can only correct the area between the tip of the chin and the voice box or Adam’s apple. If your Adam’s apple sits up high in your neck or is not set very far back, I am limited in the degree of correction I can achieve. Also, this in-office procedure is only suited for patients with unwanted fat around their neck. If sagging skin along your neck is your main concern, I recommend a face lift or neck lift to remove the excess skin.

During recovery, bruising is typically not dramatic but can last up to two weeks. Pain is generally gone by the next day, patients may feel some soreness. By the third day, patients can work from home, and on day seven, we take out the stitches underneath the chin. Patients must wear a “jaw bra” (a spandex support) all day for the first seven days, and then only at night for the next two weeks.

Dramatic results

It’s amazing how, from a profile, the neck determines how old a person looks. With the excess fat around the neck removed, patients can look years younger. Their jawbone becomes more

defined, their facial bone structure stands out, and their neck looks longer and slimmer. The change is subtle, yet the effect is dramatic.

Neck fat affects people of all ages and sizes; genetics is the main factor which determines how fat is distributed on your body – not your age or your body size. Many patients think that if they can lose weight, the problem will go away. But facial fat is hard to lose and typically only happens under severe starvation conditions. For this reason, I urge my patients not to wait to take care of this problem area.

If you’re bothered by extra fat under your chin, I can help; thanks to this simple, in-office procedure. It is possible to have a sculpted appearance. Call us today, and let’s talk about how I can help you target your trouble areas.



Before Neck Procedure



After Neck Procedure



Before Neck Procedure



After Neck Procedure

To view Dr. Donat’s before and after photos, please visit our website at www.canteraplasticsurgery.com



Now announcing the “Mommy Makeover”

by Dr. Sigalove

If you're a mother, you know that pregnancy permanently changes your body. Your stomach skin overstretches, your abdominal muscles separate, your hips spread and your breasts sag. It's no surprise many women struggle with their body image after having children. But the mommy makeover changes all that; we can provide surgical enhancements to the breasts, abdomen, hips and thighs, with one overall makeover that returns your body to its pre-pregnancy state...and then some!

We'll start your mommy makeover with those areas that bother you the most. If I can perform the entire makeover during one surgery, I will. But often the makeovers involve several procedures; so I'll separate the procedures into two surgeries, usually one to two months apart.

Upper body procedures

Pregnancy can have a dramatic effect on breasts, so many women benefit from breast augmentation (implants) and/or mastopexy (lift). The augmentation is done through a small incision either around the areola or under the breast. Implants are typically silicone gel, although I do offer saline implants if the patient prefers. In a mastopexy, I remove excess skin from the breast and lift the entire breast for an aesthetically pleasing result.

Lower body procedures

An abdominoplasty (tummy tuck) and ultrasonic liposuction may be your best option for recontouring your lower body. Combining these procedures offers a full 360-degree treatment for your body to give you a great new shape. The abdominoplasty is done through a lower-abdominal incision (often times using previous scars from C-sections) and a smaller scar around the belly button that is barely visible. During the procedure, I recontour the mid- to lower-abdomen and restructure and refortify the abdominal wall, to create a flat stomach and a redefined waist.

For the ultrasonic liposuction, I can use the abdominoplasty incision to insert a small tool that sucks out the unwanted fat cells in your problem areas. I can perform liposuction on the inner and outer thighs as well as the lower back if needed (in which case, there will be two small incisions in the lower back).

Recovery

The downtime after most of these procedures is two weeks, at which time you can probably return to work. The entire makeover is done on an outpatient basis, with state-of-the-art

post-operative pain pumps for pain control, so you'll be quite comfortable. You'll be up and around the next day – there's no bed rest – but you'll probably need help around the house for a few days. However, typically within three to four days you'll be back to most of your normal activities. You can resume cardio exercise (walking or light jogging) in one to two weeks, but you may not lift anything over 10-15 pounds for about one month. It's also important to note that you should wait a minimum of six months after pregnancy for your mommy makeover.

Further refinements?

To continue your overall anti-aging strategy, you can pursue further refinements with facial work. We offer injectables such as Botox and dermal fillers to smooth out wrinkles and accent your new look. Moreover, our aesthetician Elizabeth can help you with a good skin care regimen to maintain your results. Through the successful partnering of the surgeon and our aesthetic staff, we form a circle of care around you, to ensure the best possible outcome.

There's no doubt that pregnancy can wreak havoc on your body. But you don't have to avoid mirrors for the rest of your life. If you're interested in washboard abs, perky breasts and a great butt, a mommy makeover may be for you. Call us today to schedule your consultation!



