

WHAT'S NEW AT:

Dr. Binder's

OFFICE

The Best in Dermal Fillers

As we age, wrinkles, lines, and folds begin to appear. The collagen and hyaluronic acid in the skin diminishes, causing the skin to lose structure and volume. Now you can add youthful fullness and reduce wrinkles with dermal filler injections.

Depending on the extent of your treatment, the area may be numbed before treatment. An ultra fine needle is used to inject small amounts of the filler into the mid to deep dermis (skin). There is minimal discomfort and wrinkles and folds are plumped up instantaneously. Patients resume normal activity immediately. The cost varies from patient to patient, depending on how much filler is necessary.

Fillers can be used to improve the appearance of moderate to severe facial wrinkles. The most common areas are the smile lines around the nose and mouth, marionette lines at the corner of the mouth, frown lines between the eyes, and fine lines around the mouth.

Since these fillers are naturally modified forms of hyaluronic acid, there is no allergy testing required. You can be treated on your first visit to the office. The procedure is non-invasive and usually takes less than an hour. It requires no recovery time. Patients enjoy smoother skin right away. The results of hyaluronic acid last approximately six months and require less volume to fill wrinkles and hard to treat skin folds as compared to collagen.

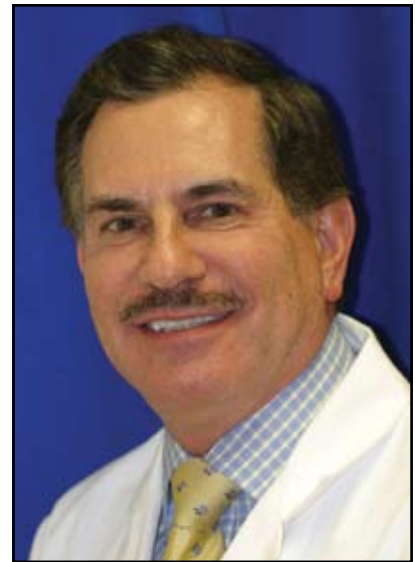
Juvederm Ultra injectable gel is a colorless hyaluronic acid gel that is injected into facial tissue to smooth wrinkles and folds, especially around the nose and mouth. Hyaluronic acid is a naturally occurring sugar found in the human body. The role of hyaluronic acid in the skin is to deliver nutrients, to hydrate the skin by holding in water, and to act as a cushioning agent.

Restylane is a cosmetic dermal filler made of non-animal based hyaluronic acid.

Cosmoderm was formulated especially for people with small or shallow wrinkles or scars. It can be particularly effective in smoothing delicate frown and smile lines, as well as the fine creases that develop at the corners of the eyes and above and below the lips. It can also help correct certain kinds of shallow acne scars.

Cosmoplast was designed to treat depressions requiring a stronger treatment material. It is used for more pronounced wrinkles and scars (such as deeper scars, lines, and furrows) and for areas upon which more stress is exerted (such as corners of the mouth).

Do you want to look younger? Would you like to have smoother, rejuvenated skin? Dermal fillers may be the right option for you. Schedule an appointment with Dr. Binder today to discuss which treatment will meet your individual needs.



Dr. William Binder is board certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology and Head and Neck Surgery. He is a Fellow of the American College of Surgeons and the American Academy of Facial Plastic and Reconstructive Surgery. Dr. Binder was presented the 1993 President's Leadership Award by the American Academy of Cosmetic Surgery "for distinguished achievement and significant contributions to the field of aesthetic surgery." He is Assistant Clinical Professor and Attending Surgeon in the Department of Head and Neck Surgery at UCLA Medical Center and Attending Surgeon at Cedars Sinai Medical Center, as well as other Los Angeles Hospitals.

Best Bets for a Rejuvenated Look: Botox® Injections for Forehead and Brow Lifts

Do you see vertical lines between your brows? Or, maybe the skin is starting to sag and wrinkle above your brows. The skin on your forehead ages along with the rest of your skin due to diminutive collagen production, hormone loss, and damage from the sun and environment. Two treatment options that will restore a more youthful, refreshed appearance to the area above the eyes are botulinum toxin type A injections (BOTOX®) and a brow lift. Find out what treatment option may be right for you!

BOTOX® Cosmetic

The Food and Drug Administration

(FDA) approved BOTOX® Cosmetic in 2002 for the temporary treatment of moderate to severe frown lines between the brows in people 18 to 65 years of age. It is available by prescription only. These frown lines that appear between your brows

are called glabellar lines. They result from constant muscle contraction over time. After years of expressing your emotions, the lines linger longer and become more pronounced. Botulinum toxin injections, or BOTOX® Cosmetic, can temporarily reduce the appearance of these lines for up to four months after treatment. It works by blocking the nerve impulses of the injected muscles, so the muscles do not contract and the lines do not form.

