



## Liposuction

**The Tumescent Technique** is a fantastic development in liposuction surgical strategy.

By far the safest method, it practically eliminates surgical blood loss, and creates smooth cosmetic results due to the use of microcannulas (stainless steel tubes with a diameter of less than three millimeters), which allows fat to be removed in a more seamless fashion.

Healing is accelerated due to the quick drainage of anesthetic solution out of incision sites.

## Cosmetic Procedures

*Our mission is to provide optimal care to patients seeking reconstructive or aesthetic cosmetic surgery for their face.*

We offer Botox injections to decrease crow's feet and wrinkles between the eyebrows, Restylane® and collagen injections to create luscious lips, permanent hair and unwanted facial vein removal through laser treatments, and Microdermabrasion exfoliation to revitalize the skin.

Cosmetic fillers help to smooth and fill out wrinkles, creases, and other non-synchronous areas of the face to help create an attractive uniformity of feature. The majority of them have been approved by the FDA for the correction of scar tissue, folds, and wrinkles. There are many replacement fillers available in the United States, such as: Cosmoderm, Cosmoplast, Sculptra, Captique, Restylene, Hylaform, and Hylaform Plus.

The primary details to consider when choosing a filler are cost, duration of effect, and variety of application. Each patient will be reviewed on an individual basis to determine the best approach to fulfill their needs.

Restylane is an organic and safe cosmetic filler composed of hyaluronic acid that helps counteract wrinkles and provide volume. It is both biodegradable and smoothly compatible with the body's own natural hyaluronic acid, and while there are small amounts of gram-positive bacterial proteins within it (not recommended for patients with a history of negative reactions to said substance), it is devoid of animal proteins, and thus its use significantly reduces the risk of allergic reactions and animal-based infections. Its effective duration is roughly six months, and after a Restylane treatment, the typical patient will experience swelling and some redness for a week. During this time, it is recommended that activities in cold climates or sunbathing be avoided. Also, pregnant or breastfeeding women and minors are discouraged from seeking treatment.

Restylane has been used since 1996 in over thirty million treatments worldwide, and is FDA approved for reducing wrinkles and folds. It's injected directly into the skin with a small needle, causing only mild discomfort, and the results are quick and convenient. Cost of the treatment is based on each individual patient's needs.

Botox®:

Botox® is a toxin made by the Botullnum bacteria. It relaxes the muscles by counteracting the chemicals that allows them to contract. Facial wrinkles, creases, and lines appear due to the skin's loss of elasticity and the repetition of expression over time, such as with frown lines, which are caused when two muscles contract and draw the brows together. Injecting Botox® into those muscles will relax them and go a long way towards eliminating the resulting frown lines. Botox® treatments last approximately four months, and take effect within the first twenty-four hours after injection. It has been used safely for more than twenty years, and has a small incidence of side effects, the most common of which are: mild bruising, headache, temporary drooping of the eyelids, respiratory infection, nausea, and Flu syndrome. Cost of the treatment depends on the area of injection, and how many units of Botox® Cosmetic will be used. Typically, it is recommended that no more than 4 cc of saline dilute the Botox®, or the effects will be shorter lasting.

Botox® is a temporary cosmetic solution to the problem of facial lines and wrinkles. It is not the same as cosmetic filler, which helps to fill out or stabilize sagging areas of skin. Botox® has also been proven to effectively diminish profuse sweating, known as hyperhidrosis.

*Contact the **Washington Wellness Institute** to schedule your consultation. We look forward to meeting with you.*