

Dr James Chan
Double Board Certified Facial
Plastic Surgeon

It's a New Year: Bringing in 2014.

RÉVIANCE

Plastic Surgery and Aesthetic Center

TOP DOCTOR ALERT! Dr Chan is voted a TOP Doctor once again!



Portland Monthly invited every licensed doctor and registered nurse in Multnomah, Washington, and Clackamas Counties (more than 20,000 practitioners!) to nominate up to three

peers in any medical specialty. Participants logged in using their medical license number to vote, which was obtained from the respective licensing boards. After all the nominations were tallied, *Portland Monthly* narrowed the list to the top 5 percent of vote getters in each field. Finally, an anonymous, independent panel of doctors and nurse practitioners reviewed and discussed

each of the finalists individually, weighing their education, patient satisfaction surveys, communication skills, and other evidence-based criteria. **The bottom line is...who ever got the most votes won the honor of being a Top Doctor 2013.**

This is Dr James Chan's third **TOP DOCTOR** award.



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Take Note!

- Dermal filler performed with a cannula is much better than using a needle! Minimal bruising and swelling.
- Ultherapy... Voted best in office treatment 2013 by New Beauty Magazine!
- Check out our new line of EltaMD face products.
- New Year's Resolution: Take good care of your skin in 2014. Join our VIP FACE CLUB.
- Make a complementary consultation today!
- Office: 503.953.1230

Out With The Old In With The New? Be "SMART"...How to make a New Year's resolution "stick".

A **New Year's resolution** is a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year. We have all made resolutions but how often do we keep them? If your New Year's resolution is to look and feel better about yourself, to set the clock back 10 plus years, this may help you do just that.

Define SMART goals. When setting targets, use the SMART acronym: Specific, Measurable, Attainable, Relevant and Time-specific. Individuals must go further than simply saying, "I want to look better and feel better about myself". Specifically,

what are you going to do so that you can measure and track your success and actually reach your facial rejuvenation goals? By being **SMART**, you can keep your New Year's resolution and remember, **your success is our success.** Here's how.

- 1. SPECIFIC:** Be specific and prioritize what area of your face and neck you would like to see improvement.
- 2. MEASURABLE:** Make a consult appointment with Dr Chan. He will educate and inform you so you will be able to measure the difference of whether or not cosmetic surgery is right for you.

3. ATTAINABLE: Are you a good candidate for facial rejuvenation? Is it affordable? Are your expectations reasonable and can they realistically be attained?

4. RELEVANT: Do you really need cosmetic surgery to feel better about yourself? Cosmetic surgery isn't the quick fix to end all of our problems. However, for the right reasons, cosmetic surgery can change your life for the better!

5. TIME-SPECIFIC: Understanding recovery and downtime can help ensure proper planning from start to finish. Having a time line will help everyone involved to help you transition smoothly through the rejuvenation process!



WHAT'S NEW IN 2014?
 NueBelle RF™ A Toxin Free Alternative for relaxing frown lines. Call Today for more information. **503.953.1230**

NueBelle RF®

JAN~ FEB SPECIAL!

For a limited time we are offering an introductory treatment price for this ground breaking technology. **SAVE \$500** by mentioning "newsletter promo" when you call for a consult appointment. Office: **503.953.1230**



Holiday Party 2013

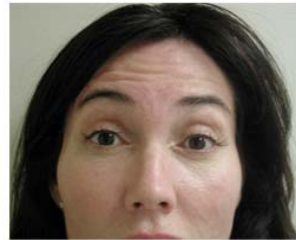
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CALL FOR A CONSULTATION
503.953.1230

NUEBELLE RF™ The Next Generation Toxin-Free Alternative For Patients ...

NueBelle RF™ is a neuro-toxin free gentle RF treatment for hyperactive facial motor nerves. This new Technology is available now.

Hyperactive facial motor nerves animate facial muscles for expression such as raising eyebrows, frowning, squinting, etc. When muscles are over utilized, skin forms creases. A prolonged overactivity of these muscles result in deep and persistent creases and furrows. By deactivating the nerves that control the muscles, this technology allows the muscles to relax. Since, the muscles are no longer able to voluntarily contract,



BEFORE



AFTER @ 12 MTHS

they remain in the relaxed position for the duration of the effect.

