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# Anti-Aging News

Summer 2014 to help you plan for a lifetime of healthy, youthful skin!



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### Dear Friends,

It's time to "work hard to look our best" and get ready for all the fun summer plans we have. We had not planned to send out a Summer newsletter this year but we have several exciting NEW procedures to share with you that will help you LOOK GREAT for weddings, anniversaries and summer vacations.

We hope you find it informative and helpful as you plan your summer activities.

Dr. David McDaniel & The Staff of the Laser & Cosmetic Center

## In the News

- Best of the Beach 2014 Silver Winners for 4 Categories
  - Dermatologist
  - Skin Care Facility
  - Day Spa
  - Tattoo Removal
- Dr. McDaniel featured as an Expert in News
- Antioxidants (August Allure)
- (March Allure)
- Presented research studies at the annual meetings of the American Academy of Dermatology (March) and American Society of Laser Medicine & Surgery (August)

## Defy Gravity: Natural Lifting with Juvéderm Voluma™

Juvéderm Voluma is one of the most significant and exciting new procedures I have seen in many years. Long awaited in the USA, it was FDA approved to restore volume to the cheek area last fall after having been available for many years in Europe. That is where I originally saw the results, I was so struck by the natural, youthful appearance that I spent the last few years learning the Voluma techniques that have been refined in Europe and Canada. Juvéderm Voluma has not disappointed and using it is one of the more professionally satisfying procedures to come along in many years. I am fortunate to have been asked to serve on the Juvéderm Voluma Medical Advisory Board and also teach other physicians how to use Voluma. Though not a substitute for surgery, with the proper techniques and artistry surgical-like results can be achieved in some patients and most have a natural, youthful appearance restored to them.



Improvement is long-lasting up to two years with optimal correction. Results are literally instantly observed as the Voluma is injected which is what allows the artistry and sculpting. Patients may bring photos of themselves when they were younger to help guide the treatment. Voluma can be combined with many other procedures such as Botox or laser resurfacing or skin tightening procedures so it allows combination treatments to create 'total facial rejuvenation' non-surgically (see inside). Although approved in the USA for cheek volume restoration, the techniques developed in Europe, Canada and other countries can also be used to restore a more youthful jawline, lift around the mouth, sculpt other areas of the face – often doing so with new gentle cannulas which are similar to very small diameter needles except they do not have a point on the end (thus less pain and risk of bruising). Juvéderm Voluma is part of a family of new Juvéderm volume fillers with Volift and Volbella waiting in the wings for introduction in the USA.

# Lift & Tighten – Without Surgery

## Exilis & Ultherapy

Lifting and tightening the lower face/jawline and the neck remain one of the most sought after procedures. Typically surgery still provides the most striking and longest-lasting results, but many patients for various reasons do not want to undergo surgery – or at least not at the present time. Many early non-surgical treatments produced variable results (and sometimes nearly no results). Recent improvements have brought a lot more predictability and longevity to results as well as much more comfortable procedures. Exilis and Ulthera utilize radiofrequency and sound waves respectively to gently lift and tighten skin. There is also typically some improvement in the surface texture of the treated areas as well. Recent clinical studies have shown not only new collagen but also in some cases new elastin fibers in the skin after treatment. Areas of the forehead above the eyebrows may also respond nicely to treatment.



## Total Facial Skin Rejuvenation...*Non-Surgically*

Before Any Treatment

After Botox  
2 Weeks Post

After Botox+Voluma  
3 Weeks Post Voluma

After Botox + Voluma +  
Skin Care Products  
12 Weeks Post Products



In recent years the search for non-surgical skin rejuvenation has provided some great, often long-lasting results for specific problems. However the ability to make transformational changes has eluded cosmetic surgeons because there were always 'missing pieces' to the puzzle of non-surgical skin rejuvenation. While we are not there yet, advances in laser resurfacing, skin tightening and now volume restoration allow the best results yet for addressing some of the key visible signs of aging. Whether due to premature aging from sun, smoking, weight fluctuations, changes years after a facelift that don't require surgery again, or even changes we see in very health conscious patients who have very little body fat and their face has a tired look that does not fit their overall health....most of these patients had in common the need to restore lost facial fat volume. Juvéderm Voluma has provided that 'missing piece'.

We can now remove spider veins, soften fine lines and wrinkles, erase uneven skin pigmentation....all of which make the 'fabric' of the skin have a more youthful appearance. We can also help grow 'longer, thicker, darker eyelashes' and (with proper technique) create natural appearing youthful lips and mouth areas ... and cosmetic dentistry has made major advances in improving your smile and teeth. The ability to combine these various methods along with volume restoration in the face has truly transformed what cosmetic surgeons can now do without surgery.

These photos provide a glimpse of what can be accomplished with a natural look.

We can create a treatment plan tailored to each person's individual needs to produce a natural rested, youthful appearance and also to help maintain with proper skin care regimens.

