

# *Strategies for Facial Skin Rejuvenation*

Exploring Your Options



*Aesthetic*  
VISION CENTER

The New Fraxel® 1500 SR Laser



# Aloha & Welcome!

*A*s an ophthalmologist I have learned that people's ability to see clearly contributes to their confidence as they go about their daily lives. Not having to worry about how well one can see can be a huge relief.

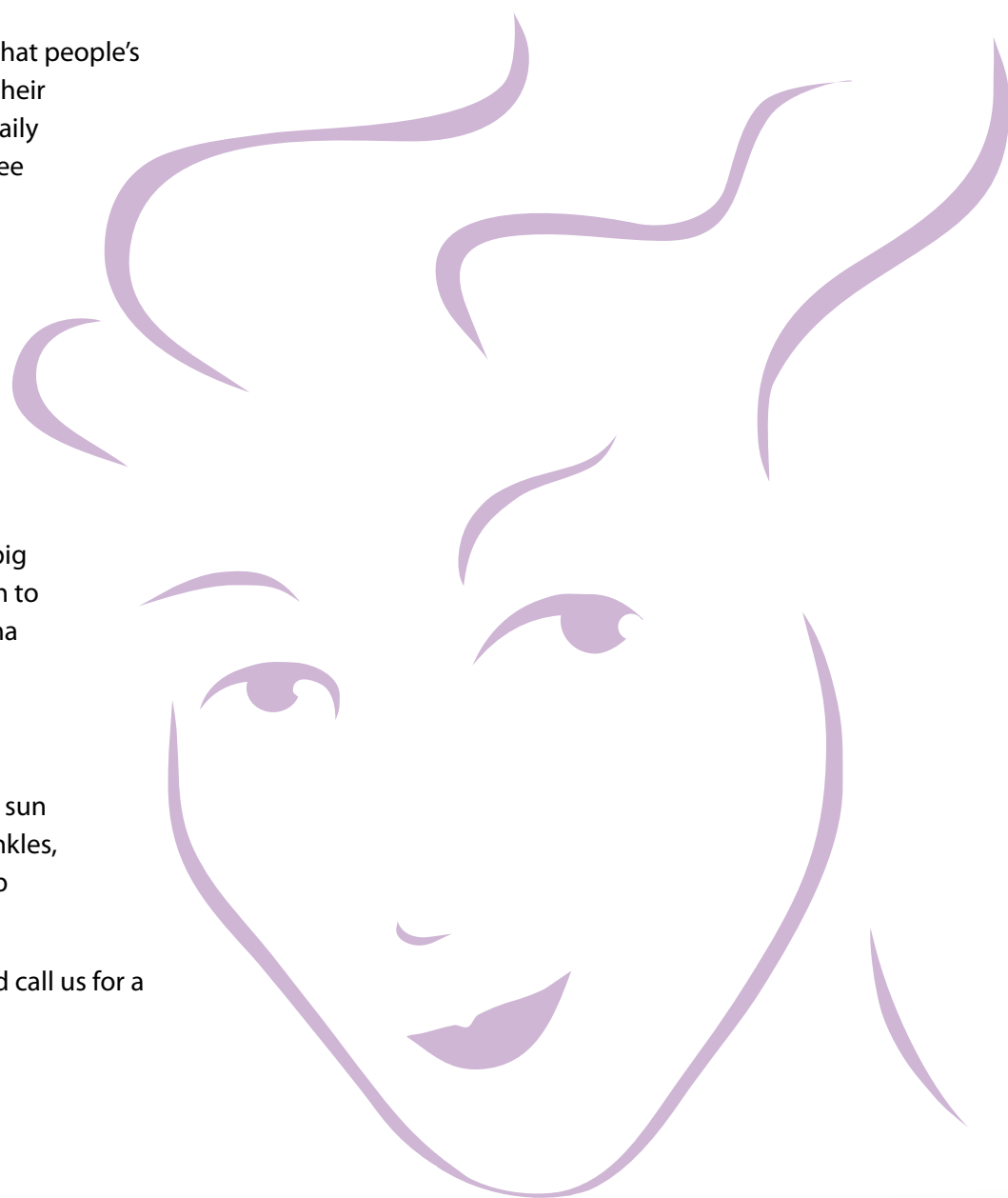
I am also an oculoplastic surgeon, a specialty that focuses on the midface area that includes the eyebrows, eyelids, and the upper area of the mouth. People ask me why I chose this area of plastic surgery, and I have found that, for some people, their improved vision inspires them to improve their appearance.

