

APPEARANCE CENTER *of* NEWPORT BEACH

949.200.1615

SPRING 2023

Cosmetic Surgery Fears Addressed

Will my results look natural?

At The Appearance Center, our double-board certified surgeons have decades of experience helping patients to achieve beautiful results that look natural and youthful.

The key to achieving optimal results is to find a surgeon who specializes in facial plastic surgery, has an eye for aesthetics, and understands your concerns and goals. Our surgeons strive to maintain balance between creating a more youthful appearance while still honoring your unique facial structure. We call this the "sweet spot" of rejuvenation. We expertly assess our patients' unique characteristics and anatomy before developing a personalized plan for surgery. The results are tailored to each person, taking into account factors such as age, skin type, ethnic background, and other relevant details.

I've heard the recovery is rough, is this true?

Most healing after a facelift occurs in the first two weeks with many patients ready for socializing by three to four weeks.

Surprisingly, most patients do not report pain, but do experience neck tightness and some discomfort in the first several days. Most of the time Extra Strength Tylenol is all that is needed.

I'm very nervous about general anesthesia. Is there an alternative?

Yes! Our outpatient surgery center is the first in Newport Beach to adopt the use of a new anesthetic technique, trade name is Precedex. Instead of deep anesthesia, it induces stage 2 sleep, and when used in combination with other medications, it achieves a comfortable state for patients. During Precedex sleep patients may cough, reposition themselves, and breathe without assistance. This is a more normal state for patients than deep sedation or general anesthesia. It is revolutionary, especially for our elderly patients and those with heart issues.

"It has been a real game changer for our practice," says **Dr. Simon Madorsky**. "Precedex is so well tolerated by patients, that it allows the surgeon to take time needed for superb results without pressure to rush."

A recent facelift patient commented, "My experience was amazing! The day after surgery I didn't feel any effects. I felt good."



The Appearance Center is home to three facial plastic surgeons. Call us to schedule a consultation.



SIMON MADORSKY, MD
Facial Plastic & Reconstructive Surgery



STEVEN DAINES, MD FACS
Facial Plastic & Reconstructive Surgery



ADAM ARONSON, MD
Cosmetic Dermatology



JUSTIN KARLIN, MD
Ophthalmic Plastic & Reconstructive Surgery



BRANDYN DUNN, MD
Facial Plastic & Reconstructive Surgery



ALYSSA FLANDERS, PA-C
Dermatology & Aesthetic Medicine

What is CO2 Laser Resurfacing?



CO2 laser resurfacing is a popular cosmetic procedure that uses a fractional laser to improve the appearance of the skin. It is a highly effective way to turn back the clock on your skin and give a healthy, vibrant glow to your complexion. It works by creating precise levels of heat to targeted treatment areas, causing controlled skin injuries that trigger a healing response. This in turn stimulates the growth of new, healthy skin cells to replace old, damaged cells. It is used to address a wide range of skin conditions, including:

- **Fine Lines** (including around the eyes)
- **Deeper Wrinkles** around the forehead, mouth, or nose
- **Sun Damaged Skin**
- **Acne Scars**
- **Hyperpigmentation**

"This procedure provides a terrific bang for your buck and results can be enjoyed for several years."

Dr. Brandyn Dunn

In addition, the Fractional CO2 laser can be used to treat other visible areas of the body, such as the neck, chest, or hands.

CO2 Laser Resurfacing is performed by all of our providers. Call us to schedule a consultation.

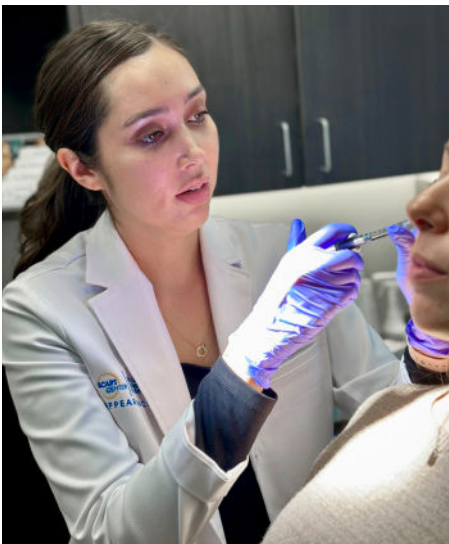


This patient had CO2 laser resurfacing of her face. The lines around her mouth have almost completely disappeared, brown spots are greatly diminished, and her skin has a beautiful, healthy glow.

Treating Acne Scars with Alyssa Flanders, PA-C

Acne scarring is a distressing condition that can take a significant toll on self-esteem. The best treatments will depend on the type and severity of the scarring, as well as the individual's skin type and medical history. They include:

- **Microneedling:** A non-invasive treatment that uses a device to puncture tiny needles into the skin to break up scar tissue and stimulate collagen production. This technique helps improve the texture and tone and is generally safe on all skin types.
- **TCA Cross:** A high concentration of TCA solution is applied directly into depressed scars to stimulate collagen remodeling to fill in the depression. When used under medical supervision, it can be safe on all skin types.



