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PASADENA COSMETIC SURGERY

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Summer 2008 E-Newsletter

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



**SUMMER SPECIAL**  
LOOK GREAT IN '08

**\$50 OFF**  
**Restylane**

(book before August, 31 2008)

**10% OFF**  
**Skin Care**  
**Products**  
**(\$150 minimum)**

(purchase before 08/31/08)

**PRINT COUPON**

EXPIRES 08/31/08

**QUICK LINKS**

**Breast & Body Procedures**

- [Breast Augmentation](#)
- [Abdominoplasty](#)
- [Mini-Abdominoplasty](#)
- [Liposuction](#)
- [Breast Reduction](#)
- [Breast Reconstruction](#)
- [Breast Lift](#)
- [Brachioplasty](#)
- [Male Breast Reduction](#)
- [Thighplasty](#)

**Face & Neck**

- [Face Lift](#)
- [Blepharoplasty](#)
- [Rhinoplasty](#)
- [Forehead Lift](#)
- [Facial Implants](#)
- [Otoplasty](#)
- [Lip Augmentation](#)

**Skin Care**

- [Collagen/Restylane/Hyalaforn](#)
- [Glycolic Acid Peels](#)
- [Hair Removal](#)
- [Tattoo Removal](#)
- [Sclerotherapy](#)
- [Laser Skin Rejuvenation](#)
- [Dermabrasion](#)

**Before and After Photos**

- [Breast Augmentation](#)
- [Abdominoplasty](#)
- [Face Lift](#)
- [Blepharoplasty](#)
- [Rhinoplasty](#)
- [Liposuction](#)
- [Breast Reduction](#)
- [BOTOX® Cosmetic](#)
- [Collagen / Restylane](#)
- [Breast Reconstruction](#)
- [Breast Lift](#)
- [Forehead Lift](#)
- [Brachioplasty](#)
- [Male Breast Reduction](#)
- [Facial Implants](#)
- [Glycolic Acid Peels](#)
- [Hair Removal](#)
- [Tattoo Removal](#)
- [Thighplasty](#)
- [Sclerotherapy](#)
- [Otoplasty](#)
- [Lip Augmentation](#)
- [Laser Skin Rejuvenation](#)
- [Dermabrasion](#)

**Patient Testimonials**

**Let Him Pamper You with a Gift Certificate**



**Receive a free facial skin care consultation**

with our esthetician Ritamarie. Contact us for more details.

**GOT QUESTIONS?**

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

[Email Dr. O'Toole](#)



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**Undoing Sun Damage**  
**Can You Sunbathe Without Consequences?**

It's hard to resist the allure of the sun. It feels wonderful to lie there soaking up rays, relaxing your body and letting your mind drift happily to thoughts of light and warmth.

**But you pay the consequences:**

- Brown age spots
- Blotchiness
- Broken blood vessels
- Freckles
- Wrinkles
- Dryness



**Sunblock Is No Guarantee**

Consequences like this accrue even if you apply sunblock.

Studies show that most people apply too little sunblock, and don't apply it often enough. Plus, the more you go in and out of the water, the likelier it is you'll spend stretches of time with your sunblock rinsed away, unprotected from the sun.

**Medical Science Can Help**

While we can't undo your pleasurable moments in the sun, we can undo some of the damage the sun inflicts. This generation is lucky. Medical science has devised ways to restore fresh, smooth, youthful complexions to one and all.

**Let us count the ways we can help:**

**1. Active FX and Deep FX Fractional CO2 Laser Treatments**

These low-impact, high-result treatments are done with the Ultrapulse Encore Total FX CO2 Laser System made by Lumenis and work on many levels to reverse sun damage. At the surface of your skin they lighten brown spots, remove white spots, tighten pores, and resolve textural changes that result from too many solar rays.



On a deeper level, they send energy to the layers where collagen is produced, stimulating new cell growth and tightening this layer. So your complexion continues to improve over a 6-month period while skin structures naturally undergo restoration. The end result is stronger, younger skin with fewer fine lines and wrinkles.

The downtime is a few days, and requires only one treatment. This is unlike other types of lasers which require multiple treatments and do not treat wrinkles. You'll have 3 - 5 days of mild redness and swelling. With makeup, you can continue working and socializing. This treatment is done under topical anesthesia in our office.

**2. Botox**

Botox can minimize and even prevent the appearance of frown lines, forehead creases and crow's feet around the eyes. It relaxes muscles, reducing their intensity and preventing wrinkles from appearing as well as smoothing out the ones you already have.



If you already have deep frown lines and forehead creases, Botox can smooth them out and make your eyes look bigger. In many women it widens the forehead, balancing the proportions between the upper and lower face.

While Botox lasts for about three months, with regular injections clients find treatments can be spaced up to six months apart.

**3. Dermal Fillers**

Injectable fillers add volume and "plump up" the skin. This hides the sun's worst damage -- destruction of collagen and other dermal substructures. **Restylane**, **Juvederm** and **Radiesse** can last for up to 12 months and require no allergy testing. **Artefill** is more permanent.

**4. Peels**

People of all ages can win the battle against sun-induced dark areas, lines and wrinkles with chemical peels.

This is also a great treatment for oily skin and acne. Active ingredients such as glycolic acid and beta-hydroxy acids serve as mild peeling agents to exfoliate the skin and cleanse the pores. Our Vivite and Vitalize peels are performed by our esthetician with amazing results.



**5. Home Maintenance**

A good home skincare regimen has been proven to prevent, slow and even reverse sun damage. A key component: retinol-based products that help complexions look brighter, smoother, and more even. Vitamin C creams also help. We carry a number of products that contain the highest-grade pharmaceutical ingredients for soothing damaged skin.

Since different skin types respond to different products, let us advise you on which products to use.



**Keep Up the Good Work**

I'm sure you've been diligent with your sunblock so far this summer. Please keep it up, and don't mortgage the beauty of your mature face for the momentary pleasure of basking in the sun.

However, since nobody's perfect, and since summer has a way of bringing the carefree kid in us, you may discover areas of sun damage as September looms.

If so, have no fear. We can help.

Look for our upcoming seminar showcasing our new **Ultrapulse Encore Total FX CO2 Laser System**. Exciting introductory specials will be offered.

**Watch The Video**  
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