

What Is The Cost?

Cosmetic Consultation: \$75

-Sunscreen: Minimal Cost to benefit ratio. Oil of Olay Complete®, Cetaphil®, Purpose®, Aveno®, and Neutrogena Ultrasheer®

-Retinoid: Altreno®

-Anteage®: <https://anteage.com>

more non-inflammatory growth factors than Regenica®

--Mild Chemical Peels: even skin tone

- Syneron ELOS SR Fotofacial RF™ SR or SRA or Palomar LUX G, LUX Y, MAX G

-Improve dyspigmentation and mottled pigment/melasma (tx age spots)

-Improved tone and texture

-Reduce blood vessels and background redness

-Reduces wrinkles (more effective if recommended 2nd ST* therapy)

-Evens skin tone and removes "age spots"

Syneron ELOS WITH 2nd ST (skin tightening)

<https://candelamedical.com/na/provider/product/elos-plus>

www.cynosure.com/product/palomar-icon-aesthetic-system

www.threeforme.com

****MAX G along with 1540 nm laser****

\$750/sessions: offers minimal downtime but addresses wrinkles in addition to pigment deficits for texture, pigment (melasma), scars, wrinkles

VENUS LEGACY

FACE: Skin Tightening / Anti-aging

5 treatment Pack: \$2000 Single Sessions: \$475

8 treatment Pack: \$2,750

Recommend 8 sessions one week apart

NECK: Skin Tightening / Anti-aging

5 session pack: \$1,500 single session: \$375

8 session pack: \$2,100

Recommend 8 sessions one week apart

www.venustreatments.com/venus-legacy

Addresses cellulite/adipose/fat reduction, stretch marks, and skin tightening on hips, thighs, abdomen, flanks, and arms.

Cynosure ICON 1540 Fractional:

face \$450/session

www.cynosure.com/product/palomar-icon-aesthetic-system approved for stretch marks and wrinkles and pigment

Bellafill™ (Long lasting filler > 10 years)

Can be used as liquid face lift to replace lost tissue/collagen over time. Typically done as 5 syringe pack: \$3,200 Assume 5 year reduction in age appearance per session (**\$850 1 syringe**)

Medium Depth Chemical Peel: \$550

-Some downtime (1-2 weeks)

-Effective at reducing wrinkling

-Biggest commitment of the above procedures. -Skin rejuvenation IPL therapy can be done following healing if vascular component/erythema

1540nm and 2940 nm combined

Fractionated Therapy: \$1,500 face

-Some downtime (1-2 weeks) Effective at reducing moderate wrinkling and scars. -Faster healing time than old devices-Tightens skin and fixes wrinkles

Cynosure ICON 2940 alone: \$1,200 face

RHACollection.com

RHA: The most elegant filler on the market!!!

"rhacollection.com"

TRUSCLPT ID: BEST FAT KILLING and SKIN TIGHTENING ON THE MARKET! www.trusculpt.com

KYBELLA: www.mykybella.com

Injectable for killing neck fat with 1-2 weeks swelling

TRUSCUPT FLEX: BEST muscle building and tightening on the market! www.trusculpt.com

QWO: www.qwo.com

1st cellulite injectable

OTHER OPTIONS: Botox/Xeomin/Dysport/Daxi/Restylane/Belotero

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Phone (515) 243-8676, Fax (515) 243-0487

www.greaterdesmoinesdermatology.com

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www.vitals.com www.realfself.com



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twitker

SKIN

REJUVENATION

-www.threeforme.com

-FOTOFACIAL RF®

-ABLATIVE LASERS 2940nm

-NON-ABLATIVE 1540 nm

-VENUS LEGACY®

- BELLAFILL® > 10 yr

"The Liquid Face Lift"

-Anteage® Therapy

-Regenica®

-RHA® (THE MOST ELEGANT FILLER!)

-Trusculpt ID®

(Fat Killing Skin Tightening)

-Trusculpt FLEX®

(Muscle Tightening and Definition)

-Kybella®

-QWO®

GDMD

Greater Des Moines Dermatology PC

Timothy Abrahamson, MD

Jake Lorsung PA-C 8/2021

Skin rejuvenation can be accomplished in numerous different ways and approaches.

On a basic level, sun protection and tretinoin such as altreno® can be used to slow and possibly reverse some effects of photo aging. Anteaage® is another way to increase collagen, enhance healing, and rejuvenate the skin. Slightly more aggressive interventions include mild chemical peels which even dyspigmentation and provide a more youthful look.

