



**Dr James Chan**

Double Board Certified Facial Plastic Surgeon

# RÉVIANCE

Plastic Surgery and Aesthetic Center

## What is Réviance® Portland?

Réviance® Portland is a Portland facial plastic and reconstructive surgery practice specializing in comprehensive treatment for facial rejuvenation. Our practice is led by Dr James Chan and focuses exclusively on aesthetic and reconstructive procedures for the face, head and neck. We utilize advanced techniques to provide an effective and minimally invasive approach to help patients achieve beautiful, consistent, and natural appearing results.

At Réviance®, treatment plans are customized for each individual patient helping them achieve their

aesthetic goals by combining surgery, lasers, dermal fillers, Botox, Ultherapy and skin care to give the most effective results. Let us help guide

you through all the various treatment options. Call to schedule a consultation to find out why so many patients have chosen Réviance® Portland.

### possible treatment options



## The Réviance® Face Lift Less Downtime, Quicker Recovery, Natural Results!

The Réviance® Facelift provides an overall lift to the lower third of your face and neck. Compared to a traditional facelift, it is a quicker procedure associated with a much faster recovery. The Réviance® Facelift is particularly well-suited for middle-aged and

younger patients and can make a dramatic change in the way you look by tightening sagging muscles and skin of the cheeks and jowls. Older patients may also be excellent candidates. Call today for a consultation to see if the Réviance® lift is right for you!



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### Take Note!

- Sunscreen should be worn 365 days a year
- Ultherapy... NO downtime or contraindications!
- Prevention is the best anti aging secret.
- Facials and a daily skin care regimen CAN make a difference.
- BOTOX & XEOMIN Stop wrinkles before they start!
- Make a complementary consultation today! Office: 503.953.1230



Réviante Portland carries a full line of broad spectrum sunscreens...Find out which one is right for you!

## SUN SCREEN... YOUR BEST DEFENSE AGAINST AGING!

Studies show using sunscreen 365 days a year is one of the best ways to prevent premature aging!

1. Make sure your sunscreen is labeled "BROAD SPECTRUM" meaning it protects against both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Both UVA and UVB radiation contribute to the sun's damaging effects, which include sunburn, skin cancer, and premature skin aging.

2. Choose an SPF of 30 or greater — only broad spectrum sunscreens with an SPF of 30 or higher can state that they reduce the risk of skin cancer and early skin aging (when used as directed).

3. Use sunscreen early and often. Apply a good sunscreen liberally, and reapply after swimming or excessive sweating. There is no such thing as "waterproof" sunscreen. That term is no longer allowed on labels. Any claims of water resistance must indicate whether the sunscreen remains effective for 40 minutes or 80 minutes while swimming or sweating, based on standard testing. But wait, there's more! While knowing how to select and use the proper sunscreen is an important part of protecting your skin from the sun, these additional

sun safety measures should be part of your routine this summer. Avoid sun burns, intentional tanning, and use of tanning beds

- Wear sun-protective clothing, a wide-brimmed hat and UV-blocking sunglasses
- Seek the shade, especially between 10 AM and 4 PM
- Use extra caution near water, snow and sand
- Get vitamin D safely through food and supplements.

*Use sunscreen 365 days a year!*

### ULTHERAPY NEWSLETTER 50% OFF SEPT SPECIAL!

Call our office today for special Ultherapy savings! This month we are featuring the Ultherapy Brow Lift at **50% off!** Just mention "newsletter promo" when you call! **503.953.1230**

## ULTHERAPY...What is it and what does it do?



**New You Spring 2013**

*"Ultherapy can provide lasting results in one 60 minute session."*

Ultherapy is a new type of non-surgical, non-invasive procedure that uses ultrasound and the body's own natural healing process to lift, tone,

and tighten loose skin on the brow, neck, and under the chin. The only FDA-cleared procedure to lift skin on these hard-to-treat areas, Ultherapy uses the safe, time-tested energy of ultrasound to stimulate the deep structural support layers of the skin—including those typically addressed in a surgical facelift—without disturbing the surface of the skin.

### NATURAL NOTICABLE RESULTS

Now there's a way to stand firm in the face of

gravity—on your terms. With Ultherapy, there's no downtime, no foreign substances, no radical change; just a healthy revving-up on the inside for a natural, noticeable effect on the outside.

With Ultherapy, you can go about your day after a single, 60-90 minute in-office procedure. You may notice a short-term "boost" but the natural process of creating new, more elastic, collagen builds over time—much like the effect that exercise has on building muscle (*but without the multiple workouts!*).

