DR. NATHAN PATTERSON’S
GUIDE TO FACIAL PROcedures AND TREATMENTS
The face is one of the first things that anyone will notice about you, and it's only natural that you will want to present the best appearance possible. No matter what your age is, looking fresh, youthful and beautiful is always important. The better that your face looks, the more confident that you will feel. There are a wide variety of solutions for facial concerns like wrinkles, sun damage, skin looseness, and lack of facial volume. This guide was created to give you the essential information on both non-surgical and surgical options for improving facial appearance. Ready to improve your skin, but not sure what's right for you? Read on to find out!
NON-SURGICAL OPTIONS

There are a variety of non-surgical options that can help with skin concerns. The following non-surgical options are designed to help patients resolve skin issues when they are still in their early stages. The earlier that a patient starts taking good care of their skin, including non-surgical corrections like these, the longer that they will be able to delay or even completely avoid a surgical correction.

SKIN CARE REGIMEN

To preserve the results of any procedure, whether non-surgical or surgical, it is important to make sure that the skin is taken care of. This involves high-quality facial cleansers, exfoliating scrubs, and excellent moisturizers. Patterson Plastic Surgery can recommend a skin care regimen that is customized for each patient's skin care needs and concerns. The most important thing for patients to be aware of is that all skincare is not made equally. The difference between a high-quality skin care regimen and just washing the face with soap every day can make a huge difference in skin tone, skin quality, the amount of blemishes, and in the skin's overall appearance.

FACIALS

Facials are a completely non-invasive option that can be customized for the individual. Facials can brighten the skin tone, help reduce acne, even the skin tone out, and help firm the skin. Facials are available in many different forms, so patients should talk to their aesthetician about their skin concerns and desired outcomes to make sure the right treatment is used.
Chemical peels can slough the dead upper layers of skin away, revealing the youthful fresh skin underneath. There are several types of chemical peels, ranging from light peels to deep peels.

**SkinMedica Illuminize Peel:**

The SkinMedica Illuminize peel is a lighter peel that can be perfect for anyone trying their first chemical peel. The Illuminize Peel can enhance the skin's overall tone and glow, and it can minimize or eliminate mild skin issues. After only one peel many people enjoy much brighter looking skin. After a series of peels, most people enjoy much better skin tone and have a newly youthful glow.

**SkinMedica Vitalize Peel:**

The SkinMedica Vitalize peel is a medium strength peel that can help resolve moderate skin imperfections like sun damage, acne scars, hyperpigmentation, and fine lines in the face. Patients can typically see a noticeable improvement after their first Vitalize peel, and after three to six peels they can typically see a dramatic difference.

**SkinMedica Rejuvenize Peel:**

The SkinMedica Rejuvenize peel is a stronger peel that is able to reach the deeper skin layers for major exfoliation. This peel is typically used in patients who have moderate to severe skin issues like lines, wrinkles, and rough skin. Most patients who have a SkinMedica Rejuvenize peel are already accustomed to chemical peels and know what to expect in terms of peeling afterwards. Patients generally notice improvement after the first Rejuvenize peel and see dramatic results after three to six peels.
**Obagi Blue Radiance Peel:**

The Obagi Blue Radiance peel is a fast superficial peel. This salicylic acid based peel can have several skin benefits, including complexion brightening, skin firming, and mild exfoliation. While most people notice a difference after the first peel, a series of four to six peels gives the best results.

**Obagi Blue Peel:**

The Obagi Blue peel is an in-office chemical peel that combines trichloroacetic acid and a proprietary Obagi blue base to control and measure peel penetration. Peeling typically completes in 8 to 12 days. This type of peel is usually best for people who are familiar with chemical peels. It has some of the most dramatic and impressive results that a chemical peel can produce.
NON-SURGICAL OPTIONS

SUBLATIVE SKIN REJUVENATION

Sublative skin rejuvenation is a deeper type of treatment that can fight wrinkles and lines, reduce or eliminate acne scars, and improve the overall appearance of the skin. In this type of skin rejuvenation, the outer layer of skin is left intact while energy currents are sent into the lower layers of skin to encourage collagen production. There is no downtime needed for sublative skin rejuvenation, but the skin will appear red for several days to a week after the treatment. Most patients have a series of sublative skin rejuvenation treatments to achieve the best results.