Please call for a consultation with Dr. McDaniel to discuss your needs. (757) 439-8900



Natural Lip Enhancement

Latisse®



# Minimal Downtime Skin Rejuvenation

## PicoSure® Laser

The PicoSure laser represents a major new step forward for laser skin rejuvenation. It is quite a technological marvel and very unique. Developed originally for removing pigmented lesions in the skin, the PicoSure laser is the world's first picosecond aesthetic laser. PicoSure uses a unique optical lens array which microscopically concentrates the PicoSure laser pulse to a precise depth, offering a safe and effective treatment to improve the look and appearance of the skin.



PicoSure laser treatments are fast, gentle and according to our patients produce less discomfort and much milder and shorter duration redness than our current Fraxel or IPL type devices. Patients tell us that redness is typically measured in hours or a day or so (rather than weeks). Results may begin to appear relatively quickly and progressive improvement continues for many months. PicoSure can safely be used on all skin types, fine lines, wrinkles, uneven pigment and acne scars may be treated. Non-facial areas such as the chest, décolleté, arms, legs, hands may also be treated. We have the first and, at time of writing this, the only Picosure laser in Virginia.



## Anti-Aging & Skin Cancer Prevention

**TPF-50** Elizabeth Arden recently unveiled Triple Protection Factor Broad Spectrum Sunscreen SPF 50+, or TPF 50, a groundbreaking new anti-aging product. It sets a new standard for skin protection including reducing the risk of non-melanoma skin cancer (basal cell and squamous cell carcinoma) as well as premature skin aging. This is a great new product in elegant, non-greasy, tinted lotion and so far our experience has been that it is very well tolerated by sensitive and even rosacea skin. Endorsed by the Skin Cancer Foundation, Dr. McDaniel recommends it for all patients with a history of skin cancer or precancers as well as aging skin.



## Use Obagi?

Obagi skin care has been one of the 'gold standards' for skin care and skin rejuvenation for many years (and with good reason). However recent innovations have created some exceptional new products for skin brightening without hydroquinone (which has become controversial) and also new less irritating versions of retinoids and super potent antioxidants.



We can design a 'custom kit' for you specifically suited for your skin type and conditions using the latest technology in sunscreens, retinoids, peptides, pigment lightener/brighteners, antioxidants and moisturizers.

**Retin-A Rx?** Some readers have likely experienced 'sticker shock' when they were refilling their favorite Rx. Alarming price increases have occurred recently for several major brands. Please do NOT stop using your retinoid if this has occurred – retinoids are still one of the best anti-aging products available today – we can help you switch to an effective reasonably priced very fine retinoid. Just give our skincare team a call.

**MicroNeedling:** Microneedling (also known as dermaroller) is a newer procedure which treats the skin in a motion somewhat similar to microdermabrasion. Different versions for home and medical office or esthetician use exist with significantly varying degrees of efficacy. Typically tiny precisely calibrated microneedles are rolled over the skin surface. Repeated treatments can reduce fine lines, wrinkles and some acne scars by stimulating new collagen. The procedure is rapid, comfortable, safe and typically no bleeding. We offer several options but the most exciting new one is a device that creates thousands of tiny fractional microchannels for the infusion of topical agents which can lighten pigment or stimulate collagen production.

**Coming Soon:** One of the more remarkable new home use skin care products I have seen in my career is to be released in July and it is affordable and easy to use. If we have your email watch for our eBlast or check back at our website in mid July.

**Join our Mailing List**  
and Receive Updates on Cosmetic & Medical News  
PLUS Special Offers. To Sign Up: Call (757) 437-8900  
or go to [www.drmcDaniel.com](http://www.drmcDaniel.com)



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BEFORE

16 WEEKS AFTER

COOLSMOOTH® TREATMENT

Procedure by Eric Bachelor, MD, FACS

## Vanquish® & Zeltiq CoolSculpting®

**Leaner Legs – Thinner Thighs – Slimmer Hips – Tighter Tummy  
Get Ready for your Skinny Jeans!**

We are pleased to be the first in the area to offer the NEW CoolSmooth treatment for Zeltiq. Unlike the original CoolSculpting which only treated 'pinchable' fat areas such as love handles, this newest addition to the Zeltiq family targets 'non-pinchable' fat bulges on the thighs and upper abdomen. Using gentle cooling techniques the CoolSmooth™ applicator targets problem areas, such as the outer thighs, and provides fat loss results for a slimmer you!

A NEW enhanced technique using Vanquish allows treatment in one-third fewer sessions than the original Vanquish protocols, allowing rapid and comfortable treatment of large 'panoramic' areas by gentle heating with radiofrequency.

These treatments are especially recommended for women and men who have an active lifestyle with stubborn localized areas of fat and for those wishing to avoid the downtime of surgical procedures.

Call us at (757) 437-8900 to schedule a **FREE consultation** with our staff and learn more.



# Some of Our Work



Results may vary.

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