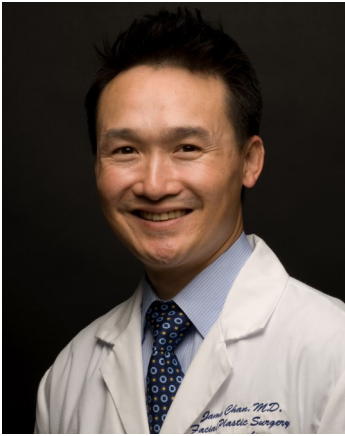


# Fall and Winter Edition

## RÉVIANCE

### Plastic Surgery and Aesthetic Center



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

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#### Take Note!

- Wear sunscreen this fall and winter. Protect your skin 365 days a year!
- Did you know the most popular procedure is not surgery? It's BOTOX performed more than 5 million times in a year.
- Looking younger starts with healthy skin. Ask about our "VIP99" About Face Membership.
- Three Doctors One Goal FREE Seminar NOV 12th, Sentinel Hotel 6:30 pm. Call to register.
- Office: 503.953.1230

### 2015 Facial Plastic Surgery Predictions That Have Come True

**It's All About the Combination** Facial plastic surgeons learn that stacking procedures – whether fillers plus neurotoxins to smooth wrinkles, or facial rejuvenation combining face lifts with eyelid surgery, even micro needling with HGF (Human Growth Factor) – can exponentially increase the benefits of individual standalone therapies.

**Smile, You're Still on Facebook** The selfie trend shows no sign of expiring in 2015. Growing numbers of teens to seniors are seeing themselves all over social media, and are more cognizant of their appearance on these networks. We are seeing an uptick in requests for rhinoplasty, eyelid rejuvenation and neck contouring and other facial plastic surgery procedures based on these images and the social media era.

**On Golden Pond** Seventy is the new 50 and there is nothing stopping today's active seniors from looking as young as they feel and act. It is increasingly common for women and men in their 60s and 70s to seek out the expertise of facial plastic surgeons to maintain a youthful appearance. As less invasive techniques continue to evolve, coupled with people living

better and longer, there is really no maximum age for cosmetic procedures anymore. A recent study showing that even octogenarians are at no higher risk for complications from cosmetic surgery when compared to their younger counterparts will likely encourage even more seniors to seek cosmetic enhancements this year.

**Bright Eyes** Advances in rejuvenating the delicate eyelid area are exploding. Procedures to brighten aging eyes and rehabilitate lower eyelid bags and crepey skin have soared in 2015. When it comes to rejuvenation procedures, blepharoplasty often offers the most bang for the buck. The surgery can be performed in office under local anesthesia by a board certified facial plastic surgeon. It can take years off your face, with minimal risks, side effects and recovery time. For patients wishing to avoid surgery, there is a myriad of non-surgical treatments that can also be effective in this area.

**Fat Still Popular** Fat grafting continues to be popular thanks to refinements in harvesting techniques as well as more reliable, reproducible results with or without facial surgery. Research on the power of stem cells and growth

factors found in fat also helps establish its benefits.

**The Small Stuff** We are seeing more patients asking for little tweaks that can have a big impact on their overall appearance and self-esteem. For example, earlobe reduction, injecting fillers into creases in front of the ears and into the hollows of the face such as the temples and jawline, using energy based devices to remove moles and birthmarks, lifting the upper lip through hidden incisions under the nostrils.

**Coming Soon to a Syringe Near You** While no one knows exactly when the FDA will act, many facial plastic surgeons are hearing about a new fat-melting injection to help reduce the appearance of a double chin.... Well guess what? This came true. Find out more about Kybella.

**Blurred Lines** The line between cosmetic and reconstructive facial plastic surgery has faded. We often see patients for functional reasons and also desire a cosmetic benefit. Many patients opt for a procedure to correct a bump or another concern and also want to breathe better. Combining the cosmetic with the functional is our specialty!

### Who's Getting What?

Women continue to be the driving force for facial plastic surgery and make up 82 percent of all surgical and non-surgical procedures performed. Wanting to maintain a youthful, vibrant appearance, the most common cosmetic surgical procedures undergone by women over the age of 55 is facelifts, blepharoplasties and laser skin resurfacing. Not surprising, the most common non-surgical cosmetic procedures among women are BOTOX® (Dysport and Xeomin) injections, hyaluronic acid fillers, non-ablative skin resurfacing and

peels or microdermabrasion treatments.

Whether it's to remain relevant in the work force or look as good as they feel, more men are embracing non-surgical treatments. Among male patients, the most common procedures are BOTOX®, hyaluronic acid and rhinoplasty. Rhinoplasty was most performed on those between the ages of 22 and 34 while BOTOX® was most performed on adults age 35 and 55. Filler or fat injections, peels and lasers were most likely performed on those age 35 and older.

