

Premier Image Cosmetic & Laser Surgery

IMAGE SHAPING NEWS

Greetings!



I can't believe we're heading into Spring already. When I was younger I didn't understand the saying "***Time just flys by***", matter of fact, I was always in a hurry to grow up. Now I'm doing everything I can to keep a youthful, fresh appearance. (I have some pretty good connections)

I hope you've been learning as much as I have from these Newsletters. Send me a note if you want information on something in particular.

Hope to hear from you soon,

Jeanette Hames

AWAKENING FACELIFT OPTIONS



In our fast-paced society where few patients can afford the recovery time associated with a traditional full facelift, a **QT Mini Facelift** is a more realistic alternative. Because only local anesthesia and minimal or no sedation is required, recuperation time is dramatically decreased to the point that it's often feasible to schedule the procedure over the weekend and be back at work on Monday.

The **QT Mini Facelift** and Louis M DeJoseph, MD recently became the focus of media attention as Beth Galvin from **FOX 5** news brought their camera crew to Premier Image Cosmetic and Laser Surgery to film DeJoseph performing the "**QT LIFT**".

On a Saturday morning the patient entered the operating room and a film crew recorded the entire procedure. Just 48 hours later, on Monday morning, the patient reported to work as usual. "Without the use of general anesthesia and utilizing the advanced techniques of the "**QT Lift**" the patient requires dramatically less recovery time," explains Dr. DeJoseph. The results and quick recovery with the "**QT Lift**" approach have led to national media coverage on major television networks such as **FOX 5** and **11 Alive** news stations.

"Ask any patient considering a facelift what scares them, and in the top five answers they always note that the use of general anesthesia and the prolonged recovery time needed are deterrents," says William E Silver, MD, FACS. "In the past two years, I have completed more than 400 "**QT**" **LIFTS** without general anesthesia or deep sedation, and of these patients, only five took more than a week to recover, most were back to their normal work or social schedule in just four days."

Without using general anesthesia, doctors Silver and DeJoseph perform a **QT Mini Facelift** including tightening of the SMAS, which is the muscle and strength layer for the face. "I am performing a scaled down version of what I do during a traditional full facelift, just using smaller incisions," says DeJoseph. "This creates less bruising and swelling and consequently requires a shorter recovery period. The results are dramatic and lasting," DeJoseph adds.

The "QT" **LIFT** is more affordable as it costs about half the price of a traditional full facelift and doesn't require the down-time. The "**QT LIFT**" takes approximately 2 hours from start to finish and will last years, similar to a traditional full facelift. "It is ideally suited for the person with early signs of aging such as jowling and neck laxity, not quite ready for a full facelift," Silver explained. "The consultation is a very important part of the process to assess whether the patient is a candidate for the procedure."

Though most patients are lightly sedated, they can be easily awakened during the "**QT Lift**" procedure - a request that patients are making more often due to the irrational, but unfortunately pervasive, fear of "**going under**". Although unique in its avoidance of anesthesia, the "**QT LIFT**" and other cosmetic procedures performed by doctors Silver and DeJoseph are fully monitored by the surgical staff of Northside Hospital in an on-site fully licensed, state-of-the-art surgery center.

"The "**QT Mini Facelift**" bridges the gap between traditional surgical procedures and non-invasive treatments. It is a welcome addition to our bag of tricks," says Dr. Silver.



RECOVERING FROM SURGERY

Every surgery requires some type of recovery, from a couple of days to a week or more. There are medications that will be prescribed for discomfort and prevention of infection and nausea and instructions on medications and vitamins to avoid.

Fill your prescriptions a week in advance and make a trip to a grocery store. To further speed recovery time, the doctors here at Premier Image will prescribe **Arnica Montana** for bruising and swelling. These can be filled on-site for your convenience. An additional vitamin regimen will be recommended to boost your immune system.

Meal Planning: Pick up your favorite yogurts, soups and single dish soft foods. Gatorade, Gatorade and juices (non-acidic) are great to have on hand. Grab **4 bags of frozen small peas** to use as an ice pack. (They're softer than the ice bag.)

Overnight care: Plan on having a friend or family member provide transportation and overnight care for your first night. Premier Image offers personal care-givers who provide experienced overnight care for cosmetic surgery.

Reduce swelling by applying ice or frozen peas for the first 48 hours and use at least 2-3 pillows to keep the head elevated. A recliner is a sure way to elevate your head.

Nausea: Eat a little something before taking any medications to prevent nausea and drink plenty of fluids to prevent dehydration.

Expect to look worse before you look better. Swelling and bruising are inevitable, but with proper care will diminish quickly and you will begin to see your results.

Enjoy your downtime: You may want to pick up some good books and videos you've been wanting or stationary for those letters you've been meaning to write. Relax.

What to tell others: If you are uncomfortable telling your friends or coworkers you are having cosmetic surgery, then you may wish to tell them you are taking vacation or having reconstructive surgery.

No exercise: Do not exercise until your doctor allows it. Exercise will worsen your swelling and compromise healing and your results.

No heat: Do not use heating pads, curling irons or blow dryers on heat for at least 4 months following facial rejuvenation.

Sunscreen: Use extreme caution in the sun. During the first year protect all surgical sites with a physical sun block (SPF 30).



