

# SHRINK WRAPPING YOUR SKIN

Face it. Everyone gets older. Skin sags, brows fall, eyes peep out from beneath heavy eyelids. We all hate it and ask the mirror, “**Who IS that person??**”.

What if there were a magic wand that could be waved over our faces and bodies to give us back some of the youthful look time took away?

Secret? There is.

The most innovative non-surgical technique for skin-tightening ever developed has been available to savvy consumers for the past several years. The patented medical dermatology procedure, known as Thermage™, uses Radio Frequency technology to literally “**shrink-wrap**” skin that has begun to sag.

Dr. Nissan Pilest, Medical Director of Total Dermatology and a Board Certified Dermatologist for 27 years in Orange County, explains the procedure.

“Unlike other devices, Thermage™ is an F.D.A. approved procedure **proven effective** in the tightening of facial laxity, sagging arms (disparagingly nicknamed “bat wings”), loose abdomen skin, bulgy knees and drooping thighs. Most recently the F.D.A. approved **Eyes by Thermage™**, a precise same-technology method of tightening the eye area and reducing eyelid hooding and under-eye bags.

The procedure, whether for face, eyes or body, requires a single, simple office visit. Easily tolerated, a handpiece is held against the skin which “pulses” radio-frequency to the deeper levels. The energy penetrates the skin and **heat-tightens stretched-out collagen strands**. If you think of your untreated skin as a loose-fitting t-shirt and your Thermage treated skin as a t-shirt that’s just come from the dryer, you can easily understand what’s taking place.

Because heat energy stimulates response, there is an immediate effect plus a continuing process of new collagen formation. In medical terms, this is referred to as **collagen remodeling**. Once the process is complete, usually by 6 months, you’ll be rewarded with firmer skin, more defined contours and a smoother, younger look.”

Thermage initially was only offered for facial sagging and jowls. Patient wanted more. Many dismaying effects of aging are seen on the body, and especially on the upper arms - again, those “bat wings” that make women throw away anything without sleeves. Thermage was tested to see if it worked as well off the face as on. It does and has become enormously successful in what the corporation has termed **Body by Thermage™**. (Dr. Pilest shares that *post-pregnancy crinkle-belly* responds extremely well and is becoming a must-have procedure for women regardless of age.)

Brand new to the public is the long-awaited **Eyes by Thermage** procedure. Granted approval in April of this year, it’s the **first serious alternative to surgical eye procedures**. Over 230,000 eye surgeries were performed by accredited plastic surgeons last year., (many more if you add procedures by cosmetic and ocular surgeons.) Every one of those patients experienced the pain, swelling, bruising and complication risks because no other alternative prior to Thermage’s eye treatment even existed.

Thermage targets fine wrinkling, crepe-paper skin, crows' feet and under-eye "bags". Multi-center clinical studies of 72 patients report the following improvements over time at 6 months post-procedure.

- **Improved upper eyelid hooding - 86%**
- **Improved upper eyelid tightening - 88%**
- **Improved lower eyelid tightening - 83%**

"Thermage's protocol has created a well-tolerated medical procedure that does what it says it will do and does it safely. The F.D.A. requires proof and when that proof is given, the coveted F.D.A. approval is granted. Thermage has that approval.

**Technique is as important as technology** and consumers who are considering paying thousands of dollars for medical cosmetic treatments need to be reminded that they 'get what they pay for'. A highly trained Registered Nurse or Physician should be the only treatment provider you consider," cautions Dr. Pilest. "Medical devices are not meant to be used by non-medical personnel, so be sure you aren't being sent to the back room with someone who's never had medical training.

At Total Dermatology ALL medical treatments are provided by myself or a personally trained and procedure-certified Registered Nurse. All my nurses possess proper credentials, are comprehensively trained and must pass a list of rigorous qualifications before they are allowed to touch a patient. Thermage awards a special certification for Advanced Thermage Training and a physician who cares about you will have it.

None of us escape aging, but we can minimize the effects through today's unique advances in Dermatology treatments."

Total Dermatology, located in the Irvine Medical Complex, is recognized as one of the top laser centers in Southern California. As part of an ongoing patient education program, Dr. Pilest offers educational newsletters which explain medical cosmetic procedures. "An educated patient will ALWAYS have better end results, no matter what procedure is chosen," says Dr. Pilest.

Those interested in learning more about Dermatology treatments are invited to visit the practice website. [www.TotalDermatology.com](http://www.TotalDermatology.com) and sign up for the free monthly E-Newsletters. Tel: 1-877-DrPilest or (949) 727-3800