The NueBelle™ system by Serene Medical is the next generation technology to offer a neuro-toxin free alternative. Results are immediate and are visually validated prior to the completion of the procedure by testing the function of the target motor nerve. Patients have experienced minimal or no down time and have

returned immediately to normal activities. Patients have experienced results lasting longer than a year, though individual results can vary. The NueBelle™ technology affects the motor nerves, not the surrounding muscle, while maintaining natural movements and muscle tone.

Dr Chan has been chosen to be the sole provider in the northwest region to offer this new, ground breaking technology.

The Full Package: Your Experience Matters

The plastic surgeon that can make his/her patients happy with natural yet meaningful aesthetic improvement sets himself or herself apart from less qualified competitors. However, while skill and knowledge are the foundation for a successful practice, they may not be enough to support a long-term patient relationship. That's where the entire practice "experience" comes into play. It's important for a practice, to do their best to let the patients know they come first. Réviance Portland believes the patient must find

that the whole experience was worth the visit beyond the outcome. From the initial contact with our office we try to offer little touches to show we care and are committed to providing a favorable experience.

While the doctors skill and expertise complemented with an ability to listen are the most important elements for achieving a successful outcome, the support, skill, and knowledge of the staff is critical to the practice's success.

Patients have a choice of where they spend their money for elective cosmetic

procedures. This is why the "full package experience" matters because not only do they want and deserve the best aesthetic outcome, they also anticipate an enjoyable experience.

From the initial consult to the follow-up appointments to each subsequent procedure, we try to remind patients in words and actions that our practice is simply the best for meeting their needs. Every element of their experience we attempt to be top-notch, and hopefully our patients understand they are in the best hands for their procedure and that their experience will last beyond their final outcome.

ASK THE DOCTOR

By Dr James Chan

1. My cheeks are sagging so my once poreless skin now has stretchy large pores. I have read about Fraxel & Ulthera and wonder what is better for tightening and shrinking pores. Can Fraxel and Ultherapy be used together to improve the overall texture of my skin?

Ultherapy treats underneath the skin so it will do nothing for hyperpigmentation, and very little for texture, fine lines, wrinkles or pore size but, it does tighten and lift skin. So, it's a great treatment to combine with laser skin resurfacing because the laser treats the surface of the skin. The best treatment/technology for laser skin resurfacing is a CO2 fractional laser. This laser is considered the most effective treatment for combating wrinkles, aging, and many other skin imperfections on the surface level. It's important to consult with a board certified facial plastic surgeon to see if you are a good candidate for either Ulthera or laser skin resurfacing and to discuss the possible risks and benefits of both.

2. Is it necessary to have the upper part of my face

done if most of my wrinkles are on the lower portion? I've had several consultations with plastic surgeons and all give different advice. I'm very confused as to what would be the best procedure for my 63 year old wrinkled Irish skin.

There are three major components to aging. Comprehensive facial rejuvenation usually involves addressing these three major components —loose skin, fine lines and wrinkles, and volume loss. In order to address all three components, a combination of surgery (facelift), laser skin resurfacing, and volume replacement (dermal fillers or fat transfer) is necessary. The degree to which all of these procedures are needed depends on the individual. It's important to see a specialist (board certified facial plastic surgeon) to ensure the best treatments are recommended and performed.

3. I'm a 32 year old man and my face looks at least 10 years older than my actual age. My question is what procedure would be best for me? A facelift is rather costly but feel that may be my

only option. Is it?

There are many advances and new techniques in both non-surgical and surgical facial plastic surgery. Based on your age, you may be a great candidate for non-surgical treatments such as Ultherapy (ultrasound skin tightening, toning and lifting/non-surgical facelift), dermal fillers and Botox/Xeomin/Dysport. A facelift might be a more efficient and reliable option for improving the neck and jawline depending on the type of improvement you are seeking. Having a consultation with a board certified facial plastic surgeon is important so your medical history can be thoroughly reviewed and a treatment plan can be customized for you.

