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## Specials...

### 30% off all in stock supplements and skin care!

From now until March 30, 2010, take 30% off all in stock supplements, vitamins, and skin care products.

### Injectible Saturday!

Join the staff at Innovations Facial Plastic Surgery in Plano, TX on Saturday, March 13, 2010 from 9AM to noon for the fall special. During this time only, enjoy \$150 per area Botox® Cosmetic injections, 30% off Dysport(tm) injections, and \$150 off each syringe of Juvederm dermal filler. Spots are limited so call today 972-608-0100.

Patients are reminded that prices are good for this date and time only. All injections on this day only will be performed by facial plastic surgery fellow Dr. Jared Inman. A deposit is required and a visit fee will be charged if the appointment is cancelled less than 48 hours before the event. An area of Botox® includes up to 20 Units.

## In the News...New Non-Invasive Wrinkle Therapy On The Horizon

Researchers in Germany have combined green tea extract and LED therapy to treat facial wrinkles with some interesting success. Though the initial study was small and will need further verification, it is promising. For more information, visit <http://itybityurl.com/431>.

## For Your Information...Office Plastic Surgery

There is always a push in surgery for less invasive and less down time. Plastic surgery is no different. Unfortunately, for some procedures, less invasive also means less results. For a select few procedures though, less invasive means less recovery time without compromising results. When considering a less invasive alternative for a surgical procedure, consider a few points.

First, just because a procedure is the latest and greatest does not mean that it is necessarily a good procedure. For cosmetic surgery, long term results are the goal. If a procedure is new, there is no way to tell if the results which are evident immediately will stand the test of time. For most procedures, it is best to wait at least two years to see if the results will stand the test of time.

Second, consider who the procedure is aimed to help. Facelifts are an excellent example of a surgery which has a spectrum of minimal to maximal invasive potential. Minimally invasive facelift surgeries can be performed safely in an office setting with relatively short recovery periods. Unfortunately, the best candidates for these procedures are those patients

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with minimal aging changes and in a relatively young age range, 40's to early 50's. In other patient populations, the minimally invasive option will not produce long term results and patients are often dissatisfied in a relatively short period of time.

Third, every individual is different. Consider your tolerance for pain, discomfort, and being awake for a procedure before seeking out the minimally invasive alternative. Some patients would prefer not to remember anything and have a relatively low tolerance for pain. Although any minimally invasive procedure will involve some level of anesthesia, even local anesthesia is painful for a short time during the injections. Upper eyelid surgery is an excellent example of a surgery which can be performed with only local anesthesia in an office setting. For some patients though, being awake for an eyelid operation is more than they wish to know. Though the surgery is not painful and the injection sting lasts for only a few seconds, some patients do not wish recall of the surgery.

As always, a consultation with a surgeon who is able to perform the full range of plastic surgical procedures is always necessary to ensure that all options are available. In this way, you can talk about pros and cons of all procedures before deciding on a course of action.

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