

DECEMBER SPECIAL

Bring a friend
(new patient)
for Botox or fillers and
Receive \$50 OFF
your treatment!
(\$300 minimum)



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Martin A. O'Toole, M.D., F.A.C.S.



GOT QUESTIONS?

Dr. O'Toole's got the answers. Send an email and receive a confidential reply from Dr. O'Toole.

[E-mail Dr. O'Toole](#)



Put Your Best Face Forward This Holiday Season

While the holiday season is one of the most joyous times of the year, it can also be the most frenzied. Shopping, cooking, entertaining, wrapping gifts, decorating... our to-do lists seem to get longer as the days grow shorter



Why not put *yourself* at the top of your to-do list for a change? In this season of gift-giving, self-care isn't being selfish. Rather, it's an investment in your own well-being that can enhance your confidence and self-esteem. What's more, when we feel good about ourselves, it seems to enlarge our capacity to be there for others. And isn't that what the holidays are all about?

No time? No problem!

Perhaps you're thinking, "I can't be sidelined right now with a lengthy recovery...the holidays are right around the corner." Well, with today's advances in laser technology, dermal fillers and other non-surgical procedures, there's little to no downtime involved. So you can be looking your youthful best at holiday get-togethers without skipping a beat.

Here's an at-a-glance look at the array of fast, safe and effective facial rejuvenation options available that can help add some "sparkle" to your holidays *without* taking you out of circulation. **And, as our gift to you, bring a friend (a new patient) for Botox or fillers and receive \$50 off your treatment (minimum \$300).**

Procedure	What it is/does	How long it lasts	Downtime
Lasers			
Fraxel Laser Resurfacing	Targets microscopic portions of the epidermis to improve texture, tone, pore size, smooth wrinkles and tighten skin.	Improvements can last a year or two or longer. 3-5 treatment sessions required; results are immediate and progressive.	3 to 5 days of redness and swelling; skin may be pink for up to a week.
Injectables			
Botox	Blocks nerve impulses to smooth wrinkles, especially frown lines between the eyes and crow's feet.	3 to 6 months (takes effect after 2 to 4 days).	1 or 2 days of redness, swelling; occasional bruising and tenderness resolve within days.
Restylane	Plumps up naso-labial folds (from nose to mouth), marionette lines (from mouth to jaw), under eyes and lips.	Shows immediate results and lasts up to 8 months (sometimes longer).	Mild redness and swelling generally subsides within hours. Occasional bruising and tenderness resolve within days.
Juvederm	In 2 strengths for plumping fine lines and deeper wrinkles. Excellent to repair lip lines.	6 months or more.	Mild redness and swelling generally subsides within hours. Occasional bruising and tenderness resolve within days.
Perlane	Best for deep furrows, most often nasolabial folds and marionette lines.	6 to 12 months.	Mild redness and swelling generally subsides within hours. Occasional bruising and tenderness resolve within days.
Radiesse	Great for nasolabial folds and marionette lines. Calcium-based beads form structure beneath skin around which new collagen forms.	One to 2 years.	Mild redness and swelling generally subsides within hours. Occasional bruising and tenderness resolve within days.
Fat Transfer	Fat harvested from thighs, buttocks or stomach is injected into face to plump up sunken cheeks, deep lines, lips, under eyes.	6 months to 2 years (series of 2 or 3 treatments yields best results).	Some short-term redness, swelling, bruising.

Plus, our skilled aesthetician, Rita Marie, is on hand to perform soothing, cleansing and restorative mild peels (Glycolic acid, Vitalize).

Get Radiant Again

Invest in your complexion this season and the stares and compliments will start pouring in. Everything will seem brighter, and you'll remember 2007 as the year you *really* got into the Christmas spirit.

With thanks for your continued trust and confidence, and best wishes for happy, healthy and beautiful holidays!



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