

# THE SKINNY



FALL 2006

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## WHAT'S NEW



"It sure is quiet around here," I said to my husband on the Monday morning after we returned from dropping off our youngest daughter at college. This fall, we are officially empty nesters. And although in the past nine-plus years there have been all sorts of changes at work with new technologies and new businesses, this change at home is different. It's very exciting for everyone in our family, but suddenly my husband has started digging out the old family videos. It is definitely different and quieter!

At Suzanne Bruce and Associates (SBA), as we enter the fall season, it is just the opposite. Things are happening, so let's get you in the know. First off, on October 28, we will be hosting our annual Open House Celebration. We open up all three centers and invite you and your guests to join us and learn about the latest advances in medical and cosmetic skin care. There will be mini-seminars on our most popular and newest procedures, free makeup sessions featuring international makeup artist, Alejandro Falcon, and all kinds of information for you on how to keep your skin looking its best. This event gets bigger and better every year. Get all the details on the insert and RSVP early.

At the beginning of 2006, we launched The Spa at SBA guided by Spa Director, Megan Paschall. Demand for our spa services has grown quickly. Patient comments like "most wonderful facial, super relaxing" and "awesome, my face looks great because of you" have been very gratifying. In response, we are expanding our rooms dedicated to spa services, and Maria Martinez, fresh from aesthetician's school, has joined Megan offering all our facials, waxing and makeup services. If you haven't tried these treatments, now's the time to find out the difference that spa services from skin experts can make. With Megan and Maria in The Spa, we are pleased to announce that we have two new patient care coordinators in our cosmetic center – Claudia Alanis and Lisa Filer. Claudia has been with SBA for 2-1/2 years as our receptionist. Patients love her, and she obviously is very knowledgeable about all service offerings. Lisa, a licensed aesthetician,

joined us on May 1st after four years in skin care in a plastic surgeon's office. Get to know our new coordinators in their interviews on page 5.

We have added a number of new services since our last issue. First, we have expanded our Thermage® skin-tightening procedure offerings with Body by Thermage™ and Eyes by Thermage™. Body by Thermage is designed for hips, thighs, stomachs and arms, while Eyes by Thermage™ makes eyes look younger, more lifted. We also just introduced the VibraLight Yellow and VibraLight Blue treatments, which combine our new vibradermabrasion with either GentleWaves® or blue light therapies. Finally, FotoFacial™ and FotoFirm™ are two of our more popular procedures, but I have become convinced that a vibradermabrasion prior and a GentleWaves session after enhance the results of these mainstay treatments. Therefore, we now offer a combined three-treatment service called the Signature FotoFacial and the Signature FotoFirm. More information on all these new procedures and treatments can be found in this issue.

Cosmetic dermatology and skin rejuvenation is a burgeoning field. There are a myriad of new therapies and products coming out and established offerings being improved at an increasing rate. We keep you informed on these advances here in *The Skinny*, but we also do it in our *Skin\_E\_Letter*. This monthly e-mail newsletter not only keeps you up-to-date on new and improved procedures and products but also features our monthly specials. If you're not already signed up, go to our website, [www.sba-skincare.com](http://www.sba-skincare.com), click on "What's New", and follow the sign-up instructions. We have also updated and improved our website to provide you more information on medical and cosmetic conditions we treat and on the skin-care products we carry and recommend. On the insert, you'll find some short takes on a new Fraxel® tip, Juvéderm™ – a new hyaluronic filler, Auriderm® Clarifying Gel – a gel that speeds up healing for bruises, and the new BOTOX® Cosmetic Benefits Card program.

By the time you receive this *Skinny*, the Komen Houston Race for the Cure® will have run. Besides being a proud sponsor of this annual event, we fielded our first uniformed team in 2006 with over 20 of our staff and their friends running and walking to support the efforts to find the cure for breast cancer. I salute our team and all those involved in the Komen Houston race. You are making a difference.

## YOUNGER LOOKING EYES

Thermage®, our most popular skin-tightening treatment, can now be used to tighten and smooth skin around the eyes. This new use of Thermage technology called Eyes by Thermage™ is FDA-approved and is made possible by a new treatment tip that delivers the heat to a shallower depth in the skin. With this new tip, we can even treat the eyelid, which is very thin skin. The benefits include more lifted eyes with tighter, smoother skin all around. Above the eye, there is less hooding giving the eyes a brighter, more refreshed look. Under-eye bags are also reduced and less crepiness allows makeup to be applied more easily.

