



Dr James Chan
Double Board Certified Facial
Plastic Surgeon

Holiday Edition: Yes! It's that time of year.

RÉVIANCE
Plastic Surgery and Aesthetic Center

HOLIDAY QUICK FIXES: Shine your brightest this season by planning now!

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Take Note!

- Holiday "tune ups"... Start NOW!
- Ultherapy... NO downtime or contraindications!
- Prevention is the best anti aging secret.
- Consistent facials and skin care treatments CAN make a difference. Ask about our VIP FACE CLUB.
- Winter is the best time to consider skin resurfacing!
- Make a complementary consultation today!
- Office: 503.953.1230

What does everyone wish for during the holiday season? We want to look our best!

Whether you are short on time or money we can help you find the right treatment or procedure that can work wonders! Soften the lines between your brows or crow's feet with **Botox** or **Xeomin** injections reducing the appearance of wrinkles. Plump up your lips or soften those marionette

lines with **Juvederm**. If you are looking for a brighter, smoother complexion, **therapeutic facials** or **chemical peels** may be the right solution. These rejuvenate the skin by removing the top layer of old skin and promoting the production of new skin cells. If you are concerned about drooping eyelids or bags under the eyes, **eyelid surgery** [Blepharoplasty] can cor-

rect these problems with minimal downtime! Some patients have wanted to change a facial feature for years, and the holidays become the motivation.

The best advice for every holiday well wisher is: plan, plan, plan. Talk to Dr Chan as soon as possible so you can plan enough time to have whatever treatment or procedure you desire in order to shine your brightest this holiday season.

What Procedure Should I Do First? How to prioritize treatments to get the most value and benefit. From a patient care coordinators perspective.

What I usually recommend is a starting point especially when it comes to budgeting meaning, if surgery is needed, start with that. Surgery typically lays the foundation for other things we do such as skin resurfacing [Co2 Laser] and adding volume [Dermal Filler].

Some patients know in advance, in order to achieve optimal results, additional procedures or treatments will be required. However, some patients are happy enough with their surgical result that they decide to stop there. In most cases there is no time line in which you MUST do additional procedures. It doesn't, in most cases, have to

be an "all or nothing" type of decision.

My philosophy in helping patients fine tune their treatment plan, based on budget and priorities is, "If it's not broken don't fix it" and, "Rome wasn't built in a day!"

This means even if something has been recommended, if it's something that's not bothering you, don't do it, and...It's ok to take your time! Start small. You can dip your foot into the fountain of youth as often as you like.

On the other hand...there is nothing wrong with jumping into the facial rejuvenation pool head first, swimming to the finish line in

Olympic proportions... if you are ready for it! You can also save money when combining procedures.

With a proper consultation, choosing a treatment plan should be easy... and remember...It's YOUR call, your decision and your budget.





Réviante Portland carries a full line of dermal fillers, Botox and Xeomin! Find out which one is right for you!

**LIP IMPLANTS
NEWSLETTER 10% OFF
NOV~ DEC SPECIAL!**

Call our office today for special savings! This month we are featuring the Permalip® Lip Implant at **10% off!** Just mention "newsletter promo" when you call! **503.953.1230**



**CALL FOR A CONSULTATION
TODAY**

Beautiful Sexy Lips!

503.953.1230

HOLIDAY GIFT IDEAS: Giving yourself a gift!

Give yourself permission to improve the quality of your life... You deserve it.

Through the holiday season you have donated your time and money to worthy causes and generously given to friends and loved ones. Now it is time to give yourself a gift—how about improving YOUR quality of life.

If you are considering facial plastic surgery for the first time, a minimally invasive procedure might be the right choice for you. It requires less time in the doctor's office with little to no recovery time (depending on procedure). Popular injectable treatments include Botox, Xeomin, and Dermal Filler. For more dramatic results, the most common surgical cosmetic procedures include Facelift and Blepharoplasty (eye lid surgery). Botox and

Xeomin, is injected just under the skin to weaken the muscles in the forehead and around the eyes that pull the skin and cause wrinkles. Treatment sites include between the eyebrows, corners of the eyes (crow's feet), and forehead furrow. The overlying skin remains smooth and un wrinkled from three to six months.

Dermal Filler is used to improve moderate to severe facial wrinkles and folds, such as the nasolabial folds. The injectable fills deep lines and wrinkles, replenishing the natural volume lost during aging. The body naturally absorbs the filler over time; results may last six to 12 months.

Blepharoplasty removes excess skin in the upper

and lower lids and reduces the amount of fatty tissue under the eye. This surgery can correct drooping skin and reduce bags or puffiness under the eyes.

A facelift removes excess skin and tightens the muscle and connective tissue in the lower two-thirds of the face. The result is smoother skin, reduced jowls, and a refined jaw line.

Attend to your own needs as you recoup from the busy holiday season. You deserve a refreshed appearance and a boost in your confidence and self assuredness. Start researching your options. Set up an initial consultation with Dr Chan to talk about procedures and treatments that will rejuvenate you. This is a great way to start the New Year!