BREAST IMPLANT OPTIONS

For some women, **breast implants can improve their quality of life.** Some breast cancer survivors believe that getting breast implants are an important part of their recovery. For each woman, whether her goal is augmentation or reconstruction,

the choices in breast implants becomes confusing. Consultation with a Board Certified Plastic Surgeon is paramount, with your physician's advice, you must decide shape, feel, size and possible risks factors.

Your consideration of breast implants should be based on realistic expectations of the outcome. To help you get an idea of what results may be possible, request **"before and after" pictures** of patients who have had the surgery here at Premier Image Cosmetic & Laser Surgery.

Saline verses Silicone Gel-With Silicone Gel implants the fill does not shift and therefore rippling, shell collapse and folds do not seem to occur, even in long term follow up. Shell breakage is rare, however even if you peeled of the shell of the implant, the cohesive gel will maintain its shape and not leak.

Shape-Breast implants come in a variety of shapes, surface textures and sizes. Depending on the desired shape you desire, you and Dr. Tolson may choose a **round or anatomical/contoured breast implant shape**. The contoured breast implants do seem to maintain their shape depending on placement and patient physiology. Since the length is greater than the width, it may be **unsuitable for women under 5'5"**.

With that said it is important to consider the forces of gravity when choosing **anatomical/contoured breast implants**. For example, the **"Tear Drop"** breast implant has an oval appearance from the front. When viewed from the side, it is larger at the bottom and appears flat at the top. Most of the volume in contoured implants is in the lower portion of the implant giving a bottom-out look.

Round implants are the most popular choice and when viewed from the front takes on the same form as the anatomical implant. It is a misconception that round implants produce a "fake" or overly round appearance.

Feel-Textured surface implants were designed to reduce the chance of **capsular contracture**(hardening of the breast), however clinical information from studies of women with breast implants show no difference in likelihood with textured compared to smooth surfaced breast implants. **Cohesive Silicone Gel Breast Implants** have been used for ten years in Europe and experience has been that **capsular contracture** seems to occur **less often** with these implants.

Size Matters-During consultation, Dr. Tolson will evaluate your existing tissue to determine if you have enough to cover the breast implant. If you desire a breast implant size too large for your tissue, you need to be aware that implant edges may be visible post-operatively and you may **increase risk of surgical complications**. Also, excessively large breast implant may speed up the effects of gravity and result in earlier droop or sag.

There are many choices to make in breast enhancement. By researching the pros

and cons and consulting with an experienced, board certified plastic surgeon specializing in body plastic surgery, the results can be a lifelong wish come true.

Dr. Michael Tolson of Premier Image Cosmetic & Laser Surgery holds board certification by the American Society of Plastic Surgeons and has over 15 years of experience in the art of body contouring. He has performed over 15,000 procedures on men and women throughout Georgia and the Southeast. His extensive training, attention to detail and artist touch produce exceptional results that our patients describe as "**Life Changing**".

GIFT GIVING?...MAKE IT PERSONAL



Personalized Gifts are the most appreciated and thoughtful gifts a person can give and here at Premier Image we personalize and customize your gift. With Easter and Mother's Day fast approaching we can take the pain out of "What to Get" and make it a special, more personal gift.

You can choose from a Gift Basket filled with the finest in medical skin care products by Premier, Obagi, Clayton Shagal and more. Add relaxing bath scrubs, butters, Ergo scented soy candles and more. Every Gift Basket **comes with a Complimentary Skin Care Treatment & Skin Analysis** increasing your gift value by \$125.00. Our Certified Medical Estheticians will help you select the products based on a few simple questions and your gift will be ready for pick-up with 24 hours.

Gift Certificates are also available in monetary increments of your choice. Gift Certificates from Premier Image Cosmetic & Laser Surgery are the perfect gift and can be used for any cosmetic procedure or skin care products.

Call now to order 770-457-6303.

SEMINAR/OPEN HOUSE

"THE TRUTHS & MYTHS OF PLASTIC SURGERY"

Tuesday, March 20th 6 - 8pm



Join us for an evening filled with fun, food and wine as Double Board Certified Plastic Surgeons deliver an amazing visual presentation on surgical and non-surgical cosmetic procedures of the face and body.

Considering plastic surgery or other non-surgical options to turn back the hands of time or improve your look, then this is an event you won't want to miss. Special guest include post operative patients of the "QT" Mini Facelift, Rhinoplasty, Liposuction, Breast Augmentation and more.

Seating is Limited. RSVP 770-457-6303

4553 North Shallowford Road, Atlanta, GA 30338
Just one exit east of Perimeter Mall off I-285.

Premier Image Cosmetic & Laser Surgery, Georgia's first multi-specialty cosmetic surgery practice founded in 1970 by Triple Board Certified Facial Plastic & Reconstructive Surgeon, Dr. William E. Silver in answer to his dream of providing patients with a diversity of cosmetic procedures by only board certified physicians and surgeons in their specialty fields.

Premier Image Cosmetic & Laser Surgery offers a variety of cosmetic procedures including facial & body plastic surgery and non-surgical procedures that include laser skin resurfacing, laser treatments for tattoo, hair and vein removal. On campus is Premier's Anti-Aging Medical Spa for the ultimate in medical skin care products and services.

Premier Image Cosmetic & Laser Surgery is conveniently located in Atlanta off I-285, one exit east of Perimeter Mall on North Shallowford Road. The campus is complete with a fully licensed and Triple "AAA" accredited out-patient surgery center. We pride ourselves in using only MD anesthesia and qualified personnel chosen not only for their expertise and credentialing but for their caring attitudes.