Wrinkle lasers are limited in their use around the eyes because the eye must be protected by metal goggles so the laser light will not damage the eye. Rather than using laser energy to heat the skin, Thermage uses radiofrequency energy. To protect the eye from the heat, a plastic shield is placed in the eye under the eyelid. For comfort, anesthetic eye drops are placed in the eyes prior to placement of the protective shields.

Radiofrequency energy causes some immediate tightening of lax skin so some results are seen right after the treatment. Improvement con-

tinues for months after the procedure because the heat from the Thermage stimulates collagen-producing skin cells to make more collagen, which plumps out wrinkles and smoothes the skin. Results can be enhanced by a home skin-care regimen that contains collagen-building active ingredients, such as growth factors, antioxidants and vitamin-A derivatives. GentleWaves® Skin Fitness light treatments post procedure can also improve results.

In a multi-center study, patients were treated with Eyes by Thermage, and their results were followed for six months. Over the six-month trial, 86 percent of participants reported improved upper eyelid hooding, 88 percent reported improved eyelid tightening, and 83 percent reported improved lower eyelid tightening. The study also showed the procedure to be safe, and side effects to be minimal.

Eyes by Thermage can be done in a single treatment, but a second treatment can be performed if desired. There is no downtime. However, some patients opt for pain medication, anti-anxiety medication or both. If you do take an oral prescription drug, you will need to make arrangement for someone to drive you home after your procedure. Some patients experience dryness of the eyes post procedure. Over the counter artificial tears may be used to soothe the eyes after the treatment.

If you have questions or would like to schedule a consultation for Eyes by Thermage, please call our office at **713.850.0240**.

# OUR OPEN HOUSE CELEBRATION

On **Saturday, October 28**, you are invited to join us at our annual open house celebration. The festivities will be held in The Centers for Medical and Cosmetic Dermatology and The Center for Skin Research from 9:00 a.m. to 12 noon at 1900 St. James Place, 6th floor.

As always, we have a banner line-up of skin-care professionals who will be there to inform you and answer your questions on the latest advances in medical and cosmetic dermatology. 2006 has brought its share of new treatments and products. So don't miss this opportunity to find out what you can do to improve and rejuvenate your skin. You can also learn about our currently enrolling clinical trials.

So far, 27 experts representing 15 different companies will be stationed in different rooms throughout all three Centers making on-going presentations and answering your questions on various skin-related issues, such as acne and acne scars, facial skin rejuvenation, resurfacing and tightening, cellulite, rosacea, permanent hair reduction and wrinkles. Refer to the list below for presenters and their topics.

The Spa at SBA will be providing free glo™ minerals makeup lessons featuring internationally recognized makeup artist, Alejandro Falcon. Mr. Falcon has worked with celebrities in the music and fashion industries including Celine Dion, Gloria Estefan and Christy Turlington.

You can also have a free, special UV photo taken of your face that will reveal hidden sun damage. It's a real motivator to stick with your sunscreen and a proven skin-care regimen! To get an accurate picture of your skin's condition, come without any foundation makeup or be prepared to remove it for the photo. You can reapply your makeup afterwards.

In addition, there will be refreshments, door prizes, and other giveaways. Feel free to join us for a few minutes or stay the whole morning. So come, be informed, bring a friend, see The Centers and have fun. It's our way of helping you learn more about your skin and what can be done to keep it healthy and looking fresh. Please RSVP via e-mail to [apatter-son@sba-skincare.com](mailto:apatter-son@sba-skincare.com) or call **713.850.0240** and press 114.

## **Mini-Seminars:**

**BOTOX® Cosmetic & Fillers, FotoFacial™ & Laser Treatments, Fraxel® Fractional Skin Resurfacing, and Thermage® & Body by Thermage™**  
Suzanne Bruce, M.D.

