

Dr James Chan
Double Board Certified Facial
Plastic Surgeon

Fall into beauty: Fall Edition

RÉVIANCE

Plastic Surgery and Aesthetic Center

THIS FALL: Tune-up or overhaul—what is your preference?

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Take Note!

●Make your consult appointment now if you want to look your best this holiday season... Fall 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 it takes five facial muscles to display emotions?

●Make a complimentary consultation today.

Call 503.953.1230

As a prospective patient, you have many options when it comes to improving your appearance, from non-invasive treatments to cosmetic or reconstructive surgery. Consider the advantages of each and then schedule a consultation with Dr Chan to discuss what works best for you.

Tune-up~ *"I was a bit frightened to undergo surgery and wanted a less invasive procedure. I chose an injectable filler as a great way to ease myself into facial enhancement," says Heather B., age 37.*

Minimally invasive procedures—such as light chemical peels, injectable fillers, Botox, photo rejuvenation—delay the aging process. Light chemical peels (glycolic, lactic, and fruit acid) can revitalize and reduce the appearance of wrinkles. The top layers of damaged skin are removed and a fresh, smooth layer emerges. Injectable fillers can reduce the appearance of wrinkles or plump up areas, e.g. lips, cheeks. Botox reduces the frowns between the eyebrows and crow’s feet. To improve blem-

ishes, sun damage, birthmarks, broken capillaries, and more, you might try photo-rejuvenation, a noninvasive intense pulsed light laser treatment. There is no downtime, but several treatments may be necessary for desired results.

Overhaul~ There are varying degrees of overhaul. Depending on your unique needs, you may benefit from one procedure or a combination of procedures.

"I always told myself that when the muscles of my face started going south, I would have something done—right away and it had to look natural. So, two months ago, I had a facelift, and I haven’t regretted it for a moment. It didn’t give me a new face—it gave me back my old face, the way it was 10 years ago," says Carol W., age 58.

The facelift procedure is popular; it elevates and tightens the muscle and tissue underneath the skin and removes any excess sagging skin. Implants in the lips, cheeks, and chin can restore a youthful appearance and improve your

profile. Rhinoplasty, surgery of the nose, can reduce a bump, shorten a drooping tip, or straighten a crooked nose. Blepharoplasty, eyelid surgery, removes excess sagging skin from above or below the eye; it can also reduce the appearance of wrinkles around the eyes. Neck lifts and brow lifts are similar to facelifts in that they reduce the skin that has lost its elasticity and reduce the appearance of wrinkles.

Minimally invasive procedures have the advantage of less downtime and less cost; however, the results are not permanent. The more invasive procedures have long-lasting results; although, they usually require a bigger budget and longer recovery time. Whether you are looking for subtle improvement or a major change, research, plan, and consult with your facial plastic surgeon to move forward with the treatment that you feel the most comfortable with and know will improve the quality of your life significantly.

Source: AAFPRS

PLANNING YOUR PROCEDURE: Tips for a “Smooth Operation”.

Timing is everything—even when planning a cosmetic or reconstructive procedure. Consider the following influencing factors:

Time of year. Your recuperation may require you to avoid the sun rays as much as possible. For this reason, it may be easier to schedule your treatment during the fall and winter months (Laser Treatments/Chemical Peels).

Preparation time. The healthier your body is before surgery, the easier your recovery may be. Eat nutritious food, quit smoking, and exercise.

Vacation time. Select a time when you can take at least a week or two off from work, depending on the extent of your surgery.

Family’s time. Coordinate with

your family and friends so that you have adequate support at home during your recovery.

Time of event. Share the date of your special event with your surgeon as soon as possible so you can plan enough time for healing. For example, if you want to have a facelift before your high school reunion, schedule the surgery two to three months prior to the celebration. (Surgical Procedures, Ultherapy)



Fall is the perfect time to resurface skin after summer sun and outdoor activities come to an end! Find out which laser may be right for you!

LASER TECHNOLOGY 101: What type of skin resurfacing laser is right for me?