What to expect

Your facial plastic surgeon will evaluate your facial features and determine where to administer the injections—this is unique and based on how the individual's muscles contract and appear. Most likely, you will be comfortably seated in a reclined chair. While no anesthesia is required, your physician may apply a cold pack or anesthetic cream to numb the area. Several tiny injections will be made directly into the muscles that cause those

lines between the brows. The procedure typically takes about 10 minutes. Once you are done, there is no recovery time. You should begin to see improvement within days.

One of the most popular questions asked: Will I be able to make facial



Multiple procedures were performed on this patient including an endoscopic brow lift, upper eyelid surgery, a neck lift, chin implant, and laser skin resurfacing. Photos courtesy of the American Academy of Facial Plastic and Reconstructive Surgery.

expressions after treatment? Yes! Unlike how it is portrayed in Hollywood spoofs and movies, BOTOX® Cosmetic will not prevent you from smiling, frowning, or any other expression. You still will be able to—just without the wrinkles and creases between your brows.

Since BOTOX® is a temporary solution, be sure to discuss with your physician a treatment schedule. If you do not continue treatment, the lines will reappear.

Brow lift

The brow lift, or forehead lift, is a surgical procedure to correct the sagging of the skin. Patients that often appear angry, sad, or tired because of their sagging skin, benefit immensely from smoothing and minimizing these frown lines, creating a refreshed, more alert appearance. A good candidate for this procedure may have congenital (genetic) indicators, such as low eyebrows that project a sad expression; or, due to aging, a candidate may

have horizontal forehead lines, furrows between the eyebrows, hooding eyelids, or sagging skin.

What to expect

To see what a brow lift can do for your face, put your hands above your brows and outside the edges of your eyes and gently raise the skin upward. Brow lifts can improve a sagging brow or deep furrows between the eyes. This procedure is typically performed on patients between age 40 and 65; however, it may be necessary at an earlier age if addressing a congenital or reconstructive issue.

Good health and realistic expectations are a prerequisite for surgery. The procedure can be performed under local anesthesia and sedative; however, most patients request general anesthesia.

The placement of the incisions will be determined based on the patient's needs—along the hairline, behind the hair-

line, or in some cases, above the brow. This will also affect if your hair can be divided into small sections and pinned back, trimmed, or a small section shaved. After the incisions are made, your surgeon will tighten loose skin and remove excess tissue. If you have muscle that is causing vertical lines between the brows, the surgeon may remove this as well. The procedure can take between one to two hours, depending on the extent of the surgery.

Following surgery, there will be some tenderness and swelling for the first 10 days. Your physician will advise you to keep your head elevated to reduce swelling and to apply cold compresses. The sutures are usually removed within seven to 10 days following surgery. Although specific instructions will be given at the time of your surgery, most patients resume normal activities within two weeks.

Insurance does not cover surgery

Achieving a Younger, More Striking Appearance with Implants

Many patients who are seeking a younger looking appearance and refinement of their profile are happy with the results of facial implants. Facial plastic surgeons are able to replace bony deficiency, to improve balance of facial features, or to reposition the sagging skin upward and outward to fill hollows and depressions.

Mid-face Implants

One of the strongest characteristics of youth is fullness of the cheeks, indicating an abundance of healthy soft tissues and fat that is present under the skin. Also a sign of vitality, the cheekbones are responsible for defining the face, highlighting the eyes, and adding overall balance to your features. Not everyone can retain contour and fullness with age. Not everyone has prominent cheekbones.

When there is depletion of tissue and fat and minimal cheekbones, the skin sags, appears flattened or sunken, and may cause folds and wrinkles around the mouth. The mid-face implant can hold up the collapsed tissue and restore the youthful appearance of adequately padded skin at healthy levels of distention and elasticity. This improves the contour, creates balance, and bolsters self-esteem.

Mid-face implants are performed under local anesthesia with sedation. It may be combined with other cosmetic procedures such as rhinoplasty or facelift or chin augmentation. After the face is thoroughly cleansed with an antiseptic cleansing agent, a small incision is made inside of the mouth in the crease above the upper lip. A pocket is created over the bone.

The implants come in a variety of sizes and shapes ranging from three to six millimeters. Each patient is evaluated for proper sizing and shape of the implant that will provide the desired effect.

The sterile implant is placed into the pocket. The implant is secured and the incision is sutured closed. Supportive tissue forms around the implant after a few weeks; and once healed, it will feel like your normal underlying bone structure.

Chin Implants

Many people have a chin that is too small for their face. Flat, under-projected chins are usually genetic, although traumatic injury or previous jaw surgery can also result in deformity. Chin augmentation can help restore balance to the lower face and jawline.

Take a look at your profile. A weak or receding chin can sometimes make your nose seem larger or more projected. During consultation, you can discuss if a chin implant will bring your profile back into balance or if a combination of rhinoplasty (nose surgery) and chin augmentation is the solution.

