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MODEL FOR LIFE

LISA ROGERS

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Q & A with Dr. David Ellis

Dr. David A. F. Ellis is a teacher, author, international lecturer, mentor and facial cosmetic surgeon with over 20 years of experience. Dr. Ellis' areas of expertise include facial rejuvenation, lip augmentation, facelift, rhinoplasty and Fraxel laser rejuvenation. For more information please visit www.artoffacialsurgery.com or email your questions to: askanexpert@revivemagazine.ca

Q: I am 55-years-old and have spent a lot of time in the sun and now I have a lot of brown aged spots on my hands. What can I do to reduce the appearance of them?

A: Plain flat brown, black or gray oval patches without mass or volume on the back of the hands are related to aging, skin type, and sun. These are often known as "liver spots", "brown patches", "age spots" or "sun spots". Medically they are referred to as areas of hyperpigmentation and often are associated with exposed areas such as the face, neck, arms, shoulders and legs.

Treatment is very effective. Combination treatment of specialized depigment cream such as Dermamelan with non-ablative laser treatments such as AcuTip 500 or Limelight IPL work well. After 1-2 weeks of the home care with the cream, a laser treatment is performed. It feels like prickly heat and the oval patches turn gray and darken over the next 24 hours. For the first while, they appear a little more obvious, but over the next 4 weeks, while the patient continues using the cream, the darkened areas will flake off and disappear thus giving a significant improvement in the oval patches.

Repeat laser treatments may be required. Prevention with an excellent sunscreen, used daily, is paramount.

Q: I noticed that a lot of places including my hair salon are offering Botox and Fillers. How do I decide who is the right

person to do my Botox? What do I have to consider when I'm making this decision?

A: Botox Cosmetic is a prescription drug with potential major side effects if not administered properly. Luckily in Canada, there is no "fake Botox" as there has been in the USA and other parts of the world.

There are 3 types of medical practitioners who are qualified to inject Botox: Specialists, General Practitioners, and nurses who works under a medical doctor's advice are the best qualified to inject Botox.

Specialists are surgeons who specialize in facial plastic surgery and plastic surgery and dermatologists. There are other specialists like neurologists, rehabilitation doctors, and laryngologists who have a specialized use of non-cosmetic Botox. There are others that have been taught to inject Botox, but they do this in conjunction with a doctor.

Patients must be well informed about what Botox does and does not do. It does not remove creases in the skin. It only works on the facial and neck muscles to soften their movement. Ask the person who is going to inject you for their experience of injecting Botox and what problems they have encountered. The use of temporary or long-term injectable fillers and Botox work very well together and is commonly known as a "Softlift".

Get Better Skin at Any Age

By Dr. David A.F. Ellis M.D. FRCSC



Good skin care is a must from your 20s all the way through to your 80s. Obagi has a good skin care line for oily skin, dry skin, skin with pigmentation problems, and skin with broken capillaries. Both UVA and UVB sunrays caused the skin to age and breakdown collagen faster. I will often hear about the time when the patient was 20 years of age and got terrible sunburn which led to permanent changes in their skin. Therefore we recommend good sunscreens that block UVA and UVB. Remember the number on the sunscreen only covers UVB, but UVA does the most damage.

Patients in their 30s

The most common complaint we see is the early onset of fine lines and wrinkles especially around eyelid skin and the crow's feet area. Often pigmentation problems start to occur, and with very fair skin we may see broken capillaries.

Some patients will start to notice the famous "number 11" between their eyebrows beginning to develop. Botox is ideal as prevention from the "number 11" getting deeper and more permanent. Treatment can be started to slow the development of broken capillaries and pigmentation problems. The limelight IPL treatments work well in reducing pigmentation and broken capillaries. Patients who have Melasma as a result of their pregnancy realize how difficult it is to lighten the pigment. However Laser Genesis, a non-touch laser, helps to reduce the vascular part of the Melasma improving it more effectively. Multiple treatments are often needed to maximize the improvement.



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Patients in their 40s

These patients often see loose skin occurring around their jowls. If the skin is not too loose, then a non-ablative technology called Titan heats up the skin to cause the collagen to shrink. This is not a painful procedure and requires no anesthetic and no downtime. This is an ideal technology for those in their mid-30s up to their mid-40s to tighten the skin on the face and the body. For those that have a little bit more sagging, there is a technology that heats the skin up to cause it to shrink and it is called a Smartlift™ technology. This is a minimally invasive surgical procedure where a laser rod is placed under the skin and moved back and forth heating up the skin to cause it to shrink. Patients often refer to this as "shrink wrapping" the skin. As further sun damage is usually seen, proper sunscreens and medical supervised skincare lines need to be used along with the limelight IPL and Laser Genesis. Sometimes at this age patients notice their cheeks have collapsed or become smaller. Injectable fillers are a very simple solution making the cheeks a convex surface which reflects the light much better.

Patients in their 50s

Further sun damage is seen. There is more loose skin in the neck and in the jowls so much so that the Titan technology will not be of benefit. However if there is only loose skin, the Smartlifting™ technology is ideal to tighten the skin. However, if there are subcutaneous problems such as the cording in the front of the neck or loose skin and heavy jowling, then a proper facelift with Smartlifting™ technology needs to be performed to get the best possible result. This is often referred to as a "Smart Facelift". Patients in their 50s will often have more sun damage especially if they have not been using their sunscreens. Sometimes their skin may be crêpey especially in their cheeks and necks. More severe sun damage within the skin will require an ablative laser application such as Pearl Fusion. Pearl Fusion not only treats the very surface

of the skin but removes microscopic columns of skin to allow it to shrink. This gives a smoother surface of the skin's appearance. These patients also can get shrunken or fallen cheeks that may be corrected with injectable fillers. With a proper full consultation the patient and the surgeon can decide which technique(s) will give the patient the best results

Patient in their 60s

Almost all these patients have subcutaneous problems related to the cording in the front of the neck and much jowling along the jaw line. This must be corrected with "Smart Facelift" surgery. Sun damage with crêpey skin is best dealt with the ablative CO2 Fraxel laser. This is performed under conscious sedation and the down time is approximately one week. After one week, patients may wear makeup to tone down the pinkness of the skin. This technology significantly smooths out the wrinkled and crêpey skin. It also helps with broken capillaries and pigmentation that occurs in patients of this age group. Moreover, these patients have very collapsed cheeks with an oblique groove through the center of the cheek. Medically this is referred to as a malar groove. This used to be corrected surgically with cheek implants but with the advent of specialized injectable fillers, this collapse is simply corrected with an injection in the cheek mound.

Prevention is very important at all ages. Maintaining a good skincare regime and protecting your skin from the environment is the key. No matter what your age, there are many options to keep you looking your best and feeling your best.

For more information or to book an appointment with Dr. David A. F. Ellis at Art of Facial Surgery, please call 416.229.1050 or visit www.artoffacialsurgery.com.