**Trust Your Face to a Facial Plastic Surgeon** The AAFPRS urges consumers to select a board-certified surgeon that specializes in plastic surgery of the face, head and neck. Choosing a surgeon based on price rather than qualifications can have catastrophic results. Research surgeons and procedural information via trusted online sources ([www.aafprs.org](http://www.aafprs.org)). Review before/after options and don't be afraid to ask tough questions. Source: AAFPRS~ American Academy of Facial Plastic And Reconstructive Surgery.



## Featured Product

### PCASkin™ Ideal Complex Revitalizing Eye Gel.

This cutting-edge eye gel strengthens, firms and lifts the skin around the entire eye area, including the eyelid. Its light gel texture is excellent for all skin types.

**HEALTHY SKIN** can make you look younger and slow down the aging process. Our **VIP99 Face Club Membership** is just what the doctor ordered.

*V.I.P. = Very Important Patient*

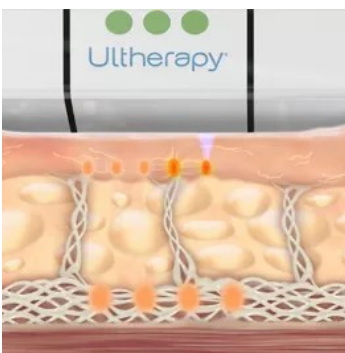
## Ultherapy®

### OCT-NOV SPECIAL!

Receive 25 units FREE Botox with Ultherapy Brow lift purchase.

Call our office today for details and scheduling.

Office: **503.953.1230**



Ultherapy stimulates collagen growth in the skin tissue at three different layers.

**CALL FOR A CONSULTATION**  
**503.953.1230**

## Surprising Skin Aging Antagonists: Face the Facts

Doing the wrong thing can certainly speed up your skin's aging process, and you might be surprised at what some of those no-no's are. Here are 5 ways to ensure you continue to put your best face forward:

### 1. Avoid drinking through straws.

I'm sure many of you drink dark sodas, tea and coffee through a straw to prevent staining your pearly whites or to avoid putting your mouth on a can or bottle, right? Do Not Sip From a Straw! It's causing fine lines around your mouth, a sign of premature aging to your facial skin area. Over the long-term, pursing your lips to sip out of a straw causes extra wrinkles around the mouth.

### 2. Train yourself to sleep on your back.

Resting your face on the pillow in the same way every night for years on end leads to wrinkles. Called sleep lines, these wrinkles eventually become etched on the surface of the skin and no longer disappear when the head is not resting on the pillow. Women, who tend to sleep on their sides, are most likely to see these lines appear on their chin and cheeks. Men tend to notice these lines on the forehead since they usually sleep with the face pressed face down on the pillow. People who sleep on their backs do not develop these wrinkles since their skin does not lie crumpled against the pillow.

### 3. Pull down the shade in an airplane.

You're much closer to the sun in a plane than on land, so it stands to reason that solar rays, which can penetrate windows, are more intense at higher altitudes. This may explain why pilots and flight attend-



ants have been found to be at an increased risk for melanoma and other skin cancers. Plus, the air up there is notoriously dry—and without moisture, skin, like any living tissue, simply shrivels. Drink as much water as you can in flight; avoid alcohol and salty foods, which are dehydrating. Apply a rich moisturizer with SPF 30 or higher 30 minutes before boarding, as sunscreen needs time to be absorbed before it's effective. And if you're sitting next to a window, pull down the shade.

### 4. Beware beauty creams with toxic ingredients.

Yes, exposure to some beauty cream chemicals do more harm than good. You may be surprised to hear this, but many ingredients in beauty creams actually speed up the aging process. Avoid buying beauty creams that contain parabens, mineral oil, paraffin, petrolatum, dimethicone, and other toxic ingredients. When buying a beauty cream, read the label carefully and talk to your doctor before experimenting with a new facial product.

### 5. Maintain a healthy weight.

Packing on pounds can make your skin look plumper on the surface, but carrying excess weight can cause your body's levels of insulin (a hormone made by the pancreas that controls the

amount of sugar in your blood) and cortisol to rise, which can break down collagen. You'll see increased sagging from putting and keeping on as little as 10 to 15 extra pounds. Loss of facial fat causes sagging and a gaunt, aged appearance. In addition, repeatedly gaining and losing weight can take its toll on the skin's elasticity, leaving behind stretch marks and jowls. Yo-yo dieting also causes premature aging. The repeated weight gain and loss stretches your skin and makes it loose and saggy. Maintain a healthy weight with proper diet and exercise. Aim to keep your weight in the normal range, with a body mass index between 18.5 and 24.9.

