

Dr. JHONNY SALOMON

Plastic Surgery & Med Spa



Sparkle this Holiday Season

Twinkling isn't just for the stars...

and with the holidays here, you've got even more reasons to shine and look your best!

In this issue, you will find:

- Innovations in laser tattoo removal
- Simple non invasive treatments to look your best over the holidays!
- The best way to slim down in time for your holiday vacation.
- Spotlight on procedures
- More on Dr. Salomon's éclat Medical® product line

Save the dates:

December 7th:

Dr. Salomon's Day of Beauty...schedule your Botox and filler in combination and receive up to \$300 off! You will also be able to receive \$100 the éclat® peel and 10% off all product purchases.

Read on for details on additional offers....

Is that tattoo haunting you?

We've got the latest in non invasive tattoo removal so you can be done with it forever!

At Dr. Jhonny Salomon Plastic Surgery and Med Spa, we have always vowed to bring you the most innovative technologies and we do our best to live up to this promise. Many of us have been victim to a moment of poor judgement, which has left us with a lifetime trace of that day. Until now, many lasers were not effective in removing dark tattoos and the best way to remove tattoos completely was through invasive surgery. Today, we are happy to introduce our newest addition in laser technology, laser tattoo removal with Medlite Laser by Cynosure.

At our practice, we use lasers to remove tattoo ink through energy generated by light. A laser is a device which is designed to produce one or more specific wavelengths of light. Tattoo ink is removed by using this specific wavelength of light which passes into the skin, but is absorbed by the ink. The rapid absorption of light energy causes the tattoo ink to break into tiny particles, which can then be removed by the body's natural filtering systems. The laser provides maximum tattoo removal while leaving the surrounding skin unharmed.

Lasers can remove professional, amateur (homemade), traumatic and surgical tattoos. On the average, professional tattoos require 6-10 treatments, while amateur tattoos require 5-7 treatments, all spaced approximately 5-8 weeks apart. The number of treatments required is dependent on the amount and type of ink used, and the depth of the ink in the skin. Often times, additional treatments may be needed to produce significant fading.

Patients can expect to see more than 95% fading of their tattoo through laser removal. However, it is important to know that there are many, many types of tattoo inks in use worldwide today; none of which are regulated by the FDA. Not knowing which tattoo ink was used, or how deeply it was applied, makes it impossible for the physician to predict the degree of removal on any given tattoo and not all colors of ink disappear equally as well. Blue, black, and red ink have proven the best response while green, yellow, and neon inks are the most difficult to remove. Although additional treatments will produce significant fading, on occasion these these difficult colors will not respond at all.



Prior to the treatment, the area is numbed to minimize discomfort. The laser emits light in very short pulses on the treatment area and patients generally feel a light pulse, similar to the snap of a small rubber band. After a treatment, you may experience some discomfort or irritation similar to a slight sunburn.

We will instruct you about the care required after your laser treatment. On occasion, pinpoint bleeding associated with the treatment can occur and an antibacterial ointment with a dressing will be applied to the area. This dressing will need to be changed regularly and any ointments provided will need to be reapplied. A shower can be taken the next day, although the treated area should not be scrubbed. Also, prior to any laser treatment, the treatment area should not be exposure to sun for at least two weeks prior to treatment. It is important that you do not forget to use at least a 30 SPF Sunblock with Zinc Oxide between treatments. Although, the area should ideally be kept out of the sun during the healing process and in between treatments.

The cost for this treatment does vary and is dependent on the size of the area being treated as well as the number of treatments needed. Schedule your complimentary consultation to see if you're the right candidate for laser tattoo removal.

Are you ready to radiate this holiday season?

The answer is just a few injections away...spotlight on Restylane

It's a part of life—our skin changes as we age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. How your skin ages will depend on a variety of factors including your lifestyle, diet, heredity, and personal habits.