Before Liposuction



After Liposuction



Before Liposuction



After Liposuction

To view Dr. Sigalove's before and after photos, please visit our website at www.canteraplasticsurgery.com

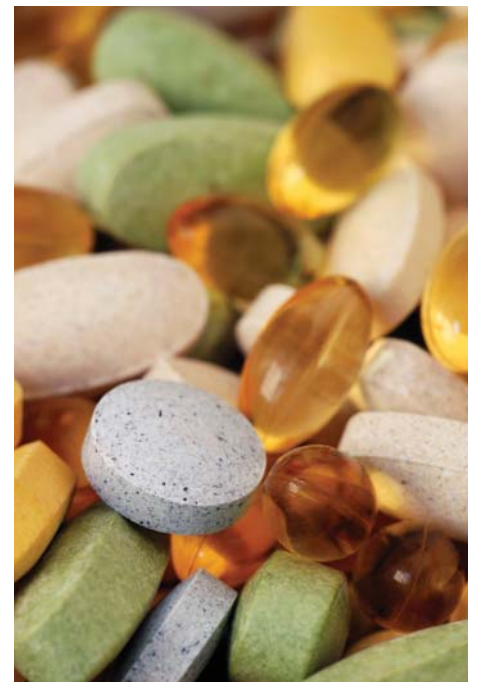


Your skin needs vitamins too

by *Elizabeth Weiler*

These days, it's important to Go Green, eat organic foods, and take your vitamins. Well, your skin needs vitamins too. Your skin needs vitamin supplementation not just intrinsically (from the inside), but topically as well. When applied to the skin, a stabilized Vitamin C formulation will stimulate collagen synthesis and provide up to 8 times the skin's natural protection against the environment. One formulation, CE Ferulic, will even prevent DNA mutations associated with skin cancer!

Buyer beware! Not all Vitamin C's are created equally. A topical Vitamin C formulation must be acidic (a pH of 3.5 or lower), it must be a high concentration, and it must contain usable forms of vitamin C, including L-Ascorbic acid, tetrahexyldecyl ascorbate, and ascorbic acid, in some cases. Keep your skin tight and resistant to damage by using products like Skinceuticals CE Ferulic, Skinceuticals Phloretin CF, and Skinmedica's Vitamin C Complex every day in the morning! I remember this by thinking of another morning vitamin ritual—drinking your orange juice!



Beauty Tip

There are other great vitamins and antioxidants that benefit your skin, which includes:

- A great oral vitamin is Coenzyme Q-10, which you may be depleted of, especially if you've ever used birth control pills.
- Fabulous topical antioxidants include Vitamin A derivatives. These include Retinoids like Tretinoin and Retin A, topical Retinols, and liquid retinoic acid, which we use in our Vitalize Peels here at Cantera Spa (\$150 for a peel treatment).
- Your food provides great sources of the antioxidant Vitamin E, another fabulous antioxidant. Asparagus, avocados, nuts, and ground ginger are all sources of this skin-friendly vitamin.
- Selenium is another skin-friendly antioxidant; mist it onto skin with Thermal Spring Water misters like La Roche-Posay Thermal Skin Water (10 oz for \$14.90). Also, add it to your diet with garlic, meats, and eggs.



Avon Walk for Breast Cancer

The Pretty in Pink Ladies conquered their second Avon Walk for Breast Cancer this year in Chicago. The Ladies included DuPage Medical Group (DMG) employees from Plastic Surgery, Otolaryngology, and the Institute of Aesthetic Surgery. Not only did they walk the length of the marathon on Saturday, June 6th, but they continued to walk 13.1 miles further on Sunday. The walk began in a crowded Soldier Field and finished in Warren Park on day one of the two-day walk. The Ladies walked through Chicago landmarks such as the lake shore, Lincoln Wood, Lincoln Park, Sauganash, and the Village of Skokie. This adventure was experienced in the presence of friends and families that came together for a common goal. The prevention and cure of breast cancer grew a little closer to discovery this weekend when the Pretty in Pink Ladies raised over \$20,000! The dedication and teamwork of these ladies was exemplified by their team total.

The fundraising hurdle was easily overcome with the help of these corporate sponsors. Special thanks to DMG, The Institute of Aesthetic Surgery, The Northstar Group, Inc., Radiesse, The Suburban Woman, DMH Surgical, Inc.-Walter Lorenz, Quasar Medical, Inc., and Leonblu. The Ladies also held specific fundraisers within the DMG community. Also, each individual member made an extraordinary effort to reach the \$20,000 mark. The personal and joint fundraising of the team shows how determined the Pretty in Pink Ladies, and their corporate sponsors, are to finding a cure!

Although this was only the second walk for the Pretty in Pink Ladies, Chicago has hosted seven walks total! Ironically, this year for their seventh annual walk, the 3,200 walkers raised a total of 7 million dollars! The Avon Foundation is a 501(c)(3) public charity and looks to support advance access to care, and the cure for breast cancer. For information on the Avon Walk, visit www.avonwalk.org. From just this walk, grants totaling over \$2.4 million were given to Chicagoland organizations. Some Chicago grants include The University of Chicago, Robert H. Lurie Cancer Center at Northwestern University and Northwestern Memorial Hospital, Mercy Foundation, and others. The rest of the money will be awarded to breast cancer programs located across the nation throughout the next year. The money and advancements that resulted from the Avon Walk will save many lives in the near future, and the effort of the Pretty in Pink Ladies helped to make this possible.

Specials

During the months of August and September enjoy \$750 discount on the plastic surgery procedure of your choice!**

***Physicians fee must be \$4000 or greater. Can not be combined with other offers. Candidate must be deemed appropriate for service by one of our plastic surgeons.*

Cantera Spa

Try topical skin health for yourself! Try any of our products mentioned in this newsletter and receive 20%* off the retail price!

** Can not be combined with other offers. Expires 9/30/09.*

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