

# Aesthetics Newsletter

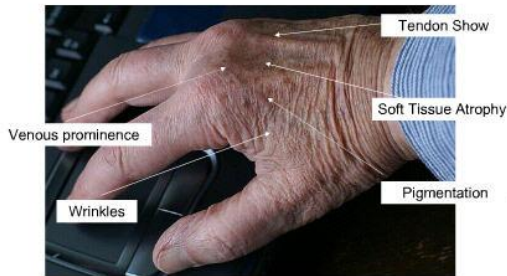
From Lynette Lakshmeena, Marian Urban,  
and the practice of Daniel N. Ronel, MD  
December 2008

## Lasers, Hands, and Lips

Welcome to a quick introduction to LASER SKIN CARE. We want to gift you something special as you are getting acclimated to the "chill" in the air!

**In this newsletter we'll start with the hands . . .**

We all know that the hands are a good indicator for guessing someone's age. While a nice manicure can give hands a more polished appearance, the skin and its condition tell volumes.



As we transform (nobody *ages* anymore), the fat deposits and connective tissues in our hands begin to shrink and the elements take their toll. Our hands are "front and center" if you will, so sun damage is accelerated there. The common problems our patients seek to correct are wrinkles, age spots, and prominent veins and tendons. So many people bypass these challenges on the hands, and instead focus on their face -- perhaps 'tis the season to have a look at the bigger picture....

***Dr. Ronel offers one of the latest skin rejuvenation programs,  
and he is the only one in New Mexico doing it!***

The program includes topical creams and scrubs for dryness and sun damage, injectable fillers to give skin a plump, youthful look, and in comes the LIMELIGHT . . . a popular treatment in our practice which uses Intense Pulsed Light to target and diminish those pesky "brown spots". The Limelight laser can be directed onto specific areas or tissues within the skin, and produces pulses of light that vary in strength and tissue target. Our LIMELIGHT targets the brown spots WHILE at the same time it helps to increase collagen production with a very low risk.

Hi-tech laser treatments have become the most popular method of creating younger-looking skin on the hands, REPLACING the old-school method of chemical peels that can be risky for sensitive skin. So next time you're pampering the skin on your face and body, remember not to neglect your hands.



**FOR THE REST OF NOVEMBER EVERY LIMELIGHT IPL PACKAGE THAT IS BOOKED WILL INCLUDE THE HANDS AND THE DECOLLETAGE ABSOLUTELY FREE OF CHARGE! THAT IS A \$1200 VALUE THAT WE ARE EXTENDING FOR THE NEXT 2 WEEKS ONLY and will END NOVEMBER 30th. YOUR HANDS APPLAUD YOU! (Not to mention the admiring glances!)**



## And now for the lips . . .



As we head into the holidays, the LIPS are drawing attention . . . here is a fun and informative note on how to shape and enhance THAT BEAUTIFUL feature on your face. DR. RONEL IS OFFERING A HOLIDAY **HOT LIPS INCENTIVE** TO INSPIRE YOU TO GO AHEAD AND DO IT! WITH EVERY LIP ENHANCEMENT, YOU WILL RECEIVE A COMPLIMENTARY COLORESCIENCE LIP CANDY GLAZE WITH PEPTIDES, MINT AND CACAO TO ENERGIZE AND SOFTEN YOUR LIPS. ALSO INCLUDED IS A **50% DISCOUNT** ON ALL **NATUROPATHICA** PURCHASES MADE THAT DAY! READ ON TO DISCOVER THE INS AND OUTS OF THOSE BEAUTIFUL POUTS!

## Injectable Lip Enhancement

### Quick Facts

- Volume loss of the lips occurs naturally with time, and replacing this can result in more youthful looking lips
- Dermal fillers can be injected into the lips and the surrounding areas to enhance the shape or size of lips
- Anesthetic is injected to numb the lips prior to lip enhancement
- There may be some swelling and bruising after lip enhancement
- Dr. Ronel aims to achieve very natural-looking lips

### What is injectable lip enhancement?

Injectable lip enhancement is the procedure of strategically injecting dermal fillers into parts of the lip and surrounding areas to add volume, improve shape, and reduce surrounding wrinkles. Enhancing the lips is not always about enhancing just the vermilion or red part of the lips -- filling around the lips may be just as important as filling the lips themselves. For example, the corners of the mouth can be lifted with the filler to decrease the appearance of sadness – it is about creating balance and harmony of the lips and the area that surrounds them.

Dr. Ronel's goal is to enhance your lips so that they are proportional to the rest of your face, as well as the upper lip being proportional to the lower lip. The result is pleasing to the eye and natural looking.

### What is the filler material used?

There are many types of dermal fillers and the results can be temporary or permanent depending on the type used. Dr. Ronel currently uses Juvederm and Artefill because of their excellent safety profile and silkiness. Juvederm lasts about 6 months to one year, and Artefill lasts several years. There is a personalized injection that suits every patient's needs.

### What do aesthetically pleasing lips look like?

This is a personal preference and the choices are endless. Dr. Ronel takes the time to discuss your desires and what you would like to achieve. However, it is important to have lips that fit your face appropriately. Generally speaking, the bottom lip is 30% larger than the top lip. This is not always the case, but it is important to avoid the 'ducky lips'. Inexperienced injectors often create this look by over-injection in certain parts of the lip.

### What do I need to be aware of after the injections?

The main side effect is swelling of the lips after lip enhancement. This may persist from 3 (common) to 14 (rare) days. The type of dermal filler used also determines the degree of swelling. Our COLORESCIENCE medical makeup will help camouflage the swelling and will give you a smile as you walk out the door!

Thanks!

Lynette and Marian

PS: there is another option – **lip implants!** Dr. Ronel is the only person in New Mexico trained to insert the Evera Ful-Fil saline implant.

See below:

## ***Fabulous New Procedure for Permanent, Full Lips***

**Board-Certified Plastic Surgeon *Daniel N. Ronel, MD* announces the latest advancement in lip enhancement – the *FulFil Saline Lip Implant*.**

- Ideal procedure for *permanent* plumper, shapelier lips
- Multiple sizes available
- Soft implant moves with the natural motion of the lip
- No need for multiple injections of fillers
- Safe, saline-filled chamber in ultra-thin biocompatible Teflon cover
- Tiny, hidden incisions under local anesthesia, performed in 30 mins
- Only physician in NM certified to perform the procedure



Before



After



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