What happens as we age? Hyaluronic acid (HA) is a naturally occurring substance in your skin that helps provide fullness and elasticity. As we age, our skin loses HA and as HA diminishes, skin loses volume, increasing chances for wrinkles and folds to appear. The good news is that you can do something

about it. You can use products in the *Restylane*[®] family to reveal a younger-looking you. Products in the *Restylane* family are used to add volume and fullness to the skin to correct moderate to severe facial wrinkles and folds. *Restylane* is also the first and only FDA-approved dermal filler for lip enhancement in patients over 21 years. Most of us are already familiar to what beautiful and natural results can be achieved with Restylane, so, how can we make it last as long as possible?

The Restylane Regimen

The *Restylane* Regimen is a way for you to get the most of your *Restylane*. It is a treatment plan that involves an initial treatment and a follow-up treatment 4.5 or nine months later. On average, only half the amount of *Restylane* injectable gel used at the initial treatment was needed to achieve full correction at the follow-up treatment. *Restylane* is the only hyaluronic acid dermal filler approved to last up to 6 months from initial treatment of moderate to severe nasolabial folds when patients followed the *Restylane* Regimen.

- At least 95% of patients saw results for up to 6 months when they followed the *Restylane* Regimen.
- In a clinical study treating the lines from the nose to the corners of the mouth (laugh lines), *Restylane* continued to provide improvement for up to 6 months after initial treatment, when each line received a follow-up treatment at 4.5 or nine months.
- Using the *Restylane* Regimen, patients showed similar improvement, on average, at 6 months compared to their Week 2 Wrinkle Severity Rating Scale (WSRS) score.

What is full correction? Full correction means using just the right amount of a product in the *Restylane*[®] family in the appropriate treatment areas of your face to get the beautiful results you want. These images are un-retouched photographs of a real patient treated with *Restylane* injectable gel who has received full correction in the lines from the nose to the corners of the mouth (nasolabial folds).



Before treatment
of nasolabial folds



After one Restylane[®] 1 mL syringe
Individual results may vary



After two Restylane[®] 1 mL syringes
Individual results may vary

Looking your best this holiday season is right at your finger tips! Dr. Jhonny Salomon Plastic Surgery and Med Spa will be offering patients an exclusive holiday promotion during our upcoming Day of Beauty on Friday, December 7th. With the purchase of 2ml of Restylane, patients will receive 1ml FREE! Call our office to schedule an appointment to take advantage of this exclusive holiday promotion!

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Who says bikini season doesn't have to be year round? Don't allow your sexy curves to disappear with a case of the winter blues....



as cellulite can't be easily reversed. The best way to prevent it is to stop it before it becomes a problem.

VelaShape is the first and only safe, effective and virtually painless FDA-cleared non-surgical medical solution for body reshaping and cellulite. By combining the VelaShape innovative technology with regularly scheduled reduction massages, you can look forward to gradual smoothing of your skin's surface with noticeable reduction in cellulite and circumferential reduction.

The ideal candidate for VelaShape treatments is someone who eats right and exercises routinely with a BMI of less than 30. If you are more of a liposuction candidate, VelaShape is great for smoothing out the contours of the body after your surgery. At Dr. Jhonny Salomon Plastic Surgery and MedSpa we will put you on a two week detox prior to your scheduled VelaShape treatments and once you have begun treatments, you will be scheduled for regular reduction massages to help you maximize your results.

You don't have to miss out on the holiday cheer to keep yourself in bikini shape, schedule your complimentary VelaShape consultation to keep yourself bikini ready all year round!

Many of us enter the holidays with a sense of liberation. We allow ourselves to be free from routine while removing all personal expectations of sticking to our established health and wellness plans. Ultimately, we indulge in holiday cheer and festivities, saving fitness routines for a resolution in the New Year. Although for many it's very possible to get back into our fitness regime with stride once the New Year arrives, some damage such

Spotlight on Liposuction

Liposuction, also known as "lipoplasty", slims and reshapes specific areas of the body by removing excess fat deposits, improving your body contours and proportion, and ultimately, enhancing your self-image.

Despite good health and a reasonable level of fitness, some people may still have a body with disproportionate contours due to localized fat deposits. These areas may be due to family traits rather than a lack of weight control or fitness.