### Other surprising skin aging antagonists to avoid include:

Cell phones held against your face – phones get left around on various surfaces and pick up much bacteria that can cause pimples around cheeks and jawline. It's best to use your cell phone in hands free mode.

Central Air Conditioning and Heat – pulls essential moisture from the air and can readily dry out your face skin.

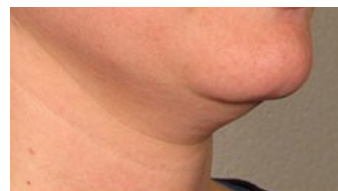
Glasses & Sunglasses – bacteria can grow on the frame that will sit directly on your facial skin for an extended period of time (simply wipe clean with anti-bacterial cloth before putting glasses on each day).

Chlorine – after a dip in the pool or hot tub, don't just rinse skin with water to think the chlorine is gone...scrub the face with a sudsy cleanser to remove all chemical residue and be sure to moisturize afterward. Source: WLMAGAZINE

## ULTHERAPY: STILL No.1

Unlike lasers, radio frequency, surgery and other technologies, non-surgical Ultherapy bypasses the surface of the skin to deliver the right amount of ultrasound energy at the right depths and the right temperature. This energy triggers a natural response under the skin, jumpstarting the regenerative process that produces fresh, new collagen.

Some patients see an initial effect right after their treatment, but the real results appear over 3-6 months as new collagen works to



Before



After 120 Days

lift and tighten skin on the neck, chin and brow as well as smooth skin on the chest. While Ultherapy won't duplicate the results of a facelift, it's a clinically proven non-invasive alternative for those not ready for surgery—and can even be an option for patients who wish to extend the effects of

cosmetic surgery.

The non-invasive Ultherapy® procedure is U.S. FDA-cleared to lift skin on the neck, on the eyebrow and under the chin as well as to improve lines and wrinkles on the décolletage.



## ASK THE DOCTOR

By Dr James Chan

### 1. What is the best treatment for laxity after lower face lift?

It is common to see relaxation of the face and neck skin several months after a facelift. Depending on the quality of your skin, this relaxation can be minimal or sometimes a lot. I often discuss with my patients laser resurfacing to improve the texture and increase the quality of the skin, and also procedures like Ultherapy that will help maintain a lift after surgery. Ultherapy is a great maintenance treatment that has no downtime. Talk to your surgeon about options.

### 2. I am having the area below my chin and jawline liposuctioned. I am wondering how long will it be until I look pretty normal, and how long will it take until I see my full results?

In general, my patient's recover from this type of procedure within 5-7 days. Most are able to return to work in 3-5 days, but this depends on the individual, and the type of work they do. I usually have my patient's wear a head wrap for at least 3 days. You should see an improvement once the swelling subsides—usually 1-2 weeks. The final results can take 3-6 months to develop.

### 3. Can Botox reduce the size of my jaw, chewing muscle? I clench my jaw a lot and have built up large jaw muscles. I am looking for the least invasive way to "shrink" or soften these muscles in my face.

Botox can be used to reduce the size of the masseter muscle and produce slimming effect to the lower part of the face. This usually requires multiple treatments spaced about 3-4 months apart.

### 4. My upper cheeks have sagged, as well as my lower

cheeks. The lower part of my face has a bit of fat past the jawline. I don't have a lot of facial fat, which is why my lower eyelids are now hollow. What is the best non-surgical alternative to a facelift?

The good news is that there are now multiple non-surgical options. You will need to get an in-person consultation to determine what options are best. Fillers, Botox, lasers, and Ultherapy are among the many non-surgical options that I use on my patients. In addition, good skin care, and topical creams can also help you look better. Call for a consultation to find out what your options are.

### 5. My plastic surgeon doesn't use drain tubes after Neck Lift/Facelift. Is that okay?

Drains after surgery depend on the type of facelift, and the individual patient. Mini-lifts, and less invasive lifts generally do not need drains. SMAS or deep planes lifts can be performed without needing drains but if the patient has a propensity for bleeding (either during the facelift surgery or from previous surgeries) then using a drain might be necessary. In all cases, a compression wrap is used to minimize a hematoma or seroma formation. I would ask your surgeon how he manages this because there is a lot of variability and no one approach is standard.

### 6. What can you recommend for stubborn age/sun spots on hands?

The best way to rejuvenate the brown spots on the back of your hands is to use a hydroquinone cream (4% or greater) along with IPL. Generally need several sessions of IPL. Hydroquinone can take weeks to months to make a difference. In addition you can

spot treat with an erbium laser if the spots are stubborn. Often times, adding fillers will also plump up the hand and improve the overall appearance.

