

Have You Heard About The Photofacial™?

Are you bothered by sun damaged skin, rosacea, enlarged blood vessels or those tell-tale brown spots often referred to as "age spots"? If so, then you need to learn about the Photofacial treatment available in the office.

The Photofacial treatment is one of the very helpful additions to our armamentarium in the treatment of sun damage, rosacea, enlarged blood vessels and most brown spots.

We use a state of the art intense pulsed light device that delivers a specific wavelength of light to the abnormal area. This destroys the abnormal color without damaging the surrounding normal skin.

As opposed to laser treatments, there usually is no down time. Commonly there is redness for a day or two that is easily covered with make-up. Brown spots initially darken but then fade or flake off in 1-3 weeks.

We recommend three to five treatments about three weeks apart to obtain the maximal result. Not every blood vessel or spot will be gone but a much more even skin tone is the usual result.

Treatments take about 15-20 minutes for a full face or chest. They are uncomfortable but not painful. Treatment to the brown spots on the back of the hands are highly effective, usually 1-2 treatments of five minutes each.

Think Twice About Thread Lifts

"Thread lifts" have received a lot of press recently. For this procedure sutures are passed beneath the skin to "cinch up" sagging muscles or skin in the neck.

These procedures last on average six to eight months. Thread Lift complications can include breakage of the sutures, extrusions of the sutures through the skin, as well as puckering of the skin,

I'm unhappy with my neck.... It gives away my age

Women, as well as men, hate the way their necks look for three main reasons: There is too much skin, too much fat, or there are bands of muscle that stand out. These problems result in either a poor jaw line or a poor neckline from the side view. Common descriptions of these problem necks are "double chin", "chicken neck", or "turkey wattle".

A few lucky people, approximately five percent, with only extra fat and no extra loose skin are candidates for just liposuction, which can be done under local anesthesia and is relatively inexpensive. People with extra skin will need it removed. This is done with a lower face/neck lift. Incisions are made in front and in back of the ear, and possibly an incision under the chin, to manage muscle bands. This takes a couple of hours in the surgery center, and the patient may return to work in a week or two.

Rarely, I will do a direct excision of a large amount of skin in the midline of the neck in older men who say "I don't want a facelift, doc, I just want this turkey-waddle gone!" This can be done in the office under local anesthesia.

Bands of muscles and cords in the neck can be managed through an incision under the chin, but most people have extra skin, too, that can't be removed without the incisions around the ears. It is my experience that none of the laser, infrared or radio frequency devices advertised to aid in skin tightening give significant, predictable changes. Statistically, the majority of patients are not satisfied with the amount of improvement they see after undergoing several treatments and spending lots of money. However, if you absolutely don't want surgery and would be satisfied with a possible ten percent improvement, these non-surgical techniques are an option. Surgical procedures on the neck are far more powerful, effective and predictable than non-surgical options, so most of my patients choose surgery.

CHECK OUT ALL OUR PROCEDURES AT www.drrayfield.com

Laser Hair Removal Is It For You?

Spring is here! The weather is getting warmer and summer will be here very shortly. That means bathing suit time is just around the corner.

That makes this a good time to consider LASER HAIR REMOVAL. For dark hair, laser hair removal beats waxing and electrolysis — hands down! For women with facial hair it can literally change your life! I tell my patients to plan on three treatments, but occasionally one will suffice. It is frequently a permanent reduction, but not always. The patient will have a good idea if laser hair removal is a viable option after the first treatment.

The treatments last about ten minutes and can be uncomfortable. You may find it a little painful but a prescription can be provided for a numbing cream. If utilized, the numbing cream is applied an hour before the treatment. This prevents a significant amount of the discomfort from occurring.

After treatment, there may be redness, even possibly some blistering for a day or two but no aftercare is required. If necessary, follow up treatments are scheduled six to eight weeks apart.

We have two different laser hair removal devices in the office. If you do not respond to one, usually you'll respond to the other. Combination therapy has been very successful on a number of patients.

Occasionally skin darkening can occur, but significant complications are rare. For a few unlucky people there just isn't a great response. Lasers do not work on blond or gray hairs.

LASER HAIR REMOVAL DAY
Thursday, May 24, 2007

25% discount
on your treatment

SCHEDULE YOUR APPOINTMENT TODAY
Limited Space Available

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We have an extensive line of GLIMMERGLASS products available for purchase in the office. Visit our skin care specialists for a full product line description or ask Dr. Rayfield today how GLIMMERGLASS products may be of benefit to you!

"We restore, repair and make whole those parts which nature has given but which fortune has taken away, not so much that they may delight the eye but that they may buoy up the spirit..."

Tagliacozzi, Plastic Surgeon 1597

DAVID L. RAYFIELD, M.D.

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GLIMMERGLASS SKIN CARE

With the thousands of skin care products out there how do you choose? Is there one that is superior? The skin care line that I have recommended and presented to my patients for years is GLIMMERGLASS with hand-picked ingredients that are non-comedogenic and cosmetically elegant. They are moderately priced, long lasting, and are constantly being refined and improved.

A good cleanser is necessary to clean the oil and dirt off your skin without clogging your pores or excessively drying your skin. As we age, our skin tends to slow down its natural cycle of getting rid of dead cells on the surface and making new ones to replace them. This can create a duller appearance. I recommend a product to speed up the exfoliating process. Usually this means an alpha hydroxyl acid based product used daily.

Moisturize after cleansing. Often by speeding up the process of exfoliation the newer cells are able to hold more moisture, requiring less moisturizing lotion. Everyone needs to wear a sun screen product on a daily basis. The sun is the single worst enemy of the skin. It causes most of the problems associated with aged skin. A good sunscreen with UVA/UVB protection is needed. An SPF-15 is the minimum you should use.

*The last 10% of quality
requires 90% of the effort.
Fritz E. Barton, Jr., M.D.*

COSMETIC SURGERY INSIGHTS

Dr. Rayfield's quarterly newsletter
about cosmetic surgery
and looking your best

VOLUME I, ISSUE 2, SPRING 2007

In this newsletter and on my website I'd like to impart a sense of my philosophy about cosmetic surgery — what procedures I believe in as well as new, good and bad ideas patients might have heard about. I hope to clarify questions or issues patients may find confusing and perhaps you'll feel you know me a bit even before your first visit — I know that first consultation can be nerve-racking! It is always a help to you and I when you have already read a bit about the subject of your visit with me.

our goal is that you have a truly satisfying "cosmetic surgery experience" from the first phone call to the last visit. My guess is you will find that we have the most relaxed and comfortable office you've been to.

Please let me know what subjects you'd like to have in upcoming newsletters. I invite your comments and look forward to your feedback.

Be Informed — Do Your Homework

Numerous specialists (gastroenterologists/ orthopedists/ anesthesiologists) and non-physicians are clamoring to learn the "beauty" business. Consumers need to be discriminating in their selection—ask questions and check credentials. Ideally, you want someone with extensive training (more than a weekend course) who has performed the procedure routinely for at least a few years.

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Where we offer
plastic surgery with a
discriminating eye for detail
and a commitment to
patient satisfaction.



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Breast Reduction
Laser Hair Removal
Lip Augmentation
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Mesotherapy
Mini Tummy Tuck
Midfacelift Surgery
Neck Lift/Liposuction
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IN OUR NEXT ISSUE

**BOTOX—Tips & Traps
More About Facelifts
Liposuction Limitations**

For more information
visit our website

www.drrayfield.com