I've always followed the notion that a little makes a big difference, and I always take a conservative approach to all procedures, from eyelid and eyebrow lifts to derma fillers. This ensures that clients feel great about their appearance while avoiding drastic change.

Whether clients decide on a surgical procedure, the Fraxel® 1500 SR Laser to improve pigmentation from sun damage, or Botox® and/or Restylane® to improve wrinkles, my staff and I at Aesthetic Vision Center strive to help people see how good they look!

Please review the information inside this booklet and call us for a free consultation.

~ **Hugo Higa, M.D.**  
**Aesthetic Vision Center**



# About Face

Head off in a new direction.



*"Our vision at Aesthetic Vision Center is that a person's appearance should remain natural looking."  
~ Hugo Higa, M.D.*

Wouldn't you like to discover a way to lighten brown spots on your skin? Or stop using your finger to lift up your eyelid or raise your eyebrow? Are you self-conscious about the crinkles around your eyes when you smile?

We'd like to say we can do magic here at Aesthetic Vision Center, but that would be a bit of an overstatement.

We can achieve very good results using tools that we have selected for you, based on what may be best for people who live in Hawaii, i.e., with all of our varieties of skin shades, types, and sun exposure.

BROWN SPOTS



WRINKLES



FURROWS (SAGGING)



# Let's take a look at your skin

## *Skin Layers and Exfoliation*

You can think of your skin like plastic wrap, a seal that keeps infection out and keeps the underlying tissue hydrated and protected from the sun's radiation. The top portion of one's skin is called the **epidermis**, which is comprised of many layers. It flakes off when you sunburn or blister, and is thinnest at your eyelids and thickest on the soles of your hands and feet. In the deeper epidermis, the skin cells actively divide and are alive and plump with youth. As the cells in the epidermis age, they push closer to the surface and flatten. As the flattened cells near the surface, this skin starts to take on a rougher texture and may lack the radiance or the dewiness of youth. It takes about six weeks for the bottom part of the epidermis to rise to the top and be exfoliated or flake off. This flaking is unnoticeable.

The **dermis**, or middle portion of one's skin, is comprised of layers of collagen, the building block of youthful skin.

The **subcutaneous** layer, or bottom portion of one's skin, is comprised of fat cells and contributes to how plump and youthful the skin appears.

## *Signs of Aging*

When you look in the mirror, the appearance of wrinkles and brown age spots are two of the most noticeable signs of aging skin. Other signs of aging skin are rough skin, a scaly texture, a lack of tone, sagging, dryness, and large pores.

- Wrinkles
- Brown Age Spots
- Rough Skin
- Scaly Texture
- Lack of Tone
- Sagging
- Dryness
- Large Pores



## *Strategies for Facial Rejuvenation*

## Sun Damage

**Q: Why am I getting wrinkles, and what are those brown spots?**

As you get older, part of the reason wrinkles and brown spots emerge is due to a slowdown of your body's renewal system, e.g., the production of collagen decreases. How quickly your skin ages depends on heredity, environment, and secondary factors, including the quality of sleep, gravity, nutrition, and exposure to cigarette smoke.

Commonly used terms for brown spots are age spots, sunspots, liver spots, melasma, or freckles. Hormones, chronic sun exposure, and inflammation, e.g. acne scars, may all contribute to an overproduction of melanin, or dark pigment, resulting in a brown spot.

### The Sun Factor

If you count yourself in as a baby boomer, stories of cocoa butter and baby oil are probably part of your suntan history. Competitions to see how dark you could tan were just part of summer vacation. By age 20, your facial and body skin has already been significantly damaged if you spent a lot of time in the sun without protection. For most people, this means 75-90% of their lifetime sun damage has already been done.

