



Where Art and Surgery Come Together

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January 2014



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## Now Optional □ The Early Signs of Aging

For years, women have had to resign themselves to looking their age. Feminine allure declined in the 30s and 40s, most noticeably due to:

- Deep creases around the nose and mouth.
- A drawn, fatigued look (due to loss of volume).
- An elongated, □horsey□ facial shape (due to receding bone).
- Jowls.
- A sagging neck.



Now it□s 2014□and we know how to reverse these and other early signs of aging.

### Tools of the Trade

Using lasers, radiofrequency devices and injectables, we□ve transformed middle age into an era of constantly renewable good looks. If you□re willing to invest in yourself, medical science has got your back.

# Jump Start the New Year!

**Voluma®**  
\$100 off per vial

**TriPollar®**  
10% off packages

TriPollar pricing expires January 15, 2014)

## Quick Links

### Home

#### Meet Dr. Lichten

#### Cosmetic Surgery

Breast Augmentation  
Breast Lift  
Breast Reduction  
Male Breast Reduction  
Liposuction  
Abdominoplasty  
Mommy Makeover  
Facelift, Neck Lift and  
Brow lift  
Eyelid Surgery  
Rhinoplasty

#### Medical Spa Services

BOTOX® Cosmetic  
Injectable Fillers  
Laser Therapies  
Resurfacing Options  
Skincare Products  
Fraxel re:pair®

## Photo Gallery

### Body Contouring

Arm Lift  
Body Lift (Belt Lift)  
Liposuction  
Mommy Makeover  
Thigh Lift  
Tummy Tuck

Here's an at-a-glance look at the array of fast, safe and effective facial rejuvenation options we've got at our office. All are almost-no-downtime treatments. They can start your new year off right without taking you out of circulation.

Procedure	What it is/does	How long it lasts	Downtime
<b>Skin Remodeling</b>			
<b>TriPollar® Apollo™ Radiofrequency</b>	Tightens skin, defines the jawline, removes jowls, sagging fat and under-chin deposits, smoothes wrinkles around eyes, lips and neck,. This is the newest and most effective way to combat aging on a profound level for healthier, younger skin.	Initial results from a full course of treatment last six months. With follow-up treatments that continuously make structural improvements in your skin, you can see results indefinitely.	No downtime. Treatments are comfortable.
<b>The Fraxel® re:pair laser</b>	Targets microscopic portions of the epidermis to improve texture, tone, pore size, smooth wrinkles combat sun damage and tighten skin.	Improvements can last a year or two or longer. Only 1 treatment is needed. Results are immediate and progressive.	3 to 5 days of redness and swelling; skin may be pink for up to a week.
<b>Injectables</b>			
<b>Botox®</b>	Blocks nerve impulses to smooth wrinkles, especially around the eyes, frown lines and crow's feet.	3 to 6 months (begins to take effect after 2 to 4 days).	1 or 2 days of redness, swelling; occasional bruising that resolves within days.
<b>Juvéderm®</b>	In 2 strengths for plumping fine lines and deeper wrinkles. Excellent to repair lip lines, naso-labial folds (lines between the nose and mouth) and marionette lines (the lines between the lip and chin).	Immediate results. Juvéderm lasts 9-12 months; Juvéderm Ultra lasts 9 months; Juvéderm Ultra Plus lasts 12 months.	Mild redness and swelling generally subsides within hours. Occasional bruising and tenderness resolve within days. Injections contain Lidocaine to increase comfort.
<b>Voluma®</b>	The new filler that adds volume and contour to the cheekbone area, lifting skin and creasing	2 years.	Mild redness and swelling generally subsides within hours. Occasional bruising

### Breast Surgery

Breast Augmentation  
Breast Augmentation  
Revision  
Breast Lift  
Breast Reduction

### Facial Surgery

Eyelid Surgery  
(Blepharoplasty)  
Face Lift & Neck Lift  
Otoplasty (Ear Shaping)  
Rhinoplasty (Nose Job or  
Nose Reshaping)

### Minimally Invasive

Fraxel re:pair® Facial  
Resurfacing  
Injectable Fillers  
Tattoo Removal

	jowls. Fills in wrinkles, too.		and tenderness resolve within days. Injections contain Lidocaine to increase comfort.
<b>Restylane®</b>	Plumps up naso-labial folds (from nose to mouth), marionette lines (from mouth to jaw), under eyes and lips.	Shows immediate results and lasts 6 to 8 months, depending on how much is injected and the mobility of the area injected.	Mild redness and swelling generally subsides within hours. Occasional bruising and tenderness resolve within days.
<b>Fat transfer</b>	Fat harvested from thighs, buttocks or stomach is injected into face to plump up sunken cheeks, deep lines, lips, under eyes.	6 months to 2 years (series of 2 or 3 treatments yields best results).	Some short-term redness, swelling, bruising.



Deployed in just the right combinations, at the right times, these tools are a portal to sustained beauty.

### Staying Young with Our New TriPollar® Apollo™ Technology

Our introductory price on Radiofrequency Skin Remodeling (10% off all treatments and packages) will end on January 15. So now's the time to take advantage of this low-impact, painless approach.

Look carefully at these manufacturer photos. Notice the improvement not only in the patient's jaw line, but in the amount of fat under her chin, the definition in her cheekbone and the overall quality of her complexion.



Manufacturer photos

Starting early to maintain your skin's health will show up in countless ways as you mature. You'll look younger than your contemporaries, fresher and more vital.

## Voluma™ □ Our New Facial Contouring Miracle

When Voluma™ was introduced a couple of months ago, I was one of the first in the country to get trained in how to inject this wonderful new substance. That's because I knew what a difference it could make for my patients.

Formulated for deeper injection over the cheekbone, Voluma adds back a major element of facial structure that's usually lost to soft tissue loss and aging.

- By widening the upper face, it restores the reverse □s□ shape to the cheek associated with youth.
- Voluma helps to recreate the Ogee curve, which is the curve from the cheekbone to the midface hollow.
- By pulling up sagging skin near the jawline (jowls), it erases one of the most glaring, notorious signs of facial aging.



Manufacturer photos

As I predicted, I have received terrific feedback. With proportions restored, every plane of the face improves. Looking in the mirror is fun again.

I had a patient tell me that by lifting her cheekbones, she saw her jowls disappear. Voluma is a real □ though subtle! □ early aging godsend.

### That Special Polish

After improving your complexion on a deep level, we can give it an extra polish with soothing, cleansing spa treatments.

Our aesthetician, Natalie, has mastered everything from facials and the best mild peels on the market (Glycolic Acid®, Vitalize®), to dermaplaning. She can also advise you about which of our top-tier skin products (SkinMedica®, ZO®, Environ®) would work best for your particular goals.



### Get Radiant Again

Invest in your complexion this year and the stares and compliments will start pouring in. Everything will seem brighter, and you □ll remember 2014 as the year you defied chronological time and showed the world your youthful inner self.

Feel free to [share this article](#) with your family and friends.

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