4. When I smile my lower eyelids "bunch up", my eyes tend to look really small. Is there any way to fix this?

It depends on the texture and quality of your skin in this area. You might be a candidate for Botox with or without laser skin resurfacing. Occasionally lower eyelid surgery can also improve this area but would require an evaluation to determine if you are a candidate.

NOT!

3. "QUICKIE FACE LIFTS"

"Lunch time lifts", "Mini Lifts" are **NOT** hot. You see commercials advertizing these procedures but, remember if it sounds too good to be true... it probably is! A SMAS face lift should last 10 to 15 years...now THAT'S, HOT!



Dr James Chan
Double Board Certified
Facial Plastic Surgeon

"Trust your face to a board certified facial plastic surgeon!"

"Naturally...

you're prepared to

face the

day..."



FitnessRX reminds readers to wear sunscreen during the winter months. The magazine recommends EltaMD face products because they are appropriate for all skin types.

WHAT'S HOT... WHAT'S NOT!

HOT

1. CANNULAS ARE IN... NEEDLES ARE OUT!

Blunt cannulas for filler placement have changed how patients tolerate injections as well as minimize bruising and swelling associated with sharp needles... Super HOT!

HOT

2. BOTOX IS HOT....CROWS FEET ARE NOT.

BOTOX is FDA approved and has been proven to be a safe and effective treatment for crows feet. 2014 is the year to rid your lovely face of unsightly lines and wrinkles... HOT!

**REVIANCE® PORTLAND
NEWSLETTER**

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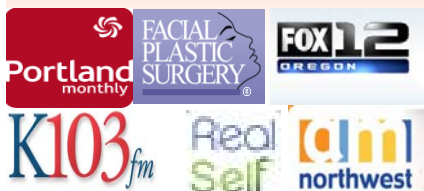
SAVE 10% eltaMD Products

Save big on our new line of face care products by eltaMD!

Offer expires February 2014.

Like us on Face Book and receive special savings and promotions!

www.revianceportland.com



VOTED A "TOP DOCTOR"
Portland Monthly Magazine

Featured Before and After Photos

Upper Blepharoplasty (Eyelid Surgery) 3 months post operative.



I am extremely happy with the results. It's the best thing I have ever done in my life! I take good care of myself and now I look how I feel.

~ C. K. Réviance Portland Patient ~

UP COMING EVENTS!

Aesthetic Seminar Featuring Dr James Chan, Dr Michael Workman and Dr Robert Stafford.

MEET THE DOCTORS...ONE NIGHT ONLY!

February 13th, 2014!

"The Art of Plastic Surgery & Cosmetic Dentistry"



Listen to **THE DARIA, MITCH AND TED SHOW** on **The BUZZ 105.1** Weds 6 pm—6:30 pm. **Dr Chan and Dr Workman have joined forces with Dr. Stafford** of Stafford Smiles to answer YOUR questions keeping you up to date on new aesthetic procedures and techniques! *You can earn prizes from The Buzz. Tune in and learn how!*

Often we can't put our finger on why someone is beautiful....we just know they are. Is it their figure, their eyes, nose, smile or a combination of all? Learn the science and art behind plastic surgery and cosmetic dentistry and how YOU can improve the way you look and how others perceive you! It's all about understanding the science of aging and... "The Art of Plastic Surgery and Cosmetic

Dentistry". **CALL TODAY TO RESERVE YOUR SEAT. CALL 503.953.1230 to RSVP and to register to win wonderful prizes and qualify for special savings. Bring a friend and receive double prize entry forms! Attendees will receive \$1000 in gift certificates to use towards surgical procedures! (Limitations Apply) Special Valentines Day seminar ... Call for details!**



Ultherapy Voted Best In-Office Treatment

The results of NewBeauty's annual Beauty Choice Awards are in, and Ultherapy was recognized as the Best In-Office Treatment!

ULTHERAPY BROW LIFT

50% OFF JAN 2014

Call for an appointment in the month of January and receive special savings of 50% off regular price. Limit one session per patient.

Offer expires January 2014. No cash value and can not be used with any other promotion or coupon.