**FotoFacial™ and FotoFirm™: Skin Rejuvenation**  
Leslie J. Tenaro, M.D.

**Fraxel™: Fractional Resurfacing for Aging and Sun Damaged Skin**  
April L. Harrison, PA-C  
Leslie Dorsett, Senior Clinical Educator  
Reliant Technologies, Inc.

**Thermage® and Body by Thermage™: Tighter Skin without Surgery  
Eyes by Thermage™: Younger Looking Eyes**  
Marcela S. Ramirez, RN

**Cutera™: LaserGenesis for Skin Rejuvenation**  
Virginia Stovall, Area Sales Manager  
Cutera, Inc.

**Treating Acne and Acne Scars: Lasers and Photodynamic Therapy  
Permanent Hair Reduction for All Skin Types**  
Maria Antesoda, RN

**VelaSmooth™: The Medical Solution for Cellulite**  
Maria Martinez, Spa Services Provider  
Lisa Filer, Patient Care Coordinator

**Microdermabrasion & Vibradermabrasion: Achieving a Fresher Look  
GentleWaves®: Non-Thermal, Light-Based Skin Rejuvenation  
Spa Services: The Spa at SBA**  
Megan Paschall, Spa Director  
Claudia Alanis, Patient Care Coordinator

**UV Photography: Uncovering the Sun Damage You Can't See**  
Photography equipment courtesy of Allergan, Inc.  
Colleen Gath, Patient Care Photographer

**BOTOX® Cosmetic, Juvéderm™, Collagen, PreVage MD,  
M.D. Forté: The One, The Only and Other Skin-Rejuvenating  
Treatments and Products**  
Ashley Linn, Senior Business Development Manager  
Allergan Facial Aesthetics

**Tazorac®: Visible Results for Facial Fine Wrinkles and Dark Spots  
BOTOX®: The Solution for Severe Underarm Sweating**  
Jebb Ruff, Houston Territory Manager  
Allergan Dermatology Therapeutics

**Restylane®: Redefining Beauty™**  
Sabrina Janecka, Sales Specialist  
Medicus® Aesthetics

**Sculptra™: Restoring and Correcting Facial Contours**  
Sean Moritz, Aesthetic Sales Professional  
Dermik®/sanofi-aventis

**Obagi® System: Transforming Your Skin**  
Jasmine Leung, RN  
Bonnie Ladd, Sales Representative  
Obagi Medical Products, Inc.

**SkinMedica: The Science of Beautiful Skin**  
Michele Cappi, Cosmeceutical Sales Consultant  
SkinMedica, Inc.

**Topix®: Advancing the Commitment to Healthy, Beautiful Skin**  
Amy Crutchfield, Territory Sales Manager  
Topix Pharmaceuticals, Inc.

**Glo™minerals: Skin-Nurturing Makeup;  
Beauty with a Higher Purpose**  
Featuring Alejandro Falcon, International Makeup Artist  
Andrea T. Massarano, Sales Consultant  
Caleel+Hayden

**Zeno™MD: Clearly Outsmarts Pimples™**  
MiMi Heines, Director, Medical & Professional Sales  
Tyrell, Inc.

**New RETIN-A MICRO® .04%/.1% Pump: Rapid Results for Acne  
BIAFINE®: Enhanced Skin Healing for Laser Treatment,  
Sunburn, and Actinic Keratosis**  
Lisa L. Fulenwider, Professional Sales Representative  
OrthoNeutrogena

**Biopelle: Products That Discover Your Skin's Potential**  
Christine L. Cox, Sales Consultant  
Biopelle, Aesthetics Division of Ferndale Laboratories, Inc.

**Cetaphil®: Cleansers and Moisturizers That Benefit Every Body**  
Mark Hall, Dermatological Sales Representative  
Galderma Theracutix Division

**Center for Skin Research: Current Clinical Research Studies**  
Sandy Nero, CRC  
Kristy Saucedo, Coordinator Assistant

# UPCOMING EVENTS

OCTOBER

## **SATURDAY, OCTOBER 7**

9:00 a.m. – 2:00 p.m.

The Spa at SBA

*Saturday Appointments at The Spa*

## **WEDNESDAY, OCTOBER 11**

9:00 a.m. – 4:00 p.m.

