



Dear Patient,

Our office is pleased to announce that we are now offering a new treatment in radiofrequency skin tightening. The new Pelleve (PEL-E-VAY) nonablative skin tightening gives patients a new option when looking to improve skin laxity. Pelleve received their FDA approval in 2009 after the delivery of a clinical study proving that following a single treatment of Pelleve, a patient's skin is visibly tightened and appears smoother for a minimum of six months.

This new system is similar to the Thermage device that our office currently uses; however, there are several important differences. Pelleve is more successful on a larger variety of patients. There were many patients who were not good candidates for Thermage which left them with few alternatives to tighten their skin, now Pelleve may be an option for those patients. Also, Thermage tips are single use, which makes the procedure much more expensive. Pelleve offers patients a more cost-effective method because the tip is reusable. This is very important because to achieve desired results, most patients require more than one radiofrequency treatment, which was very cost-prohibitive with Thermage.

Pelleve works by heating the deepest skin layer causing the collagen to contract and forcing new collagen to form after the treatment. This new collagen creates a smoother appearance in the upper layer of skin. Pelleve is currently only being used to treat facial areas. Patients looking to tighten body areas should consider SLIMLipo or Thermage. Pelleve is very effective in treating "crow's feet" and "smile lines." Patients can expect to see improvement quickly but full results will not be realized until about six months after the procedure, at which time, they can consider a second treatment to maximize results.

We are also pleased to add the Palomar 1440 handpiece to our complement of available laser treatments. This much anticipated handpiece is specifically designed to treat stretch marks, brown spots, and acne scarring and stimulate collagen. It is an excellent addition to all of our laser procedures. The 1440 wavelength targets the skin and the non-ablative treatment pairs well with the CO2 laser treatment. The advantages of this procedure are the very minimal downtime because of the non-ablative technology. Patients can expect to see improvement after one treatment, but as with most lasers, multiple treatments will help patients to maximize results.

## Look Your Best for Your Upcoming Event!

Questions we are asked about looking more youthful don't always center around the "what" needs to be done, but often around "when" treatments should be done. Whether it be upcoming weddings, reunions, or just a general date in the future that patients want to look their best for, deciding when to do each treatment is often as important as the treatment itself.

## Treating Spider Veins

About the time that most of us choose to exchange our summer shorts for warmer fall attire is the time that most patients should be thinking about treating their spider veins. Winter is the ideal time for the treatment of any venous disease. For the treatment of superficial reticulars and spider veins, sclerotherapy is an excellent option. Sclerotherapy consists of small injections of sotradecol into spider veins which irritates the vessel and causes it to collapse in on itself. This procedure requires that patients wear compression hose and avoid

Preparation for a big event can begin as early as a year in advance, but for most patients, a twelve week plan is sufficient to address all of the areas of concern. Most patients can follow the same general guidelines, but for each specific situation, patients can benefit from a consultation to plan for their event. [Click here to learn more.](#)

pounding activities, like running, for two weeks. Most patients find it much easier to follow these guidelines during the winter.

Rebecca Guthrie performs sclerotherapy in our office. Rebecca has been doing diagnostic ultrasounds for over three years. She has been doing sclerotherapy for over two years. Rebecca is a registered vascular technician and a member of the American College of Phlebology. [Click here to see before and after pictures.](#)