Liposuction surgery can be used to treat stubborn fat pockets in many parts of the body including the thighs, arms, neck, hips, waist, back, inner knee, chest, cheeks, chin, calves, and ankles. In some cases, liposuction is performed alone, in other cases it is used with plastic surgery procedures such as a facelift, breast reduction, or a tummy tuck.

The patient to the right underwent body contouring surgeries at Dr. Salomon's Miami office. This included liposuction of the back, flanks and abdomen as well as a breast lift.





After many years of extensive research, Dr. Jhonny Salomon Plastic Surgery and Med Spa announced the arrival of the long-awaited éclat medical® peel and product line. The most advanced skin care system available, its pharmaceutical grade ingredients are scientifically proven to support and stimulate healthy function of the skin. éclat® targets uneven skin tone, hyper-pigmentation, age spots, fine lines and wrinkles, enlarged pores, acne, and environmental damage. Combining the best in prescription ingredients with powerful, all natural, botanical ingredients, éclat® is the best of both worlds!

éclat® PEEL

Bring back the brilliance of your skin. This advanced formula repairs from within to significantly improve skin discoloration, sun damage, acne, enlarged pores, fine lines and wrinkles, and uneven skin texture. Combined, TCA, Vitamin C, and Tretenoic Acid work synergistically to exfoliate the skin, accelerate the cell renewal process, and stimulate collagen synthesis. This revolutionary peel revitalizes skin and helps achieve a firmer, smoother, more radiant look.

CLARIFYING CLEANSER

While gently removing impurities, oil, and makeup, this mild gel-based cleanser prepares and conditions skin to optimize the penetration of the system and enhance your skin's clarity. Formulated with a soothing Aloe Vera base and scented with grapefruit essential oil, éclat® Clarifying Cleanser contains the antioxidant and calming powers of Green Tea, Azelaic Acid, Willow Bark, Sugarcane, and Lemon.

REJUVENATING SERUM

The rejuvenating serum represents the powerhouse of the éclat® product line. Combining ingredients like Glycolic Acid and Retinol, this one of a kind product diminishes the appearance of fine lines, wrinkles, and enlarged pores, infusing the skin with a younger look. The

Rejuvenating Serum's unique formula provides for greater penetration to rejuvenate and enrich skin not only on the surface level, but on the cellular level as well. There are 3 different types of rejuvenating serums. Depending on your skin type and specifics, one will be chosen to best suit you.

TRETINOIN .1%

This prescription chemical exfoliant is used to treat environmental damage, reduce the appearance of fine lines, wrinkles, and enlarged pores, and slow the aging process. Tretinoin works by accelerating cell turnover which, in turn, rids your the skin of unwanted dead skin cells, revealing new healthy skin for a firmer, more even-toned, radiant look. As if Tretinoin alone was not already perfect, éclat® has taken it and infused into it Vitamin E and Vitamin C to soothe and further enrich the skin. éclat® Tretinoin is to be used in conjunction with the Rejuvenating Serum.

VITAMIN C GEL 20%

The Vitamin C Gel is a revolutionary antioxidant combination that delivers ultimate protection against, free radicals, helps to rebuild collagen and provides peerless antioxidant protection against photo-aging. This product corrects existing damage by stimulating essential proteins in the skin while aiding in cell turnover. éclat Vitamin C Gel prevents future damage by arming your skin with powerful antioxidants and enzymes to combat threatening factors. The results are unparalleled: on the inside, a strengthened and healthy skin structure with improved defense against environmental damage, while on the outside a brighter, tighter, and more brilliant appearance for a look that is years younger.

ILLUMINATING CREAM

The Illuminating Cream's advanced corrective formula directly targets hyper-pigmentation, age spots, unwanted freckles, and scars at the skin's surface and intracellular level. Combining Hydroquinone, a prescription strength ingredient deemed as the best topical constituent in reducing melanin production, with the scientifically proven lightening powers of natural Kojic Acid, Azelaic Acid, and Licorice Root, this silky cream helps to visibly diminish the appearance of the skin's damage while penetrating beneath the skin's dermal layer to cease and prevent melanosome activity.

For more information visit www.eclatmedical.com