**CALL FOR A CONSULTATION TODAY... ULTHERAPY IN SEPT FOR RESULTS IN NOVEMBER!**

**503.953.1230**

## ASK THE DOCTOR

By Dr James Chan

### 1. How long do the results of an Ultherapy procedure last?

Depending on how quickly your body breakdowns collagen will determine how long your results will last. Everyone naturally breaks down collagen and there is no way to predict what your specific time line will be. This is why having more than one Ultherapy treatment over the course of time can help maintain or increase your collagen levels. Consult with a board certified facial plastic surgeon to see if you are a good candidate for Ultherapy or if there are alternatives for anti-aging that may be a better option for you.

### 2. How is a Face Lift different than a Mini-face Lift or Mid-Face Lift?

Most "face lifts" pertain to lifting the lower face and neck and sometimes eyelid surgery or a brow lift is included. A face lift typically means lifting and trimming excess skin and, most importantly tightening the underlying muscle layer (SMAS). There are many versions of the "mini-lift" and most do not adequately address the under-

lying muscle (SMAS) layer which leads to inadequate lifting, or decreased longevity of the procedure. However, there are situations in which a mini-lift might be appropriate, and you should talk to your facial plastic surgeon specifically about whether you are a good candidate. Addressing and treating the mid-face, the area around your nose and mouth, is a challenging area because the treatment options do carry some risk to the facial nerve, and the outcomes can vary. Depending on what technique is used, combined with the surgeon's skill, can determine the length of recovery time. Discuss your options with a board certified facial plastic surgeon to determine if you are a good candidate for any of these procedures.

### 3. How long is Asian Double Eyelid Surgery recovery time?

Recovery time for double eyelid surgery is about one week. However, if you are concerned about scars and residual swelling you may need to plan for a longer recovery time. It's hard to predict specific healing/recovery times because

everybody is different. Consult with a board certified facial plastic surgeon to see if you are a candidate for double eyelid surgery and based on your personal health history what your recovery time may be.

### 4. What's the difference between Ultherapy and Laser Skin Resurfacing?

Ultherapy treats underneath the skin so it will do nothing for hyper-pigmentation, 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.



**Dr James Chan**  
Double Board Certified  
Facial Plastic Surgeon

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

*"Ultherapy opens up an entirely new realm of treatment possibilities because it's ultrasound and penetrates non~ invasively."*

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

### HOT

#### 1. BELOTERO BALANCE®

This is the latest and greatest dermal filler for lines that are narrow and shallow, and often difficult to correct. Say goodbye to vertical upper lip lines!

### HOT

#### 2. XEOMIN®

Watch out BOTOX®...Botox is always hot but, Xeomin is the new kid on the block! Try it, you will like it and find out what extra special incentives come with it! Call our office today!

### NOT!

#### 3. THERMAGE®

We put Thermage® back in the box years ago and replaced it with Ultherapy®. Ultrasound energy goes deep below the surface of the skin and penetrates non~ invasively. No downtime





**REVIANCE® PORTLAND  
NEWSLETTER**

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

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VOTED A "TOP DOCTOR"  
Portland Monthly Magazine

## Featured Before and After Photos

Ultherapy Full Face and Neck 3 months Post Treatment



*Ultherapy has clearly made a big difference for me! I am very happy with  
the results... I highly recommend it if you are a good candidate.*

~ Yvonne PCC Réviance Portland



## ASK THE DOCTORS



Listen to THE DARIA, MITCH AND TED SHOW on The BUZZ 105.1 Weds 3 pm—7 pm. Dr Chan and Dr Workman have joined forces to answer YOUR questions keeping you up to date and informed on new plastic surgery and aesthetic procedures and techniques!

Ask a question on [The BUZZ website](http://www.1051thebuzz.com) and you might hear your answer on the Daria, Mitch and Ted Show! You will also be entered to win a \$250 gift certificate for products and services! <http://www.1051thebuzz.com/Ask-The-Doctors/15232897>

### UP COMING EVENTS!

**"TWO DOCTORS ONE GOAL"... Meet Dr Workman and Dr James Chan with special guest Dr Robert Stafford of Stafford Smiles Cosmetic Dentistry.**

**MEET THE DOCTORS...ONE NIGHT ONLY!**

**October 10th 6:30PM RESERVE NOW!**

**"The Art of Plastic Surgery & Cosmetic Dentistry"**

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)**