



Personal Best

Cosmetic and Plastic Surgery Update
Summer 2007

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Procedure of the Month - Liposuction

All through our lives, well meaning friends and family have excused the lumps and bumps that bother us most with the phrase, "That's just the way you're built!" In truth, it's not, just areas of disproportionate fat. Who among us doesn't look in the mirror and know that minus a lump here or a bump there, they'd look a whole lot better.

Liposuction is sometimes referred to as Liposculpture, which indeed it is. Picture an artist with a chisel sculpting imperfect areas of your body to exactly the way you want them to look. Liposuction is a brilliant solution to removing unwanted fat from areas of the body such as hips, thighs, knees and arms, abdomen and waist to create a slimmer and better proportioned body. On the face, Liposuction can be the cure for a double chin or sculpt too full cheeks.

Before the surgery, the doctor will clearly mark the areas to be liposuctioned. The procedure is performed through small, inconspicuous incisions that are hidden, for the most part, in the natural creases and contours of the body. A thin hollow tube, or cannula, is inserted through these incisions to loosen excess fat. The dislodged fat is then suctioned out of the body using a surgical vacuum attached to the cannula. After surgery, a snug compression garment is worn to control swelling and compress the skin to the new body contours.

The fat that is removed can be re-injected into depressions in the face, or in larger quantities, to round out the buttocks.

September

Surgery

Discount

Dr. Bond is discounting her surgery fees by 10% for procedures performed in the month of September. This discount applies to surgeries over \$3000. If you have the flexibility to schedule your procedure in September, we'd love to have you take advantage of this generous discount!

New Facial Filler

Many of our patients have used Restylane with great effect as a facial filler. The same company that produces Restylane is now marketing Perlane® which is now approved in the U.S. for the treatment of moderate to severe facial wrinkles and folds, such as the lines from the nose to the corners of your mouth (nasolabial folds). The results of a Perlane® filler treatment tend to last six months to a year. Perlane® is primarily the same product as Restylane®, but Perlane® filler contains a larger concentration of hyaluronic acid .

The hyaluronic acid gel in Perlane adds volume and restores surface contours to smooth away moderate to

severe facial wrinkles and folds. Perlane is composed of larger gel particles than Restylane and intended for deeper injection to volumize skin for structural support. . Because of this higher concentration of hyaluronic acid, Perlane® is usually used for larger, deeper folds, while Restylane® is better suited for smaller wrinkles or to maintain the results of a previous Perlane® injection. The procedure is convenient and non-surgical, and the results are virtually instantaneous.

Because of its deeper filling properties, Perlane can also be used to fill cheek depressions and soften the appearance of jowls.

Why not talk to Dr. Bond about using Restylane or Perlane to obtain the results you desire? The availability of both products provides your physician with different treatment options. Your doctor will decide which product is right for you. You can give yourself the great new look you deserve, quickly and easily. To celebrate Perlane's arrival, we are offering a 10% discount on all Perlane treatments in August and September. As an additional plus, Perlane treatments can be used toward Restylane Rewards cash bonuses!

Clean Teens

Are your teens concerned about looking their best going back to school? Young patients (and those with adult acne) have had such great success with the Obagi Clenziderm System that we'd like to offer a Back to School special for teens (and adults) who'd like to spiff up their acne-prone skin at the Summer's end. In August and September, the Clenziderm Starter Kit will be priced at \$100, that's 20% off the regular retail price of \$125.

Summer Seminars

August 0th - The Ever Popular

Mommy Makeovers - Tummy Tuck and Liposuction of the Abdomen

- * Which procedure is right for you.
- * How Tummy Tucks are performed.
- * How Liposuction can re-shape your middle.
- * Special steps to ensure safety of both procedures.
- * Timeline of recovery and results.
- * Combining a Tummy Tuck with a medical procedure.

September 18th

End of Summer Facial Rejuvenation Party: BOTOX, Restylane and Perlane

Has it occurred to you that you don't look as young as you feel? Do deep facial lines and crow's feet make you look older than you are? If you're ready for a more youthful you, it can be as easy as picking up the phone and registering for our BOTOX and Filler Party. Join us for a night of Facial Rejuvenation as we explain which filler is right for you and how BOTOX can refresh and relax your frown lines. Patients who have BOTOX or Restylane at this seminar will also receive 10% off these services.

Our free monthly seminars are a great way to get to know the doctor and the procedures in a relaxed, informal setting. Dr. Bond will answer all your questions and you'll view "before and after" photos of all our patients. Please call the office to reserve a place for these informative seminars.

Please be Prompt

No one wants to wait a long time for their appointment in a Doctor's office, especially when they arrive on time. We respect our patients' time and make every effort to see them promptly. Latecomers disrupt our schedule making everyone wait for their appointment. Once again, please make every effort to arrive promptly for your appointments, so that Dr. Bond can see all of her patients on time.