**Q: What are UVA and UVB rays?**

You've heard about UVA and UVB rays a lot more in the last 10 years as people become more concerned about the effects of the sun. The UVB rays affect the top skin layer, or the epidermis, and causes the redness of sunburn. UVA can penetrate window glass and reach deeper skin layers and cause immediate coloration of your skin, or a suntan.

Sunscreen is rated for UVB rays but not UVA rays. A sun block will provide protection from both UVA and UVB rays. In Hawaii, and other sunny climates, it is important to wear sun block everyday, even when it is overcast and even if you are not planning to be out in the sun. Most sun damage is received in the five minutes that it takes you to get in your car from your home or office. Read product labels carefully and make sure you have protection from both UVA and UVB rays.

## Assessment

### Visia Complexion Analysis®

At Aesthetic Vision Center, each client receives a complimentary Visia Complexion Analysis®. This special photograph provides an objective look at your complexion and assesses areas of UV damage, enlarged or clogged pores, wrinkles, bacteria, uneven color, and dark spots. Instead of a guessing game, you will be able to see where extra skin care is needed.



## *The Experience*

The Visia Complexion Analysis® machine controls the amount of light on your face for this unique photograph. The controlled light and the first and subsequent photographs will allow for accurate before and after comparisons.

We recommend that a baseline Visia Complexion Analysis® photograph be established before the start of a client's treatment plan. It is important to take the first and subsequent photographs at about the same time of day, with the same amount of makeup on (or not). The freshness of makeup and/or cleanliness of the skin and pores influence the accuracy of the analysis. It's important to keep these conditions controlled for post-treatment analysis.



Visia sample showing UV damage.

## *Treatment Plan*

Based on your skin concerns, skin care habits, sun care history, and your Visia Complexion Analysis® photograph, we will work with you to design an individual treatment plan for you.

## *Expectations*

Let's address expectations. Most of the treatments that Aesthetic Vision Center offers will roll back the hands of the clock to an earlier time in your appearance. Lines will be a little softer, brown spots will be lighter, and acne scars may be lessened significantly.

## *The Fraxel® 1500 SR Laser*

Everyday, magazines, TV shows, and other media overload people with the promise of restored youth from new creams, lasers, and the next magic potion. Based on your Visia Complexion Analysis® photograph, skin concerns, and skin care history, Aesthetic Vision Center can assist you in making an individual rejuvenation plan without the hype.

The most popular procedures at Aesthetic Vision Center are facial skin rejuvenation, wrinkle treatment and eyelid lifts. You may choose to combine treatments like the Fraxel® 1500 SR Laser and an eyelid lift so your youthful eyes are complimented by refreshed skin.

**Q: I have brown spots all over my face with wrinkles forming around my eyes. I also have big dark patches from melasma on my cheeks and forehead. To top it off, I have acne scars! What's the best treatment for my concerns?**

You may have spent a few too many years in the sun before sun block was the norm, resulting in "brown spots" that may be difficult to cover up completely with makeup. Pregnancy or the use of birth control pills may have caused melasma (the large brown patches), but men may also get melasma. Many people have acne scars from their youth or from adult acne.

Reduced collagen production in the skin's deeper layers allows wrinkles to form, pigmentation to occur, and leads to a loss of radiance over time.

The Fraxel® 1500 SR Laser can address your concerns and the lessening collagen production. Many clients notice a difference right away—their skin is smoother from the very first treatment, while deep below the collagen rejuvenation process has started.

### *Minimally Invasive*

Before the Fraxel® 1500 SR Laser, there were two popular types of laser treatment: ablative (CO<sub>2</sub>) and non-ablative (pulsed light laser). The CO<sub>2</sub> laser completely removes the surface of the skin, leaving scabs that peel off, much like when you skin your knee. The CO<sub>2</sub> laser, for many people, is the gold standard for results, but it is invasive and may cause hypo-pigmentation for people with more highly pigmented skin.

Non-ablative pulse light lasers are considered lunchtime procedures and treat the skin conservatively without damaging the surface.