JUVEDERM VOLUMA XC

Juvederm Voluma XC is designed specifically for adding volume to the middle of the face. It is often the first choice for patients who want to add volume in the cheek area, especially for people who may have lost volume in their cheeks as they grew older. As the volume in the face decreases, the cheek area can be particularly hard hit, leaving a hollow cheek look that can make a person look old or ill. Juvederm Voluma XC is especially well suited for this issue. Juvederm Voluma XC lasts for around 9 to 12 months when injected in the cheek area. Juvederm Voluma XC treatment requires no downtime, but a small amount of swelling can be expected for a few days after treatment. After Juvederm Voluma XC treatment, patients can return to their job and usual routine right away. Any mild redness around the injection sites can be concealed with cosmetics if desired.

JUVEDERM ULTRA PLUS XC

Juvederm Ultra Plus XC is a highly cross-linked hyaluronic acid formula that has superior ability to restore lost volume and plump areas of the face as desired. It is often used in facial folds and wrinkles, and may also be used for plumping the lips. Juvederm Ultra Plus XC is particularly good for bringing back a more youthful look in people who have started to notice a sunken look in their face as they have aged. Juvederm Ultra Plus XC lasts for about a year in most patients. Juvederm Ultra Plus XC treatment requires no downtime, but a small amount of swelling can be expected for a few days after treatment. After Juvederm Ultra Plus XC treatment, patients can return to their job and usual routine right away. Any mild redness around the injection sites can be concealed with cosmetics if desired.
NON-SURGICAL OPTIONS

KYBELLA

Kybella is the first treatment of its kind: An FDA-approved injectable treatment for submental fat, a problem commonly known as double chin. Kybella is made from synthetic deoxycholic acid. When injected in the excess fat under the chin, the fat cells there are destroyed and will no longer be able to store fat or to rebuild themselves. Thus, results are long term and the double chin will not return unless the patient gains a significant amount of weight in that particular area. Kybella treatment doesn’t require any downtime, and results are obvious right away.

BOTOX

Botox is an excellent way to smooth fine lines and wrinkles away and to prevent those lines and wrinkles from forming again. Botox treatment involves the injection of a highly purified protein that forces muscles to stop making the motions that lead to wrinkles. The treatment takes just minutes and typically lasts for three to four months. There is no downtime associated with Botox treatments, and since the treatments take only a few minutes they can even be scheduled on the lunch hour if desired. Patients may have small red marks around the injection sites for a day or so, but this is easily concealed with cosmetics if desired.
NON-SURGICAL OPTIONS

LATISSE

Latisse is the only FDA-approved solution for sparse eyelashes. When applied consistently, Latisse will make eyelashes longer, stronger, and darker. Many patients say that they are able to quit using false lashes and even mascara after using Latisse. It is important to know that Latisse needs to be used for the long term if a long-term correction is desired. If Latisse use is stopped, the eyelashes will return to their former state.

MICRODERMABRASION

Microdermabrasion is a type of skin resurfacing. During microdermabrasion, a series of micro-crystals are applied to the skin and then vacuumed off. This is an excellent way to remove dead skin so that the new unmarred skin below can be revealed. Microdermabrasion also stimulates the deeper layers of skin to make new collagen, which helps plump up the skin so its looks younger and fresher. Microdermabrasion can help with hyperpigmentation, fine lines and wrinkles, acne scars, and sun damage. Microdermabrasion recovery is usually quite short, in fact, the sessions can even be scheduled during a lunch hour in some cases. Most people have a series of microdermabrasion treatments, usually scheduled one to two weeks apart.