### 7. Where is it best to have a Asian double eyelid surgery? In Asia or the United States?

Choosing a surgeon close to home with the proper certifications will go a long way in your recovery process. I recommend selecting a surgeon who is close to home. This will ensure that they can properly evaluate you at each stage of your healing process. However, with that being said your surgeon's credentials do matter. You want a surgeon who is highly skilled and who has experience with this type of surgery and is an expert in Asian anatomy.

### 8. Is Ultherapy cost effective over several years?

Patient's do not revert to their pre-Ultherapy state and do always look better than if they never had it. However, the amount of improvement 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.

*Dr James Chan is a double board certified Stanford trained facial plastic surgeon. He is available for consultations Monday through Thursday. Call Réviance Portland for more information and scheduling opportunities.*

Office 503.953.1230



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

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

**"...Healthy  
and beautiful  
skin is our  
mission..."**



**New Beauty Magazine  
September 2015**

*New Beauty says PCASkin® CliniCalm™ 1% is a do-it-all cream that works wonders to minimize irritation and calm skin post-waxing and -shaving, also alleviating any type of itching or dermatitis.*

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

### HOT

#### LATISSE®

Not enough lashes? Are your lashes thinning over time? Latisse grows your lashes longer, fuller and darker! Ask Dr Chan if Latisse is right for you. We now have the 5ml size. Better Value, Super HOT!

### HOT

#### PCA skin IDEALCOMPLEX REVI-TALIZING EYE GEL.

Next generation peptides reduce fine lines and wrinkles while stem cells and growth factors increase firmness and elasticity. Crow's feet, dark circles and sagging are diminished for a toned and radiant texture.

### NOT

#### SUN AND AGE SPOTS!

Hyper-pigmentation on your face or hands is NOT hot. Erase summer sun damage with IPL treatments, face and body chemical peels! Join our VIP99 club for the best value... Now THAT'S HOT!

## REVIANCE® PORTLAND NEWSLETTER

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Clackamas OR 97015

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E-mail: revianceportland@reviance.com

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

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## Laser Skin Resurfacing



Fall and winter is the BEST time to resurface skin. Erase summer sun damage, hyper-pigmentation, fine lines and wrinkles. Look 10 years younger with new, revitalized skin. Réviante Portland will frequently combine skin resurfacing with face lifts, eyelid surgery and lip implants.

There are different types of lasers that vary in strength and delivery method. Find out which laser is best for you by consulting with Dr. James Chan.



**REVIANCE**  
Plastic Surgery and Aesthetic Center

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
- Nonsurgical Rhinoplasty
- Rhinoplasty
- Asian Eyelid Surgery
- Asian Rhinoplasty

### LASER TREATMENTS:

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

### NON-SURGICAL:

- Ultherapy
- Micro Needling

### JOIN OUR

#### VIP ABOUT FACE MEMBERSHIP.

Réviante 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

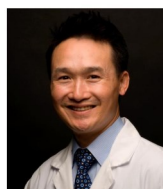
*"Look as young as you feel!"*

**503.953.1230**

### UP COMING EVENTS!

#### "Three Doctors One Goal" Free Seminar.

Call to register today! : 503.953.1230



Dr James Chan  
Facial Plastic Surgery



Dr Michael Workman  
Body Plastic Surgery



Dr Robert Stafford  
Cosmetic Dentistry

Learn about the artistry and science behind plastic surgery and cosmetic dentistry. Take the mystery out of face lifts, tummy tucks, beautiful teeth and more! Receive \$1000 in combined gift certificates, door prizes and enjoy a night of Jake's Seafood Grill appetizers.

**WHERE:** Sentinel Hotel

**WHEN:** NOV 12th

**TIME:** 6:30 pm

### EXPERIENCE THE BEAUTY OF SOUND!

If you are interested in a NON surgical way to lift, tone and tighten your face and neck, Ultherapy may be right for you! Join us for an afternoon Happy Hour and experience Ultherapy for yourself! This will be an informative, "hands on" event and is limited to 10 guests. Special one day only pricing is available courtesy of Ultherapy. Call to reserve your seat today.

**WHERE:** Réviante Portland 503-953-1230

**WHEN:** OCT 15th

**TIME:** 2 pm

*An afternoon of fun, information, prizes and gift bags!*



### 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

#### VIP Newsletter OCTOBER Special 5% ADDITIONAL SAVINGS

VIP members can save an additional 5% on retail products, services and treatments.

Coupon is good for one transaction. No cash value.

**Expires: OCT 31, 2015**

#### Newsletter NOVEMBER Special FREE Ultherapy Décolleté Treatment

Purchase an Ultherapy Face and Neck Package and receive a free Ultherapy décolleté treatment. A \$1500 value.

NO cash value. Can not be combined with other discounts or promotions: **Expires: NOV 30, 2015**