Unlike CO<sub>2</sub> laser treatment, the Fraxel® 1500 SR Laser non-invasively treats the intended target areas while leaving the skin's surface intact. Clients who have melasma and acne scars may be aggressively treated with the Fraxel® 1500 SR Laser with less discomfort, a reduced sunburn effect, and more visible results.

Over time, cumulative Fraxel® 1500 SR Laser treatments will result in youthful-looking, smoother skin. Results are without perceptible damage to the surface of the skin, and with minimal downtime. After the Fraxel® 1500 SR Laser treatment, most clients can go back to work with make up on, while some choose to have the procedure done over a weekend.

### *Melasma*



Photograph courtesy of Dr. R. Fitzpatrick.

Baseline

After 4 Treatments

The Fraxel® 1500 SR Laser treatment delivers noticeable results for melasma clients. Imagine that each dark spot is breaking up into smaller spots with each treatment, until the spot gets smaller and tinier until most of the brown color has dissipated. For some clients, their melasma will disappear.



Fraxel client after treatment.

*I spend a lot of time outdoors in the hot sun and I recently noticed blotchy brown spots forming on my cheeks. I had heard about the Fraxel treatment at Dr. Higa's office & decided to give it a try.*

*After just a few visits, they're all gone, even the texture of my skin is smoother.*

*Thanks, Dr. Higa.*

*James Brennan  
Host of The Little Grass Shack*

## Crows Feet and Areas of Treatment



Baseline

1 Month After 5 Treatments

Courtesy of Reliant Technologies

The Fraxel® 1500 SR Laser will start to erase fine wrinkles around the forehead, mouth and eyes, and may be used on the face, hands, neck, back, arms, and legs.

## Acne Scars



Baseline

1 Month After 5 Treatments

Photograph courtesy of Dr. Z. Rahman

The Fraxel® 1500 SR Laser is FDA-approved to treat the “pukas” and unevenness caused by acne scars, the characteristic indentations formed from scar tissue attachments deep below the surface. The Fraxel® 1500 SR Laser is effective in treating acne scars aggressively without too much discomfort.

## Asian Skin



Baseline

After 4 Treatments

Courtesy of Reliant Technologies

The Fraxel® 1500 SR Laser is recommended to those with highly pigmented skin to avoid the hyper-pigmentation that other lasers may aggravate.

## Understanding the Fraxel® 1500 SR Laser Treatment Procedure

- Each session treats 20-25% of the skin
- Amount of time to treat full face: 30 minutes; neck/hands: 10 minutes
- Typical course: 4-6 treatments spaced one month apart or longer
- Topical anesthesia applied 1 hour before (in office), air chiller during procedure
- Post treatment sunburn redness and flaking
- Pre and post treatment application of bleaching cream to control inflammation
- Total treatment time: 1 hour, 30 minutes

## Microdermabrasion vs. Fraxel

Many people ask about microdermabrasion as an alternate way of treating acne scars and pigmentation. Microdermabrasion treats the surface layer of the skin. It super-sloughs off the top layer similar to an over-the-counter exfoliator but more aggressively. In comparison, the Fraxel® 1500 SR Laser stimulates collagen production well below the skin's surface, and the surface skin is left intact. You could say the Fraxel® 1500 SR Laser works from the inside out.

# Wrinkles

## Botox® and Restylane®

**Q: I have wrinkles forming around my eyes when I smile, but I am too young for a facelift. The wrinkles aren't as apparent when I am not smiling.**



The application of **Botox®** dramatically improves the look of wrinkles by relaxing the muscles that create them. The treatment temporarily paralyzes the muscles when you make a facial expression, which is referred to as a "wrinkle in motion." Botox® is particularly effective for crow's feet around the eyes and furrows between the eyebrows. Dr. Higa is very conservative with his use of Botox® and is careful to avoid a "frozen" look. Dr. Higa started using Botox® in the early 1990's for his ophthalmology clients to treat blepharospasm, an involuntary spasm of the muscles around the eyelid.