Laser technology is usually the best way to correct fine lines, wrinkles, sun damage and age spots but, how do you know which laser is right for you?

Many of our patients come to our office confused. There are so many different trademark names for lasers, all claiming to do the same thing— resurface, tone and tighten the skin. Some seem to work...and some fail miserably. Why is this? Once you understand how lasers work and what makes them different you will have a better understanding of what technology is right for you, avoiding failure, making you feel good about the money you spent.

The bottom line is, lasers DO work if you choose the right one for your specific needs. Here is your first lesson, Laser Technology 101:

What is a laser? A laser is a beam of light that selectively transfers energy into the tissue to treat the skin. The light beam can be varied in intensity and pulse duration. The wavelength and power output of a particular laser determines how it is applied medically. Your facial plastic surgeon will choose the laser based on what is being treated, skin type and color, and patient expectations.

How many types of lasers are there? There are two

types of lasers, ablative and nonablative, and they work very differently on your skin. Ablative—which means skin removing—lasers produce an infrared light that heats water within the surface layers of the skin (epidermis) causing both the water and the tissue to vaporize. At the same time, the laser heats the underlying skin (dermis), breaking down old collagen and stimulating new collagen to form.

The depth of laser resurfacing is dependent upon the light wavelength, power utilized, and pulse duration. New skin that is tighter and smoother forms as the skin heals. A procedure using an ablative laser is much more invasive; this means that the treatment is more intense and will require a longer recovery period. The advantage is that the laser can treat more extensive wrinkles, scars, etc., with usually one treatment, with the best results.

The carbon dioxide laser (CO2) was one of the earliest, ablative gas lasers to be developed and is still widely used today in a fractionated form. The fractionated CO2 laser separate the laser light into separate beams that treat a portion of the skin's surface. It can target specific zones deep in the skin and provide quicker healing. In most cases one session is enough and the results are well worth the social downtime.

Lighter ablative lasers are Erbium and ND:YAG lasers that are lower energy devices. These lasers have a crystal that the light passes through in order to focus the energy for the desired effect. The energy of the laser beam passes through the epidermis with less damage and stimulates collagen production underneath in the dermal layer. The collagen growth may improve skin tone, texture, and fine wrinkles however, these lasers usually require multiple treatments with less recovery and can not be compared to CO2 laser results. These lasers are good for patients who need minimal correction and for overall skin care maintenance.

Light-based devices, e.g., Intense Pulsed Light (IPL), use flashes of light and is technically not a laser. It is noninvasive and improves hyperpigmentation—age and sun spots—and stimulates the dermal tissue to help tighten underlying skin. Repeated treatments are necessary in order to achieve the desired results and may be referred to as photo rejuvenation.

In conclusion, technological and technique advancements will lead to new applications and new generations of lasers. Your treatment should be customized based on your goals and tolerance for downtime and risks. Discuss your options with Dr. Chan to ensure the results will meet your expectations and that your dollar was well spent.

LASER SKIN RESURFACING

10% OFF

SEPT~ OCT SPECIAL!

Call our office today for special savings! We are featuring all of our laser treatments at 10% off! Just mention "newsletter promo" when you call!

Office: 503.953.1230



Jane Iredale - THE SKIN CARE MAKEUP® is once again supporting of the work of key breast cancer awareness charities with the launch of a limited edition product, Smell the Roses. 3.0 fl oz \$29.00

SEPT-OCT: Breast Cancer Awareness Month

Smell The Roses~ Featuring Jane Iredale Cosmetics

Everyone needs to smell the roses more often, to get off the treadmill, take a deep breath and appreciate life. That's why Smell The Roses was born. Jane Iredale Cosmetics wants to give every woman a simple way to have that little break in their day

when they can feel refreshed and alive. This is your sweet reminder to find time for yourself. Jane Iredale Cosmetics is launching a limited edition of Smell The Roses Hydration Spray. 100% of profits from the sales are donated to Living Beyond Breast Cancer. This

facial spritz has organic Rose Damascena Flower Water, Rose Flower Oil and Extracts, is good for any skin type, is refreshing and uplifting. Come by our office and sample this exhilarating spritz for an overall feeling of well-being.



