

## Minilift With maximal results

A minilift can literally take ten years off of your face. How do we accomplish this? By tightening the underlying muscles of the face one can make dramatic improvements in the contour of the neck and jowls. Improvement in the midface and nasolabial folds is less dramatic but noticeable.

This procedure is performed by making a minimal incision under the chin to perform liposuction of the central and lateral neck. Then carefully placed incisions around the ear are used to tighten the facial muscles.

Recovery time varies, but because the procedure is not as involved as a traditional facelift there is less bruising and swelling. This procedure can be performed in a variety of settings from under local anesthesia in the office to general anesthesia in the operating room depending on your preferences.

Often a minilift is combined with other procedures such as blepharoplasty (eyelid lift), browlift, and/or laser skin rejuvenation. Ask your surgeon what procedures you might be a candidate for.

Other common terms for a minilift are S-lift, weekend facelift, lunchtime lift, among others. Ask Dr. Lee or Dr. Kuntz if you might be a candidate.

## Fillers and BOTOX What's New?

You may have heard of BOTOX, but were wondering how it works. Wrinkles come from overactive muscle use which results in wrinkles. By temporarily paralyzing these muscles wrinkles can be prevented or eliminated. BOTOX can be easily performed in the office with essentially no downtime. It can be combined with other procedures to provide a no downtime facial rejuvenation.

Fillers are made of various materials which can help erase

wrinkles. Restylane and Juvederm are temporary fillers which can erase nasolabial folds and be used to hide the unsightly bags under your eyes. A more permanent filler, Artefill, is now available which can last up to 5 years. Often patients will combine BOTOX, a filler, and a microlaser-peel for a complete facial rejuvenation.

Ask Dr. Kuntz or Dr. Lee if these procedures are right for you.

SCITON CONTOUR™ LASER

## MICROLASER PEEL™

For smoother,  
healthier,  
more vibrant skin.

Look Your Best with the latest  
advancement in skin renewal.

Reduce the signs of aging.  
Eliminate sun damage.



The "weekend" skin peel treats skin conditions associated with aging and an active lifestyle. You can see real improvements in just a few days.

- Smoother, softer skin • Reduce wrinkles
- Younger looking, healthier skin

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# LAKE WASHINGTON FACIAL PLASTIC SURGERY

Fall 2007

Dr. Kuntz and Dr. Lee are pleased to introduce the Micro Laserpeel and Broad-band light treatments for facial rejuvenation. These laser therapies in combination with traditional surgical techniques allow for complete facial rejuvenation .



## Introducing new laser technologies for facial rejuvenation

Dr. Kuntz and Dr. Lee of Lake Washington Facial Plastic Surgery (subsidiary of Bellevue ENT) are pleased to announce the arrival of Sciton's most advanced multiplatform laser treatment device.

Our services now include laser photorejuvenation procedures which can take away years off of your face with potentially minimal downtime.

We are now able to effectively treat sunspots, spider veins, acne, scars, improve skin texture, among other things with the laser.

Treatment is customized for each patient according to your desires and amount of downtime you can undertake.

Downtime ranges from a few hours to a few days depending on the procedure. One of the exciting

new technologies available is fractionated thermolysis.

This technology creates multiple microcores deep into the deeper parts of the skin to generate collagen, improve skin texture, and achieve skin tightening, while sparing the more superficial portion of the skin thus reducing downtime.

# The Microlaser Peel

## Skin Rejuvenation

### FAQ: MICROLASERPEEL™

#### What is the MicroLaserPeel™?

It is a minimal to full epidermal laser peel that precisely removes the outermost layers of the skin. The procedure is individually tailored to the nature of the problem to be corrected: wrinkles, scars, laxity, keratoses, or pigmentation problems.

#### Who should consider a MicroLaserPeel™?

The patient looking for better results than microdermabrasion or light chemical peels can offer, yet, still has little time for the healing process.

#### How is the MicroLaserPeel™ different from Microdermabrasion?

Generally, microdermabrasion only removes the outer layer (stratum corneum, 10-15 microns) of the skin. Patients may become dissatisfied when the perceived results do not equal expense and the number of procedures required.

The MicroLaserPeel™ is a minimal to full epidermal peel (20-50 microns). Because this procedure goes deeper into the epidermis, it is the perfect step between microdermabrasion and deeper peels.