**Q: When I look in the mirror, I notice that I have wrinkles without making an expression at all. Would the treatment for my problem be the same as for someone whose wrinkles show when they smile or make some other type of expression?**

We recommend **Restylane®**, a derma filler that dramatically improves the look of skin by filling out deep lines caused by repetitive action. These are the wrinkles that remain when you aren't making an expression, and are referred to as "wrinkles at rest." It is particularly effective on the folds around the mouth and nose that create a frowning look.

# Eyelids

**Q: I swear if someone asks me one more time if I am asleep when I am not, I will get upset. My upper eyelids have gotten saggier as each year has gone by. Sometimes I have to use my finger to lift up my eyelid so I can read or watch TV.**

## Blepharoplasty, Upper Eyelid Surgery

Over time, your upper eyelid may droop only slightly or it may cover most of the pupil. In some cases, this droopiness can restrict and even block normal vision. Dr. Higa will perform upper eyelid surgery to "open" the eyes for a more alert, youthful result. Many clients with droopy eyelids can take a visual field test to see if this in-office procedure can be covered by insurance. The visual field test is a simple in-office test that measures how much a client can see without holding up their eyelid, as well as with a simulated (taped) open eyelid. The blepharoplasty, or droopy eyelid procedure, is done on an outpatient basis. The total procedure takes about an hour to perform. You will need to arrange for a ride home. Healing will take place over a few weeks, with final results after about six months.



Before



After

**Q: I have big bags under my eyes. I have tried creams and getting more sleep, eating less salty foods, and so on, but I still have the big bags.**

### *Lower Eyelid Surgery*

As people age, the eyelid skin stretches and has less elasticity. Coupled with more fatty tissue and weakening muscles, the lower eyelid area tends to become puffy-looking. In the case of lower eyelids, puffiness, bags, and wrinkles are the most common problems. Fat and excess skin may be removed or redistributed, and skin wrinkles may be smoothed with a Fraxel® 1500 SR Laser treatment.



Before



After

### *Eyebrows*

**Q: Help! My eyebrows are sliding down my forehead!**

### *Eyebrow lift*

Sun, wind, and gravity affect the skin and muscles of the face over time. One of the most noticeable aspects of aging is a progressive drooping of the eyebrows. This can cause wrinkling of the forehead from raising one's eyebrows, as well as vertical wrinkles or furrows between the eyebrows. Sometimes the eyebrows or excess eyelid tissue can obstruct vision. An eyebrow lift or forehead lift elevates the brow and smoothes forehead skin, and can remove vertical lines between the eyebrows.



Before



After

### *Habits and Maintenance*

Many people ask how soon or how often they will need to return for touch ups. That's where habits come into play. Smoking, alcohol, lack of sleep, and junk food, may accelerate the age clock. Important habits to adopt are:

- Use sunblock everyday.
- Learn to undo or at least calm your facial expressions to help prevent more wrinkles.
- Keep your hands away from your face and avoid rubbing your eyes!

# Personalized Care Sheet Questionnaire

Staff

Consultant: \_\_\_\_\_ Date: \_\_\_\_\_

Personal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Concerns

## Wrinkles

Specify area (crow's feet, forehead, etc.): \_\_\_\_\_

## Dark Spots

Specify area (face, arms, etc.): \_\_\_\_\_

## Acne Scars

Specify area (cheeks, forehead, etc.): \_\_\_\_\_

## Eyelids and Eyebrows

☐ Upper Eyelids ☐ Lower Eyelids ☐ Eyebrows

## Other

Specify: \_\_\_\_\_

Medi-spa

## Skin type

☐ Dry ☐ Oily ☐ Combination ☐ Mature ☐ Sensitive

## Skin Concerns

☐ Wrinkles ☐ Dark Spots ☐ Acne ☐ Other (please explain): \_\_\_\_\_

More Information

## I'd like more information about:

☐ Fraxel® 1500 SR Laser ☐ Botox® ☐ Restylane® ☐ Eyelid Surgery ☐ Eyebrow Lift  
☐ Spider Vein Removal ☐ Laser Hair Removal ☐ Medi-Spa ☐ Skin Care

Please contact me by: ☐ Email ☐ Phone



# *Aesthetic*

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