Lip Implants vs. Dermal Filler

If you're considering "plumping" up your lips, you now have a choice in how you do this. Using a dermal filler [Juvederm or similar type of filler] is one option. The benefits of lip injections is a lower cost upfront and the results are temporary if you're not happy with the results. But the downside is that it's not permanent and therefore injections need to be repeated every 6 to 12 months. You also run the risk of over-inflated lips, but with a qualified facial plastic surgeon and your

involvement in the process, this can be avoided.

Luckily, there's a way to avoid repeated lip injections with permanent lip implants. This is a procedure done under local anesthesia in the office. It takes less than an hour for your plastic surgeon to perform. There are different sizes to choose from and your doctor can help you with this decision based on the current dimensions of your upper and lower lip. You'll never have to worry about getting another lip injection again!

Also, because the implants are smooth and symmetrical, you don't have to worry about one side being bigger than the other, which is possible with lip injections.

While these lip implants are made of silicone, it's a solid form of silicone, not a liquid. So you don't have to worry about the implants leaking like the older generation of silicone breast implants from the '90's. Now all you need is a consultation to see if lip implants are right for you! Call Dr Chan today for a consultation.

ASK THE DOCTOR

By Dr James Chan

1. I am unhappy with the heaviness in my lower face and am considering a full facelift with a neck lift. A facelift with fat grafting seems to be the gold standard among most reviews. Thoughts?

There are three components to the facial aging process: excess skin, volume loss and skin texture changes including brown/red spots, and fine lines. Comprehensive facial rejuvenation requires addressing all three components—surgery, laser resurfacing, and adding volume with fat grafting or fillers. The extent to which you need each of these components addressed depends on your individual situation. I recommend coming to our office for a consultation in order to review your personal health history and see which options are best suited for you.

2. Why doesn't diet and exercise work to get rid of a double chin? I'm only 27, my diet is strict and I exercise all the time, but nothing changes. Is chin liposuction the best solution?

Sometimes "double chins" are genetic and have less

to do with diet and exercise. Your body may have a genetic predisposition to storing excess fat in areas like your chin. The best candidates for liposuction are those who are healthy, maintain a good diet and exercise program, and are close to their ideal body weight yet store fat in a genetically predisposed area. Consulting with a board certified facial plastic surgeon will help you determine your options and make sure you are a good candidate for liposuction and do not have any health issues contributing to this problem.

3. I'm considering having Asian Blepharoplasty (upper lids only) and Rhinoplasty at the same time. Is it usually cheaper to combine the two procedures? What is the recovery time, is breathing difficult and what about scarring on Asian skin?

You can do both procedures at the same time and sometimes can save money when combining them together. Ask your provider to itemize the cost for you so you can compare. The nice thing about doing both procedures at the same time is you will

only have one recovery period vs. two. Recovery is about one week for both procedures and depending on the type of Rhinoplasty will determine how difficult breathing may be. Scarring, bruising and swelling vary per patient, as well as risks and benefits. Consult with a board certified facial plastic surgeon who specializes in Asian Anatomy to ensure a natural looking beautiful outcome

4. Why can't permanent fillers be used in my lips and will filler make my mouth bigger?

Lips can be made bigger and sometimes lifted higher with lip augmentation but, will not change the size of your actual mouth. Permanent fillers in the lip have been problematic because they can cause nodules. Permanent fillers are also difficult to correct, if you do not like them. Lip implants can be a great alternative if you are looking for a permanent solution. The Permalip® lip implants can be performed in the office under local anesthesia. The implants are made of solid silicone and can be removed if you don't like them or exchanged for a different size.



Dr James Chan
Double Board Certified
Facial Plastic Surgeon

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

*"Be ageless...
Let your beauty
be endless and
your age... a
mystery"*

PCA skin®

PCASkin is featured in the November 2013 issue of The Oprah Magazine... Our estheticians favorite skin care line.



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

HOT

1. PERMALIP® LIP IMPLANTS

NO more injections! Lip implants give you a more natural looking enhanced lip with permanent results! Dr Chan is the most experienced lip implant surgeon in PDX! 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. DERMABRASION

There are better ways to refine and resurface your skin using Laser technology. Dermabrasion is manual "sanding" of the skin done by a doctor, not to be confused with microdermabrasion. Ask about our CO2 Laser!

**REVIANCE® PORTLAND
NEWSLETTER**

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*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

Face lift, Skin Resurfacing, Dermal Filler 3 months Post Treatment



BEFORE

AFTER

I am extremely happy with the results of my facelift procedure and that I chose Dr. Chan as my Facial Plastic and Reconstructive Surgeon. I believe you will be also!

~ P. D. Réviaance Portland Patient



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! Ask a question on The Buzz Website 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! www.1051thebuzz.com

We wish you and your family a glorious holiday season!

From, Dr Chan and the Réviaance Staff

UP COMING EVENTS!

Réviaance Portland Holiday Open House

December 19th 1:00 PM ~ 5:00 PM

*Stop by and share some holiday cheer! We will have refreshments, special savings coupons and a Réviaance gift bag just for you! Take advantage of our blow out, just in time for the holidays Xeomin special with Cassi our injection nurse... **\$9 per unit this day only.** Call to schedule!*