#### How often does a MicroLaserPeel™ need to be done?

One procedure could be sufficient for at least 6 to 12 months, but additional procedures can be performed as required. A package of three to four treatments may be best for you. Your physician will determine what is necessary.

#### What can the patient expect?

Smoother, healthier more vibrant skin. You will notice a significant and immediate change in skin texture and tightness when compared to microdermabrasion.

#### What type of anesthesia is used?

A topical anesthetic such as Ela-max, Emla or Betacaine Plus is applied thirty to forty five minutes before the procedure.

#### Do I have to wear any type of dressing or bandage after the procedure?

No! Your physician will prescribe an ointment such as Aquafore or Vaseline. This is used as a barrier to keep the air away from your skin while you grow new epithelium. You will probably use it for one to two days. After that, a moisturizer can be used.

#### How long is the healing process?

The healing process varies from patient to patient but will generally take from two to four days. The procedure can be performed on Thursday or Friday and you can return to work the following Monday. Immediately following the procedure you will feel as if you have a bad sunburn. You will have minor sloughing and itchiness the following day. By day two, redness will begin to fade and by day three any redness can be easily covered by makeup.

Ask Dr. Lee or Dr. Kuntz if you would be a good candidate for the Micro Laser Peel or other laser and light based treatment options.



# Rhinoplasty

## Function vs. Form

Have you ever thought what if my bump could be gone? or I wish I could straighten my crooked nose. If you have been asking yourself those or similar type questions, a rhinoplasty or nosejob may be for you.

A rhinoplasty can change the shape of your nose but most importantly improve your breathing at the same time. Our surgeons have performed countless rhinoplasties which is important when you consider your surgeon.

We aim to be subtle with your rhinoplasty, meaning we want your nose to fit your face and avoid an operated look. This involves careful attention to detail and a conservative approach towards sculpting the nose.

Often insurance companies will cover part or all of the rhinoplasty procedure. Ask your surgeon if that is a possibility.

Recovery time from a rhinoplasty varies but generally patients are able to return to their normal activities after 1 to 2 weeks depending on how complex the surgery.

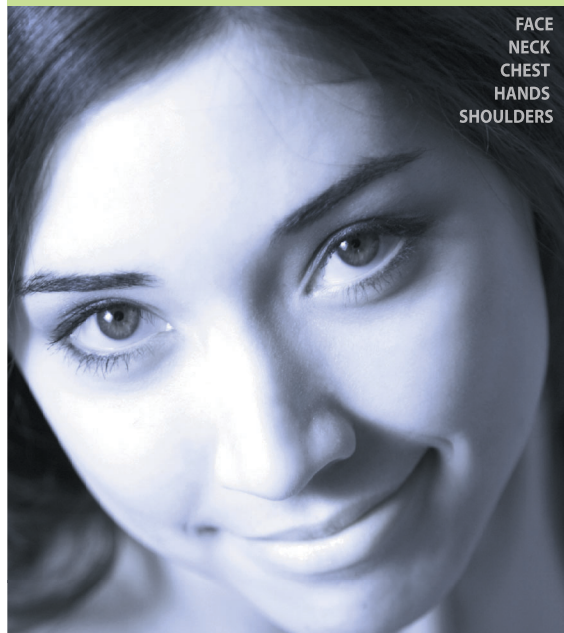
If you think you might be interested, ask your surgeon. We want you to achieve the most harmonious balance between your nose and the rest of your features.

## Photo Rejuvenation Therapy

Our new Sciton BBL™ - broadband light laser is the latest advancement in the **no down-time** treatment of

- > Age spots
- > Facial veins
- > Rosacea
- > Redness and flushing
- > Solar lentigines (freckles)
- > Brown spots
- > Birth marks
- > Port wine stains
- > Red spots
- > Enlarged pores
- > Poikiloderma

Restore your skin to its natural beauty



FACE  
NECK  
CHEST  
HANDS  
SHOULDERS

### What is a facial plastic surgeon?

Our surgeons specialize only in facial and neck surgery and are board certified. When choosing your surgeon you want a specialist, would you trust your face to anyone else? We limit our plastic surgical practice to the face and neck to provide you the most specialized care.

Both of our surgeons, Dr. Kuntz and Dr. Lee limit their plastic surgery practice to facial procedures.