ASK THE DOCTOR

By Dr James Chan

1. With my cheeks sagging my once poreless skin now has stretchy large pores. I have read on both Fraxel & Ulthera. Which is better for tightening/pore shrinkage & general skin texture smoothing and can they be used together?

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.

2. I had a consultation with a board certified plastic surgeon regarding my "turkey neck". My worry is that my child's wedding is in four months. He assured me I would be healed/recovered by then, although maximum improvement would be at the 1 year mark. Should I believe that I will be photo ready for my sons wedding in three or four months?

Although, the final results of a facelift can take 6-12 months to develop, most patients are presentable around 10-14 days. Most of my patients feel confident in

returning to their everyday activities within 2 weeks post procedure.

Since you have four months before your child's wedding, you should have more than ample time to be photo ready. I would discuss your timeline with a board certified Facial Plastic Surgeon and make sure you understand the procedure and recovery process.

3. I have received 2 - 3 syringes of Juvederm filler to my lips 4 times over the past year. I love the effect, but after 1 month from initial injection date, the filler seems to dissipate dramatically, especially after adding 1 hour workouts 4 x week. Can the workouts be causing this? Is there anything I can do to reduce the dramatic loss of filler? Thank you!

Fillers can be metabolized faster in some patients. This may be true if you work out a lot as your metabolism is increasing. Other causes include genetics—some people are just predisposed to metabolizing certain types of fillers. Available treatment options depend on your desire to plump your lips or fix asymmetries. If you are overall happy with the shape of your lips but desire more volume, I recommend permanent lip augmentation with SurgiSil implants. Lip implants are made of a soft, solid silicone. The implant cannot rupture or deflate, and may be removed at any time. However, if you are trying to plump your lips as well as fix asymmetries you might want to consider fat as that has the potential to last longer. However, with fat, you may still

metabolize that as quickly as Juvederm. Either way I recommend consulting with a board certified facial plastic surgeon who can evaluate your anatomy, discuss your desired results and customize a treatment plan to best meet your needs.

4. How much recovery time is needed after upper eyelid surgery?

Recovery time following upper eyelid surgery [Blepharoplasty] varies depending upon the patient and the extent of the surgery. In a simple upper lid Blepharoplasty with skin and only mild amounts of fat being addressed, the recovery is relatively quick. Quick means that you will feel well in a few days but, you can expect bruising and some discoloration of the incision to last longer. Most upper eyelids surgeries take about one week to look presentable.

5. Can chin liposuction be done with just a local anesthesia?

Yes, liposuction under the chin can be performed under local anesthesia. Depending on the skin laxity, the loose skin under your chin may or may not contract back. You may need additional skin tightening treatments. I often will combine liposuction with Ultherapy and have found that to help with the skin laxity. Depending on the amount of skin laxity, sometimes surgery is necessary. I suggest you discuss this with your facial plastic surgeon.

If you have a question you would like answered, email it to revianceportland@reviance.com

Dr James Chan is available for consultations on select weekdays. Call our office for scheduling opportunities.

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

HOT

1. SKIN RESURFACING

Fall is the perfect time to erase summer sun damage, fine lines, wrinkles and age spots. Smooth, youthful healthy skin is SUPER HOT!

HOT

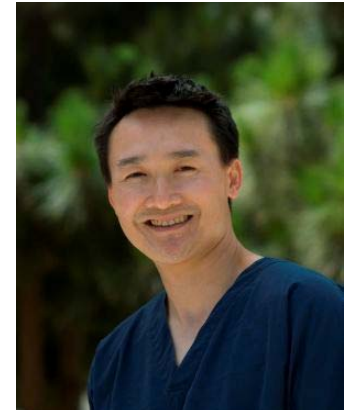
2. ELTA MD FOAMING FACIAL CLEANSER®

This is the best foaming cleanser EVER! Apply it like a lotion and it automatically foams and bubbles away cosmetics, dirt and daily grime.