- **Laser Resurfacing:** Involves using a laser to remove the top layers of uneven skin and to stimulate collagen production. Best for lighter skin tones.

- **Subcision:** A needle is inserted beneath fixed scars to untether them and immediately smooth the overlying skin.

- **Dermal Fillers:** Injectable substances used to fill in shallow acne scars, giving the skin a smoother, more even appearance.

- **Steroid Injections:** Injected directly into a raised, hypertrophic or keloid scar to flatten it and improve symptoms such as itching or pain. The effectiveness varies from person to person, and it usually takes several sessions to see significant improvement.

It is important to follow a proper skincare routine and use appropriate products to prevent further breakouts and scarring. It's always a good idea to consult with a professional.

Three Factors Aging Your Face

with Steven Daines, MD

Aging of the face and neck involves a complex interplay between three processes: **tissue descent**, **volume loss**, and **aging skin**. My approach incorporates treating all three.

Tissue descent is seen in jowling in the lower face and sagging in the neck. The time-tested procedure for improving this area is the lower face and neck lift.

To improve areas of volume loss around the mouth, cheeks, and temples, my preferred approach is to take fat from the abdomen or thighs and inject the fat into the deflated areas. Fat transfer usually has long lasting impact that enhance the results versus just a facelift alone.

Finally, when skin shows signs of sun damage such as fine lines, brown spots, and uneven texture, I use a fractional CO2 laser at the time of the facelift to remove the sun damage and restore a fresh glow to the treated skin.

The procedure is performed in our accredited surgery center and all follow-up

appointments are with me so that I can guide you through the healing process.

Patients who come to me for facial rejuvenation surgery include men and women, usually ranging from their 40s into their 70s, who seek a refreshed appearance without extreme or unnatural changes. As a true facial cosmetic surgery specialist, I have built a boutique practice specializing in face and neck lifts and other facial rejuvenation procedures. Safety and elegant, natural outcomes are my priority.



This beautiful patient had a lower face and neck lift with Dr. Daines.



Is there really such as a thing as Anti-Aging skin care?

"Anti-aging" is one of the most popular buzzwords in skincare marketing. Many products make this bold claim, but is there scientific evidence?

Thus far, the only proven anti-aging treatment is topical retinoids, such as tretinoin (Retin-A), which increase the turnover rate of skin cells, generating new skin cells. This results in softer, brighter skin, a boost in collagen production, and a decrease in fine lines and wrinkles. While other popular topical products such as hyaluronic acid, antioxidants, and hydroquinone can be helpful in reducing the signs of aging, retinoids appear to actually decrease the biological age of skin.

Dr. Adam Aronson is passionate about anti-aging and is currently conducting a clinical trial with start-up company OneSkin, which identified a unique small molecule peptide that appears to have anti-aging properties. "This was further developed into a topical product that we are now investigating to see if this improves skin aging in older patients. Though results are still pending, I am excited to see where this goes!"

Lifestyle choices, such as a healthy diet with minimal sugar, regular exercise, and avoidance of smoking and excessive alcohol consumption, can help slow down the aging process. Sufficient sleep and stress management also help improve overall skin health and reduce the appearance of aging. Hormone replacement therapy for both men and women also improves markers of aging.



To learn more about the Appearance Center, visit our website

AppearanceCenter.com

APPEARANCE CENTER

plastic surgery, facial rejuvenation, injectables

180 Newport Center Drive, Suite 164

Newport Beach, CA 92660

AppearanceCenter.com

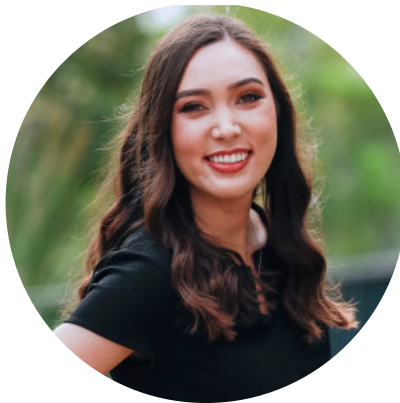
949.200.1615

APPEARANCE CENTER *of* NEWPORT BEACH



"A new anesthetic technique adopted by our surgery center has been a real game changer for the patient experience."

SIMON MADORSKY, MD
Facial Plastic & Reconstructive Surgery



"Proper skin care is the foundation for looking healthy and youthful. From that starting point, you can achieve maximum benefit from fillers, lasers, and other cosmetic treatments."

ALYSSA FLANDERS, PA-C
Dermatology & Aesthetic Medicine



"Nothing makes me happier than seeing my patients' transformations, both in their appearance and their confidence."

STEVEN DAINES, MD FACS
Facial Plastic & Reconstructive Surgery