



Dr James Chan

Double Board Certified Facial Plastic Surgeon

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Take Note!

- Make your consult appointment now if you are considering a spring procedure... It is our busiest time of the year!
- For medical emergencies as well as elective cosmetic surgeries...Care Credit is a great financial resource!
- If you have a topic you would like to read about.... Send us an email request: face@reviance.com
- Did you know you should drink half your weight in ounces of water every day?
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"Keeping It Real" ... Winter/Spring Edition

RÉVIANCE
Plastic Surgery and Aesthetic Center

Do Some Treatments Over Promise and Under Deliver?

"New" cosmetic procedures often fail to live up to their promise.

It wasn't so long ago that a woman with a desire to look younger would huddle with her doctor in private. Now, one demonstration of a new laser on the Rachel Ray show, and phones are ringing in plastic surgeons' offices across the country. More and more patients are demanding the latest treatments the moment they hear about them on the news, in the salon, or over lunch with their best friend. Here's the problem..."New", may not mean better, or that it's more effective. "New", may not mean there is sufficient data proving long term results.

Here are a couple "new" procedures, I'm sure you have heard of, that made the "Overrated List" in a nationally published beauty magazine.

Vampire Face Lift: It's not actually a face-lift, and it's not FDA approved for use in the face and has been taken off the market.

The Stem Cell Face Lift: They may be the great hope of modern medicine but stem cells have yet to revolutionize aesthetic surgery. Rod J. Rohrich, chair of plastic surgery at the University of Texas on science

said, "Currently, there is no FDA-approved device to separate stem cells from fat and no consensus on the number of cells needed for rejuvenation or how many treatments are necessary. We don't even know if stem cells are critical—or if they are doing anything at all."

At Réviance we offer procedures that are tried and true and deliver reliable long-lasting results. We like "new" things too, but carefully evaluate the pro's and con's and office test, before we will consider offering to our patients.

Face The Facts. The

Plastic Surgery says facial rejuvenation procedures were especially robust last year and on

This was the fourth consecutive year of growth, the American Society for Aesthetic Plastic Surgery reported, noting more than 15 million cosmetic surgeries and minimally invasive procedures (non-surgical) were performed in 2013, an increase of 3 percent from the year before and on the rise. Better technology, techniques and new products are likely the reason behind the upward trend, the society noted.

They stated facial rejuvenation procedures were especially robust last year, with more Americans opting for facelifts, forehead lifts, eyelid surgery, fillers and skin resurfacing. The demand for

plastic surgery remains strong, with statistics showing increases in both cosmetic surgery and minimally invasive (nonsurgical) procedures.

Of the 13.4 million non surgical procedures performed in 2013, the most common included:

- Botox injections: 6.3 million injections, up 3 percent
- Soft tissue fillers like Juvederm or Radiesse: 2.2 million procedures, up 13 percent.
- Skin Resurfacing: 1.2 million procedures, up 3 percent

With more people taking steps to smooth out their wrinkles and folds, the report

American Society for Aesthetic

noted that Botox injections jumped 700 percent since 2000 and dermal fillers (Juvederm, Belotero, Restylane) have increased 18 percent since 2012.

There were also 1.7 million cosmetic surgeries in 2013, up 1 percent from a year ago. Among the most common facial plastic surgery procedures:

- Eyelid surgery: 216,000 procedures, up 6 percent
- Face Lifts: 133,000 procedures, up 6 percent

If you think you are the only one considering a little nip and tuck, think again! **The rejuvenation secrete is out. Plastic surgery is most definitely in!**



Using dermal filler or fat transfer can be an important part of facial rejuvenation.

Keeping It Real: Cut the hype

Re-naming a treatment or procedure...doesn't make it a "new innovation".

A patient called me the other day asking if we did a brand new "15 minute facelift" procedure she saw on a popular TV talk show. I was intrigued because working with Dr Chan, as his patient care coordinator, keeps me well informed and I had not heard of this new "15 Minute Lift" or, as the TV guest doctor called his new innovation, the "Y-Lift".

The first red flag was that it took "only 15 minutes!" Think of all the things you can, or more importantly can't do...in 15 minutes. A surgical face lift takes two hours and lasts 10-15 years. So, what kind of "new" face lift procedure or

technology could possibly take 15 minutes and really work? Again, I was intrigued.... That is until I Googled the TV show and watched the segment.

The "15 Minute Face Lift" or "Y-Lift" is nothing more than using dermal filler such as Juvederm® in strategic places to replace volume loss in the face. As we age we naturally lose fat and collagen in our temples, cheeks, nasal folds and around the mouth. Without volume our face looks deflated and tired like a balloon that has lost it's air.

Dermal filler plays an important role in facial rejuvenation but is it a

"new" procedure or technology? No. Dermal filler and fat transfer have been around for many years and can give the appearance of a more youthful lifted face.

So, cut the hype TV land doctors... it's confusing enough navigating our way through all of the lotion and potion commercials and magazine advertisements.

I believe it when Dr Chan says... "If it sounds too good to be true, it probably is". Now, he is one doctor and I know our patients will agree...**who cuts the hype and keeps it real!**

I welcome feedback and look forward to supporting you through your rejuvenation process. Meeting expectations and providing quality patient care is our goal. ytroutman@reviance.com 503.953.1219

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It's ALL in one name... The gold standard for rejuvenation of the lower face and neck is simply called a "Face and Neck Lift" and it's ALL about results and longevity.

CALL FOR A CONSULTATION
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Face Lifts: What's In A Name? All and Nothing.

Lifestyle Lift, Mini Lift, Thread Lift, Ribbon Lift, Tulip Lift, Short Scar Lift... Are you confused and wonder which face lift is right for YOU?