MICROPEN

Micropen treatments are done with a minimally invasive device containing tiny needles. The needles are used to create controlled micro-injuries, something that will trigger the body to create new collagen and elastin. The signs of aging can be reduced with the use of Micropen treatment, and it may also be used to reduce or eliminate acne scars or other issues like rough skin. For the best results, most people have several Micropen treatments, usually scheduled one month to six weeks apart. After a Micropen treatment, patients can go back to their usual routine right away but will need to avoid sun exposure and other things that could potentially damage the delicate skin. Any lingering redness from the Micropen procedure can be concealed with makeup if desired.
SURGICAL OPTIONS

Surgical options can be ideal for people who are looking for a long term correction. Whether the problem is wrinkles, drooping skin, or overall aging skin, there is a surgical correction that can help. While the following options are surgical procedures that will require some recovery time, the level of correction that is possible is dramatic and impressive. As long as patients closely adhere to the recovery guidelines that Dr. Patterson provides, they will be able to have the most comfortable and fastest recovery possible.

EYELID SURGERY

For Removal of Sagging and Drooping Skin in the Eye Area

Eyelid surgery, also known as blepharoplasty, is the surgical removal of extra skin and fat from the upper eyelids, lower eyelids, or both eyelids. The excess tissue can create droopiness, sagging, and bags under the eyes. Eyelid surgery is designed to eliminate these issues. Eyelid surgery does not eliminate crow's feet or dark circles, and it is not designed to raise eyebrows that have started to sag. Because of this, eyelid surgery is often done in conjunction with procedures that can correct these issues, for example, a facelift or a brow lift. After an eyelid lift, the majority of people are able to return to their job at around the 7 to 10-day mark post-surgery.
SURGICAL OPTIONS

BROW LIFT

For A Beautiful New Forehead

In a brow lift, the skin of the forehead is surgically tightened. This process includes raising the eyebrows, smoothing out the forehead, and reducing or eliminating frown lines. Brow lift surgery is often done via endoscopy today. A brow lift provides a dramatic correction for people who are unhappy with the look of their forehead due to aging and skin damage. While non-surgical options like Botox can smooth away wrinkles, a brow lift is designed to deal with more severe lines and wrinkles, and it is a long term correction. Most people are able to return to work around 7 to 10 days after a brow lift.
FACE AND NECK LIFT
For Tighter and Smoother Face and Neck Areas

A face and neck lift can dramatically decrease or remove many of the most obvious signs of aging from the face and neck area. Gravity, environmental factors, and the stress of daily life can combine to make the face and neck areas look old before their time. Face and neck lifts are commonly done in conjunction to give the entire area a beautiful and cohesive look. The face lift will tighten the skin, smooth away wrinkles, and remove even deeper facial creases. The neck lift will give better definition to the jaw and improve overall chin contour. After a face and neck lift, most patients are back to work within 7 to 10 days. Some swelling, bruising, and soreness should be expected, but this is normally fully resolved within two to three weeks at the most. A face and neck lift can take years off the face. Many patients say that they feel as if they are looking at an image of their younger selves when they look into the mirror after a face and neck lift. When performed by an experienced and meticulous surgeon like Dr. Patterson, a youthful but still very natural result can be achieved.

EAR RESHAPING
For More Proportionate Ears

Ear reshaping surgery, also known as otoplasty, alters the shape and/or the position of the ears. For people who are unhappy with their large ears, protruding ears, or disproportionate ears, ear reshaping surgery can be the permanent solution. This type of surgery is performed on both children and adults. After an ear reshaping surgery, most patients are able to return to work or school after five days to a week of rest.
WHICH PROCEDURES ARE RIGHT FOR YOU?

The answer to this is different for every patient, and Patterson Plastic Surgery feels it is very important to make sure each person achieves their goals as effectively as possible. When you arrange a consultation, you will have the opportunity to discuss all the concerns and questions that you have about your face and about facial procedures. Don’t hesitate to tell us about all of your appearance goals. We can custom craft a plan to help you realize all of those goals, whether it includes non-surgical skin treatments, surgical solutions for skin concerns, or both. The Patterson Plastic Surgery staff is here to help you achieve the beautiful and youthful face that you deserve! Call us to arrange a consultation with Dr. Patterson today -- we look forward to meeting you!

REQUEST CONSULTATION