Some patients seek to reduce the appearance of deep grooves from each corner of the lip down to the chin. These “marionette lines” can be improved by placing small implants along each side of the jaw, just in front of the jawline.

Implants for the chin area come in a wide variety of sizes and shapes. Your implant will be custom fit to the configurations of your face for optimal results.

Chin augmentation is performed under local anesthesia with sedation. The face is cleansed and a small incision is made underneath the chin or inside the mouth, where gum and lower lip meet. A pocket is created by gently stretching the tissue. The sterile implant is then inserted in front of the bone. The implant is secured and the incision is sutured. When the incision is inside the mouth, no scarring is visible. If the incision is under the chin, the scar is usually imperceptible.

After Implant Surgery

Immediately after surgery, you will probably have a dressing that will remain in place for two to three days. There will be some tenderness; however, any post-operative discomfort can be controlled with prescribed medications. Most patients feel a stretched, tight sensation



Several types of implants are used to augment the soft tissues of the midface. Photo courtesy of The Face Book, published by the American Academy of Facial Plastic and Reconstructive Surgery.

after the surgery, but this usually subsides in a week.

Normal activity can be resumed after approximately 10 days. After two weeks there are very little activity restrictions. And, after six weeks, most swelling will be gone and you can enjoy the results of your procedure.

Making the Decision

Facial plastic surgery makes it possible to enhance your appearance, reduce signs of aging and deformities that undermine self-confidence. Facial plastic surgery can improve your looks and your self-image, as well.

If you are considering implants to sculpt and restore the youthful contour of your face, answer these questions:

- Are you in good health?
- Do you have realistic expectations?
- Why do you want to change your appearance?
- Do you understand how the procedure(s) is performed?
- How do you feel this will change your life?

Implants for the mid-face and chin area provide a safe, effective, and long-lasting way to a more youthful appearance. After careful deliberation, make an appointment and discuss any questions, concerns, or ideas about your treatment plan.

Why have cosmetic surgery without maintaining your results?

Make an appointment to see Nancy Nims, licensed clinical esthetician and discuss which clinical facial treatments are right for you.

Skin requires ongoing care to keep it healthy and beautiful. Pollution, dirt and oil can all take away from a healthy, vibrant appearance. Treatments such as chemical peels, microdermabrasion, and dermaplaning can help you achieve the quality of skin that you have always wanted. These treatments can also help clients with fine lines, wrinkles, acne, and pigmentation and assist with the anti-aging process. My goal as an esthetician is to significantly improve the quality of your skin.

I treat clients of all ages including teenagers, men, and women comprised of many different ethnic backgrounds. My wide and varied clientele has given me the experience I need to perform the best possible treatment for your skin type.

I focus on educating my clients on how lifestyle habits such as smoking, excessive sun exposure, diet and stress can effect the skin. Healthy skin also starts from within and my clients realize the importance of getting the proper nutrition.

My clients and I build a trust to take their skin care results to the next level.

Our office carries a great skin care line called **Cosmedix**. In addition to being purified with highly active ingredients, Cosmedix is irritant free, preservative free, fragrance free, and paraben free. Come in for a free consultation to see which products are right for you. Please call Nancy at (310) 422-8302 to set up an appointment.

Bring this newsletter and receive 20% off a facial/peel

Ask The Surgeon

I am 32 years old and I have had my nose operated on twice. I am still unhappy with the results and also have problems breathing. Should I give up and accept the nose I now have? Can this be corrected?

Rhinoplasty can be considered a sub specialty in plastic surgery. Most rhinoplasty procedures can be revised. I have specialized in rhinoplasty and revision rhinoplasty procedures for over 27 years. My patients

are primarily referred to me by other plastic surgeons. I have reconstructed rhinoplasties that have had four or five prior procedures before. Our office is usually considered a last resort for patients who have had prior multiple nasal procedures. Providing there are available cartilage donor sites from either the inside of the nose (septum), the ear, or in rare cases the rib, almost all revision rhinoplasties can be very satisfactorily accomplished with excellent outcomes.

Best Bets for a Rejuvenated Look

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for cosmetic reasons. However, if you are having a brow lift to improve sagging skin that interferes with vision, you may be able to receive reimbursement. Be sure to talk to your doctor and the insurance provider to see if you qualify and for the degree of coverage.

Brow lifts can be combined with other surgical procedures, such as blepharoplasty (eyelid surgery) and facelift.

In order to discuss what option is best for you, make an appointment with your facial plastic surgeon today. You can discuss BOTOX®, brow lift, the techniques, the surgical facility, any additional surgery, and cost.

When you emerge as a refined and refreshed new you, you will be glad you did.

William J. Binder, M.D., F.A.C.S., Inc.

120 S. Spalding Drive, Suite 340
Beverly Hills, California 90212
T: (310) 858-6749
E: info@doctorbinder.com



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