



# Cosmetic Chronicles

Volume 2—January 2008

## What's New

A few months ago, we were happy to attend the American Society of Aesthetic Plastic Surgery's<sup>1</sup> annual meeting in New York City. Many procedures and innovations were discussed at the meeting. Here are a few that have changed with recent advancements in technology and techniques.

### Fillers—Top Choices Available Now

Dr. Kress participated in a discussion panel comparing the effectiveness and safety of new and old filler substances. During the session, doctors learned about new fillers being developed almost weekly.

So many of the “new” fillers have a substantial risk of allergic reactions and a very real incidence of forming lumps, sometimes even months later.

Restylane, available since 1996, remains the undefeated filler champ with no allergic reactions and virtually no problems with clumping. It remains an excellent filler choice since it is so predictable, reasonably priced, and safe.

Silikon 1000 is a promising new “permanent” filler. Plastic surgery had a bad experience with injectible silicone 20 years ago, but this was due to the poor quality of the material. The new ultra-pure silicone for injection has been approved by the FDA for injection into the eye, which allows plastic surgeons to use it as a soft tissue filler by a process called “off labeling”. Bottom line, Silikon1000 is a GREAT permanent filler, but it needs to be used with caution and slowly built up. It is usually used to enhance lips, shape cheeks and chin, and smooth out skin between the eyebrows.

### MACS lift—A More Natural Facelift

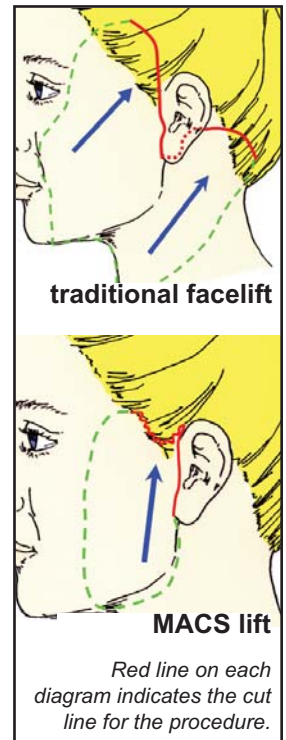
At the meeting our Belgian friends, Patrick Tonnard and Nicholas Verpaele, were recognized for their work on the MACS lift.

For the past two decades, the field of plastic surgery has been pursuing ever more aggressive techniques for face-lifting, even to the point of lifting the face off of the bones of the face and rearranging it. Unfortunately, instead of increasing the benefits, all that occurred was more complications, delayed healing, and more unnatural results (pick up any Hollywood movie magazine if you want proof).

About 8 years ago, Tonnard and Verpaele went the opposite direction and developed the MACS lift, which uses a smaller

incision, limited surgical dissection, faster recovery, minimal complications, and to the amazement of their critics, a MUCH more natural result. The naturalness comes from the ability of their procedure to lift vertically (which is opposite aging) as opposed to the old style which lifts at an angle towards the back of the head. This was a big step for Plastic Surgery since many of the “Old Guard” plastic surgeons have built their careers on variations of the super aggressive facelifts.

Dr. Kress has been performing the MACS lift for about three years. Over 80% of our facelift clients choose the greatly simplified MACS lift. Patients now are out of surgery in about 1.5 hours, instead of a 4+ hour procedure, and have a much shorter recovery time with less risks. Having an individual consultation will allow us to evaluate your facial aging and make recommendations on the best solutions for you.



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## Preferred Patient Specials

Take advantage of preferred pricing to rejuvenate and revitalize your skin during these harsh winter months.

Schedule a FREE skin care consultation with Liz and receive 20% off Obagi products on the day of your visit.

Limited time—save on Microdermabrasion!

**\$50 off** a single treatment

or

**\$125 off** a 5-treatment package

Offers expire January 25, 2008.

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## Tummy Tucks—Simpler and Safer

About five years ago the tummy tuck was reinvented, pioneered by two Brazilian Plastic Surgeons. Prior to their work, a lot of controversy existed over the combination of surgical cutting and liposuction and whether the combination increased risks. The Brazilian's technique limits the surgical area to below the belly button and liposuction above the belly button. A French plastic surgeon, Jean Pascal, improved the technique even more, showing us how to keep swelling to a minimum.



Before

Now, the operation is available to patients who are not at their "ideal" weight and the risk of complications reduced from a whopping 10% to considerably less than 1%.



After

The combination of these two advancements has simplified the procedure and permits a safer and faster recovery. For the first time at the ASAPS meeting, a teaching course was held on the technique of the "new" tummy tuck.

During the past three years, Dr. Kress has performed hundreds of tummy tucks using these techniques. It is one of the most requested procedures and has one the highest satisfaction rates. Many ladies with massive weight loss or multiple children can even get back into two piece bathing suits.

<sup>1</sup> The American Society of Aesthetic Plastic Surgery is exclusively for Board Certified Plastic Surgeons with practices dedicated to cosmetic surgery. Of all the American Plastic Surgeons only about 20% are eligible to belong to this society.



**Donald W. Kress, MD, FACS**  
Board certified plastic surgeon  
25+ year experience

## Ask Dr. Kress

Here's your chance to ask Dr. Kress any questions you may have regarding plastic surgery procedures, recovery, etc. Email your questions or concerns to [info@plasticsurgeryone.com](mailto:info@plasticsurgeryone.com). We'll post some of your questions and Dr. Kress' answers in our next newsletter. Although questions may be shared, all inquiries are kept personal and confidential.

## Meet Our Staff

We'd like to take this opportunity to introduce our competent, professional and caring staff to you by featuring one of our valued employees each month!

### Elizabeth Eldred, Esthetician

A new face you'll see in the office is Elizabeth Eldred (Liz), a licensed esthetician and certified paramedical esthetician. She holds certification as an advanced clinical facial specialist and for several procedures including microdermabrasion, chemical peels, corrective makeup therapy and facial lymphatic massage.



Whether you need pre- or post-operative skin care or want to reverse the effects of aging and sun exposure, Liz can design a program for your specific needs. She will help you select products and services with a proven track record of delivering exceptional results, including: chemical peels, prescription skin care, medical microdermabrasion and camouflage therapy with mineral makeup. **Call today for your free skin care consultation — 301-698-2400.**

## Recipe Corner

Dr. Kress would like to share one of his favorite holiday recipes: *Dr. Kress' Toasted Coconut Bread*. He's made this recipe every Christmas eve for about 20 years and has a slice toasted with butter before opening presents Christmas morning. Enjoy it with your family in 2008.

### Toasted Coconut Bread

1 cup shredded coconut	½ tsp. salt
3 cups flour	1 egg
1 Tbsp. baking powder	1½ cup milk
1 cup sugar	1 tsp. vanilla

Spread out coconut in a shallow pan and brown in oven stirring constantly with a fork. Mix flour, baking powder, sugar and salt and add coconut to the mixture. Beat egg until foamy. Add milk and vanilla to egg and pour into flour mixture. Stir until mixed; do not beat. Pour into loaf pan lined with wax paper. Bake at 350° for 70 minutes. Makes one 9-inch x 5-inch x 3-inch loaf. For variety, try including dried cherries, raisins, cinnamon, dried blueberries, or almond extract.

## Gift Certificates are Available!

Stop by or call the office to purchase Gift certificates that can be used towards services or Obagi Skin Care and Jane Iredale products!



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