-Going a step further, which also means more dramatic results, IPL/BBL (intense pulsed light) in concert with radio-frequency therapy may be used (ELOS). This works by heating the collagen to stimulate tightening, reduce brown spots, and remove vascular changes including blood vessels.

- **Venus Legacy®** takes skin tightening to the next level by increasing bulk heating of collagen.

-**Bellafill®** is an interesting option as the only long term filler.

-If marked facial scarring, **medium depth chemical peel** or **non-ablative 1540nm and/or ablative 2940nm or DUAL LASER THERAPY**. While more downtime, these have the most dramatic results treating medium to severe depth wrinkles and scarring.

Step One: From a cost to benefit approach, nothing comes close to daily sun protection. Sun damage is a major player!

Step Two: Topical retinoids. **Altreno®** for fine lines, mottled pigment, and tactile roughness.

Step Three: **Anteaage** NON-Inflammatory Growth Factors <https://anteage.com>

Step Four:

1) **FotoFacialRF® IPL/BBL**

FOTOFACIAL SRA or SR & ST Syneron

<https://candelamedical.com/na/provider/product/elos-plus>
Minimally invasive and no down time -Easily repeated -Response improves with each treatment -ELOS technology has secondary skin tightening effect-Reduces brown spots -Reduces "age spots" -Reduces melasma -Reduces freckling -Reduces erythema (redness) -Telangiectasias (blood vessels)

2)* **Palomar MAX G with 1540nm LASER***

This addresses pigment, wrinkles, and scars

www.threeforme.com

www.cynosure.com/product/palomar-icon-aesthetic-system

Advantages of MAX G and 1540 nm is minimal downtime and also reducing wrinkles, scars, and pigment!!! \$675/session

Step Five: Medium Depth Chemical Peel

- 1) More effective at treating moderate wrinkles and scars.
- 2) Downtime (4-9 days)
- 3) Does require a few days off work.
- 4) Over 100 years use
- 5) Face: \$550

Step Six: "LIQUID FACE LIFT" Bellafill®

is approved for acne scarring and nasolabial folds. However, it has been used to give volumization back to the face.

www.bellafill.com The 5 pack is designed to fill lost tissue volume due to aging. On average, 5 syringes per decade after age 30. Typically, the 5 pack kit will reduce one's appearance of aging by 5 to 10 years by replacing lost volume.

STEP SEVEN: RHACollection.com

RHA is the most natural and elegant hyaluronic acid on the market for fine lines, lips, and deeper defects. THE MOST ELEGANT FILLER of 2021!

Step EIGHT: VENUS LEGACY

www.venustreatments.com/venus-legacy

More effective than ST therapy ReFirme(skin tightening) device (700-2000nm & RF)

- 1) Use on numerous areas of the body: face /neck/chest/abdomen/thighs/buttocks/flank
- 2) Can be used in combination of Kybella, ST therapy, and 1540 nm laser
- 3) Can be rotated with **QWO**

www.qwo.com 1st cellulite injectable

STEP NINE: ABLATIVE AND NON-ABLATIVE THERAPY OPTIONS

1540nm and/or 2940 nm

Fractionated laser therapy is one of the most aggressive options for severe scarring/wrinkles.

- 1 Most effective for diffuse scarring
- 2 Some downtime 7-10 days

3 Higher expense but more impact & results

4 Fractionation allows for faster healing

www.cynosure.com/product/palomar-icon-aesthetic-system

1540 alone: non-ablative so mild erythema and mild peeling minimal downtime (stretch marks, scars, tightening, wrinkles)

2940 alone: ablative: most effective for diffuse fine wrinkles and superficial scarring/texture changes 5 - 8 days downtime (surface changes and upper dermis)

1540 nm with 2940nm same day: allows for more tightening, deep penetration, and full fractionated resurfacing 7- 14 days downtime

STEP TEN: TRUSCULPT FLEX©

-Get muscles back with functional tightening and definition: thighs, buttocks, abdomen

-Better than Emtone© or Cooltone© especially with functional muscle.

<https://trusculpt.com/muscle-sculpting>

STEP ELEVEN: TRUSCULPT ID©

-Kills the Fat and Tightens the skin.

-Better than Coolsculpting© and SculpSure©

Kills fat on abdomen, flanks, neck, bra fat, inner arms and thighs!

<https://trusculpt.com/fat-reduction>

www.trusculpt.com

STEP ELEVEN: KYBELLA©

-effective way to kill neck fat

-swelling for 1-2 weeks after therapy

-injectable (can be repeated in 2-3 months)

-more swelling than Trusculpt ID but good alternative option to Trusculpt ID

www.mykybella.com