NOT!

3. MAKEUP THAT CLOGS

Thick gooey makeup IS OUT! Be good to your skin with Jane Iredale mineral makeup. All natural, no preservatives and a natural sunscreen... Look HOT this fall!



Dr James Chan
Double Board Certified
Facial Plastic Surgeon

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*"Enhancing
Natural
Beauty..."*

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Jane Iredale uses the highest quality ingredients available to ensure satisfaction with performance, coverage, application and texture. Our minerals conform to the most current technology available that ensure broad spectrum sun protection.

Jane's success in reaching women of all ages and nationalities is based on the belief that true makeup artistry comes not from trying to make a face conform to the latest fashion trends, but from enhancing the wearer's natural beauty and, as a result, allowing her personality to shine.

Come to Réviance Portland and experience Jane Iredale's full line of cosmetics. During the month of September our VIP facial patients can enjoy a complementary makeover. Call today and ask how you can become a VIP member.

**Réviaance Portland VIP About Face
Membership Program**

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REVIANCE® PORTLAND NEWSLETTER

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DR JAMES CHAN VOTED A "TOP DOCTOR"
Portland Monthly Magazine

ASK THE DOCTORS



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 to answer YOUR questions keeping you up to date and informed on new plastic surgery and aesthetic procedures and techniques!

VIP MEMBERS ONLY COUPON

SEPT–OCT

VIP Newsletter Special

5% ADDITIONAL SAVINGS

Save an additional 5% on Sept/Oct promos and retail products.

Good for one purchase only. No product limit. Expires OCT 2014

SEPT–OCT Newsletter Special

PURCHASE 50 UNITS OF BOTOX OR ONE SYRINGE OF VOLUMA® DERMAL FILLER

And Receive 10 Units Of Botox FREE

Offer expires OCT 2014. No cash value and cannot be used with any other promotion or coupon.

**Featured Before and After Photos
1 months Post Treatment**



BEFORE

AFTER

Sandy is our featured Sept-Oct patient. She was our special guest on AMNW. Go to our website to see her story. Thank you Sandy for supporting Dr Chan and it is a joy having you as our patient! ~ Dr Chan & Staff

UP COMING EVENTS!

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

MEET THE DOCTORS...ONE NIGHT ONLY!

THE RIVERPLACE HOTEL OCT 9th, 2014 6:30 PM

"The Art of Plastic Surgery & Cosmetic Dentistry"

CALL TO REGISTER TODAY. LIMITED SEATING.

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 be used towards cosmetic procedures. (Limitations apply. Call for details and clarification.)

**Call for more information and registration
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- Foaming Facial Cleanser
- UV Physical Tinted Sunscreen
- UV Lip Balm

This Back To Basics Kit is a \$65 value, priced at \$48. Great for daily use and post procedure skin.

Offer good while supplies last. Ex: 10/31/14



SEPT–OCT Newsletter Special

SKIN RESURFACING LASER TREATMENTS

10% SAVINGS

Offer expires OCT 2014. No cash value and cannot be used with any other promotion or coupon.

SEPT–OCT Newsletter Special

PURCHASE ONE SYRINGE OF PERLANE AND GET ONE 40% OFF!

Offer expires OCT 2014. No cash value and cannot be used with any other promotion or coupon. Offer good while supplies last.



At Réviance 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
- Nonsurgical Rhinoplasty
- 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

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VIP ABOUT FACE MEMBERSHIP.

Réviance Portland VIP membership program is designed to help patients maximize and maintain their skin care goals at any age, at an affordable price. There is no other membership program like this in the Northwest or one that is supervised by a Stanford trained double board certified facial plastic surgeon.

Membership is \$99 per month and includes one (1) facial treatment of your choice, either a medical grade chemical peel or customized therapeutic facial. You also receive special VIP savings on additional services and treatments, including IPL Laser (Photofacial).

Call For More Details

"Look as young as you feel!"

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