There are many trademarked names associated with cosmetic surgical procedures. These are commonly, **nothing more than a marketing spin.** Unfortunately, these "brand name" face lift procedures result in confusion and typically address just the lower face and NOT the neck...leaving most pa-

tients underwhelmed with short term results!

A well-done face and neck lift that supports and tightens the neck muscle (platysma) and SMAS (support layer of facial muscles) will give you a long term, beautiful and naturally rejuvenated appearance.

It is important to seek a Facelift specialist like Dr James Chan who is board certified by the American Board of Facial Plastic and Reconstructive Surgery. A good phy-

sician can explain why and what procedure is best for you in terms you can understand. See lots of before and after photos and talk to patients who have had the procedure.

So, what's in a name? The gold standard for rejuvenation of the lower face and neck is simply called a "Face and Neck lift". It may not be a hyped up, souped up fancy name said in a British accent but, it's **ALL about results and meeting expectations.**

ASK THE DOCTOR

By Dr James Chan

1. Browlift Vs Blepharoplasty (eyelid surgery) - Which is best for sagging eyelids? I'm not sure what procedure I need.

It depends on whether you have excess eyelid skin, or drooping eyebrows. A Blepharoplasty eliminates the excess skin in the upper eyelid area whereas a browlift raises the eyebrows. Sometimes both procedures are necessary. It's important to consult with a board certified facial plastic surgeon to see if you are a candidate. I have done many of these procedures and can give you an accurate recommendation which procedure(s) is best for you.

2. Can you please explain the difference between a full face lift and a mini facelift and if it is worth it. I am 62 years old. My problem is the lower part of my face, my forehead has very few lines and my neck is not saggy at all. I was also looking into laser resurfacing. I want a procedure that is the least invasive. I want to look refreshed and natural and not like I had surgery.

A mini- lift involves only lifting the jowls in the cheek area with minimal tightening, thereby giving a mini result. A comprehensive

full face and neck lift involves lifting the jowls and cheeks, tightening the neck and lower face muscles and removal of excess neck fat. A comprehensive face and neck lift should last 10 to 15 years vs. short term results from a mini lift.

3. I'm 42 and have seen a lot of conflicting information online about the longevity of Ultherapy's tightening effect. Some doctors say the effects last up to a year, while others say that the effects last 3 years or longer (while you continue to age), and still others say your skin will always look better than if you'd never had Ultherapy at all. In your experience, do your patients' face revert to their pre-Ulthera state within one year, or does the effect last longer?

Patient's do not revert to their pre-Ulthera state and do always look better than if they never had it. However, the amount of improvement and how long the results last varies with each individual patient. Also, their desire for additional improvement may differ and some patients will want additional Ultherapy after 12-18 months. It's

an effective way to increase collagen in your skin in a non-surgical manner without downtime. There are also ways you can enhance Ultherapy's improvement by using stimulatory fillers such as Artefill and Radiesse and laser skin resurfacing. Combining these treatments work in synergy with Ulthera, creating even more collagen and may provide longer lasting results.

4. After receiving fat injections, how long until I see the final result? I know that the body will re-absorb some of the fat cells but how long until I know how much fat will stay...or go away?

You will see immediate results following a fat transfer that is partially due to swelling and partially due to the fat. You may look slightly overcorrected for a few weeks until the swelling resolves. Depending on how much fat survives, some patients may require a touch up fat transfer a year later to replace some of the fat that has reabsorbed. How much fat your body keeps or reabsorbs is based on your anatomy and impossible to predict.



Dr James Chan
Double Board Certified
Facial Plastic Surgeon

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

HOT

1. VIP FACE CLUB.....
Maintaining healthy beautiful skin is important ! We get our mani's and pedi's done and our face needs just as much attention! Join our Face Club for more healthy youthful skin.

HOT

2. SELF TANNER.....
As much as we love the sun tanning is out! There is too much research telling us why it's unhealthy for our skin and accelerates the aging process. Self tanners are very advanced these days and look totally HOT!

NOT!

3. EXCESS LIP LINER!
Drawing on bigger lips is so passé and so NOT HOT! Enhance your lips using dermal filler or for a permanent solution SurgiSil Perma~Lip Implants. *Oh là là...* Bigger never looked better... naturally!

**REVIANCE® PORTLAND
NEWSLETTER**

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Featured Before and After Photos

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The Co2 Fractionated Laser helps eliminate and reduce fine lines, wrinkles and erases hyper pigmentation. This procedure is an important part of facial rejuvenation.

"What a difference in my skin! I feel like I have the smooth skin I did when I was in my 20's! No more ugly brown spots! Thank you Dr Chan." ~ P.T. Réviante Portland Patient ~



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At Réviante Portland®, treatment plans are customized for each individual patient helping them achieve their aesthetic goals by combining surgery, lasers, dermal fillers, Botox, and skin care to give the most effective results. Here is a sample of what we offer:

FACIAL SURGERY:

- Face and Neck Lift
- Brow Lift
- Chin Implants
- Eyelid Surgery
- Facial Implants
- Lip Implants
- Facial Trauma Reconstruction
- Rhinoplasty
- Nonsurgical Rhinoplasty
- Asian Eyelid Surgery
- Asian Rhinoplasty

LASER TREATMENTS:

- CO2 Fractional Resurfacing
- IPL Photofacial
- Laser Facial Peel
- Pixel Laser
- Erbium Laser

NON-SURGICAL FACE LIFT:

- Ultherapy

Call for a complimentary consultation with Dr James Chan today.

"Look as young as you feel!"

503.953.1230