

Premier Issue

Welcome to Plastic Surgery News Today

It is with great enthusiasm and excitement that we introduce you to our premier issue of *Plastic Surgery News Today*. *Plastic Surgery News Today* will be a quarterly newsletter and is dedicated to educating our readers about the latest advances in plastic surgery. We would love to hear your thoughts and ideas, questions or comments. Feel free to email us at editor@plasticsurgeryservices.com

We hope that you enjoy this and subsequent issues of *Plastic Surgery News Today*.

Plastic Surgery Services of Fredericksburg website launches new look! Please visit us at www.plasticsurgeryservices.com

Silicone Implant Update

Article provided by <http://newbeauty.com/advances/>

On July 28, 2005, the FDA issued a pre-market approval letter for one type of silicone breast implant, making these available to all women whether for augmentation or reconstruction purposes. Previously, these implants were available only to women seeking reconstruction after mastectomy, those replacing current silicone implants, or those willing to participate in tightly controlled clinical trials. Click the following link [to read the full article...](#)

Combining Restylane® and Botox® Cosmetic

You and many of our patients have taken charge of your looks. Restylane allows you to safely restore volume to the skin and enjoy a smoother, more youthful appearance.

Restylane is a non-surgical, crystal-clear gel that once injected gives shape and a youthful appearance with the body's own natural material called hyaluronic acid. Enjoy the many benefits to Restylane, such as instant but non-permanent results and no animal ingredients; so no skin testing is required.

As many of you may have already discovered, there is a natural synergy between BOTOX® Cosmetic and the use of injectable fillers. When the expression lines develop from repetitive muscular movement, the natural choice is BOTOX® Cosmetic. But frequently there are aging related volume changes in the skin that are best addressed with one of the injectable soft-tissue fillers, e.g., the loss of volume in the lips.

When the two are combined, the decreased movement produced by BOTOX® cosmetic can lengthen the duration of the action of the injectable filler specifically. By keeping the goals of relaxation and volume restoration in consideration at all times, selecting both BOTOX cosmetic and an injectable filler to treat the patient is producing better and longer lasting results.

For more information about BOTOX® Cosmetic or Restylane please visit our web link on [injectables](#).

Dissolving Fat; is it really all true?

Many of our patients have asked about a treatment called Mesotherapy. Mesotherapy is the aesthetic medical specialty employing the technique of multiple micro injections of pharmaceutical and homeopathic medications, standardized natural plant extracts and vitamins into the mesoderm.

It has been said that micro-doses of medications are administered into targeted sites for treatment of the cosmetic spectrum of body sculpting, cellulite reduction and skin rejuvenation, targeted fat reduction and overall weight loss.

We, however, are reluctant to be as excited about this therapy and would like to share the following articles. To read an article from the [American Society of Plastic Surgery](#)....

To read other articles regarding Mesotherapy please click on the following links:

August 2004 article from [USA Today](#)

June 2005 article from [Cosmetic Surgery Times](#)

New Liposuction Technology

Liposuction is the leading surgical cosmetic procedure for reducing fat that is resistant to diet and exercise. Plastic Surgery Services of Fredericksburg has invested in a new, very accurate technology called UltraSculpt™, which offers the ability to refine body areas with more delicacy and less trauma than previously possible.

UltraSculpt is a recently developed body contouring technique that gently liquefies fat and removes it from surrounding tissue. Using controlled ultrasonic energy to precisely target fatty deposits in problem areas will enhance your doctor's ability to provide better results. UltraSculpt is gentle enough to be used in very sensitive, delicate areas of the body.

With a new sophistication and accuracy not possible with conventional liposuction, UltraSculpt is changing the perception of patients who worry about discomfort, tissue trauma or length of downtime. UltraSculpt is an alternative with many benefits:

Gentle.

The UltraSculpt system provides your doctor with the ability to control the ultrasonic vibration that removes unwanted fatty deposits. By applying the appropriate energy to specific tissue types, there is more control over the procedure giving the patient better results.

Accurate.

State of the art ultrasound technology improves the surgeon's ability to accurately remove unwanted fat. Whether the amount is very discreet or a larger surface area, UltraSculpt improves the outcome by enhancing precision.

Small incisions.

Not only are smaller incisions better for aesthetic reasons, smaller incisions tend to heal faster. You can expect to be back to your routine within a week.

Information summarized and provided by <http://www.mentorcorp.com/liposuction/index.htm>

Botox Injections? No sweat!

Most of you already know that BOTOX® Cosmetic has been used to treat a million people in the United States since it was approved by the Food and Drug Administration (FDA) in 2002 for the temporary treatment of moderate to severe frown lines between the brows in people ages 18 to 65. But what you may not know is how BOTOX can treat other areas. If underarm sweating is significantly interfering with your daily activities and topical agents haven't worked, you may be a

candidate for BOTOX® treatment. BOTOX® is FDA-approved for severe underarm sweating that is inadequately managed with topical agents. BOTOX® helps control this condition by temporarily blocking the chemical signals from the nerves that stimulate the sweat glands. When the sweat glands don't receive chemical signals, the severe sweating stops.

For more information about BOTOX® and the treatment of underarm sweating, please [read this article...](#)

Herbs and Surgery: A Bad Mix

Taking herbal medicines can be dangerous if you elect to have surgery. They can cause complications, such as high blood pressure, heart attacks and bleeding.

Always tell your doctor what herbs you take. Your doctor can help you determine when it's best for you to quit taking them prior to surgery. Here are some suggested guidelines:

- Garlic and ginseng: Stop about seven days before surgery.
- St. John's wort: Stop about five days before surgery.
- Gingko: Stop about 36 hours before surgery.
- Ephedra and kava: stop about 24 hours before surgery.

Forgotten frontier

A woman's décolleté (upper chest area) is one of the most vulnerable, yet most ignored areas of the skin. The skin is fine, thin and delicate. It tends to show sunspots, and it creases easily with age. In spite of this, women tend to neglect this area when it comes to skincare, not realizing they should be treating it with the same care as they do their face.

Treatment Rx

Daily treatment is the first step toward better skin. The chest should be cleansed with the same products used on the face. Follow-up with a facial moisturizer is also important, because keeping this area moisturized is the easiest way to prevent aging and dryness. Applying the same preventative treatments on the chest as on the face, such as sunscreen and products with anti-aging elements, is also equally important. A gentle exfoliant and Vitamin C should also be used to break down and remove dead cells as well as it can target sunspots.

Plastic Surgery Services of Fredericksburg offers both the Obagi Nuderm and the Obagi C-Rx systems which are both well-suited for treating this often neglected area. For more information about OBAGI please visit our website link on [Skin Refinishing](#).

In the next issue

Our next issue will offer articles discussing fat grafting, Thermage and the much talked about Threadlift. We welcome your suggestions and questions so please feel free to [contact us online](#) or email the newsletter editor directly at