

Skin Care Protocol™

Based upon your personalized consultation, Dr. Zelickson and his staff have made the following service recommendations to help you achieve and maintain your skin's best appearance.

□ Botox/Dysport Injections

- For improvement of dynamic wrinkles (frown lines, crow's feet, etc.)
- A small amount is injected relaxing the muscles that cause wrinkles
- Repeat treatments are needed to maintain desired effect
- Typically lasts 3-4 months

□ Dermal Filler Injections (Juvaderm Ultra Plus XC, Juvaderm Ultra XC, Restylane, Perlane, Radiesse)

- For softening of fine lines and wrinkles (laugh lines, marionette lines)
- Restores loss of volume in cheeks
- Repeat treatments are needed to maintain desired effect
- Typically lasts 6-12 months

□ Fractionated Rejuvenation (Fraxel Restore Dual)

- For fine lines, texture, irregular pigment, scars, and stretchmarks
- Produces redness and swelling for 2-4 days
- Typically requires 4-6 treatments
- Full results seen roughly 3 months after last treatment

□ Fractionated Resurfacing (Core, Repair)

- For sun damage, moderate wrinkles, and scars
- Light and heat produce a controlled wound to stimulate new collagen
- Typically requires 1-4 treatments
- Produces 5-7 days of redness and swelling; 1-2 days of pinpoint bleeding
- Full results seen roughly 3 months after last treatment

□ Body Contouring (CoolSculpting)

- For reducing small pockets of unwanted fat
- Uses cold to freeze and remove the fat from the treated area
- Offers subtle contouring (abdomen, love handles, flanks, thighs)
- Results seen 2-3 months after the treatment

□ Facial Laxity (Ulthera, Thermage)

- For very modest skin tightening on the face
- Uses ultrasound or radio frequency to affect the skin
- Final results seen 3-6 months after treatment

- Scar Treatments (Pulsed Dye Laser, Fraxel Restore, eMatrix Core)
 - For depressed or discolored scars
 - Typically requires multiple treatments
 - May use a combination of lasers

- Pigmented Lesion Removal (Q-switched Nd: YAG, Q-Alexandrite, Intense Pulsed Light)
 - For unwanted pigment
 - Typically requires 1-2 treatments
 - Not all pigment will respond (it must be dark enough for the device to selectively target it)

- Vascular Lesion Removal (V-Beam Perfecta, Gemini, Aura, Excel V)
 - For visible vessels, redness, hemangiomas, port wine stains
 - May have mild redness and swelling for 1-2 days
 - Typically requires multiple treatments
 - Maintenance treatments needed for patients with rosacea
 - Port wine stain patients may have bruising or blistering

- Hair Removal (GentleLase, Gemini)
 - For unwanted dark hair
 - Requires multiple treatments
 - Treatments spaced 6-8 weeks apart
 - Cannot be used on tanned skin

- Tattoo Removal (Q-switched Nd:YAG, Q-Alexandrite)
 - For unwanted tattoos
 - Multiple treatments required
 - Treatments spaced 6-8 weeks apart

- Leg Vein Treatment (Sclerotherapy, V-Beam Perfecta, Gemini, Excel V)
 - For improvement of superficial leg veins
 - Requires multiple treatments
 - May not result in full clearance of veins

- Acne Treatment (Blu-U, Smoothbeam)
 - For treatment of active acne
 - Will target surface bacteria or oil glands
 - Typically requires multiple treatments

- Medical Grade Skincare Treatments (Chemical Peels, Microdermabrasion, etc.)
 - For treating the texture and tone of the skin
 - May help with acne
 - Requires ongoing treatments for best results
 - May have mild redness or flaking after the treatment