The Spa at SBA

*Free glo™ minerals Makeup Lessons*

Please RSVP – 713.850.0240, press 2

## **SATURDAY, OCTOBER 21**

9:00 a.m. – 2:00 p.m.

The Spa at SBA

*Saturday Appointments at The Spa*

## **SATURDAY, OCTOBER 28**

9:00 a.m. – 12:00 Noon

All Three Centers

*Annual Open House Celebration*

Please RSVP – 713.850.0240, press 114

NOVEMBER

## **SATURDAY, NOVEMBER 4**

9:00 a.m. – 2:00 p.m.

The Spa at SBA

*Saturday Appointments at The Spa*

## **WEDNESDAY, NOVEMBER 8**

9:00 a.m. – 4:00 p.m.

The Spa at SBA

*Free glo™ minerals Makeup Lessons*

Please RSVP – 713.850.0240, press 2

## **SATURDAY, NOVEMBER 11**

9:00 a.m. – 2:00 p.m.

The Spa at SBA

*Saturday Appointments at The Spa*

## **SATURDAY, NOVEMBER 18**

9:00 a.m. – 2:00 p.m.

The Spa at SBA

*Saturday Appointments at The Spa*

For more details and the latest updates on upcoming events, go to [www.sba-skincare.com](http://www.sba-skincare.com) and click on Calendar.

## SHORT TAKES ON SKIN CARE

Here are the latest advances on procedures, products and programs:

**Fraxel®** – has just introduced a smaller tip that is allowing us to treat closer to the eyes. It should give us even better results on crow's feet and under the eye with this fractional resurfacing procedure.

**Juvéderm™** – Dr. Bruce recently attended the Advisory Board Meeting for this new hyaluronic filler from Allergan Facial Aesthetics. In June, the U.S. Food and Drug Administration (FDA) approved the Juvéderm family of products, which contains three consistencies of gel for correcting specific facial wrinkles and folds. We should be treating with this new filler family soon.

**BOTOX® Cosmetic Benefit Card** – Introduced in August, this exclusive card allows our patients to earn credit toward their BOTOX® Cosmetic treatments. This new program can be used in conjunction with our existing patient discount programs. So make your next BOTOX® Cosmetic appointment today and find out how to participate.

**Auriderm® Clarifying Gel** – is an innovation in cosmetic post-procedural care. It is a clinically-proven solution to reduce the appearance of post-procedural bruising to about half the time. It can also speed the resolution of bruises from trauma and bruises associated with thinning skin.

## SKIN\_E\_LETTER SIGN UP

Want the skinny on skin care every month? Sign up for our *Skin\_E\_Letter* on the What's New page at [www.sba-skincare.com](http://www.sba-skincare.com).

## THE CENTER FOR SKIN RESEARCH CURRENT TRIALS

The Center for Skin Research is our dermatological research division. We conduct clinical research trials for major pharmaceutical companies and clinical research organizations seeking U.S. Food and Drug Administration (FDA) approval. The research involves testing investigational drugs and treatment devices for a wide variety of skin problems, such as acne, atopic dermatitis, eczema, psoriasis, sebor-

rheic dermatitis, and skin aging.

Interested in taking part in one of our clinical research trials? Eligible participants receive investigational treatment at no cost and compensation for time and travel. For more information on currently enrolling trials, call **713.985.0210** or check on our website under Clinical Trials.



# INTRODUCING

## OUR NEW PATIENT CARE COORDINATORS – CLAUDIA ALANIS AND LISA FILER

We are pleased to introduce our two new patient care coordinators, Claudia Alanis and Lisa Filer. Our patient care coordinators work with our dermatologists and patients in both The Center for Cosmetic Dermatology and The Center for Medical Dermatology to help our clients learn about our various cosmetic procedures and products. Claudia and Lisa have extensive knowledge of the skin and work with our patients to ensure their questions are answered and their needs are met.

**Q.** *Claudia, you have been at The Center for Cosmetic Dermatology for almost three years. Tell us about your duties.*

**A.** I joined Dr. Bruce and her colleagues in 2004. It was interesting how it came about, because I actually came here as a patient on the suggestion of a friend of mine who knows Maria Antesoda, one of our nurse providers. I got to talking with some of the individuals who work here and one thing lead to another and here I am. I started out as the receptionist, checking people in and making appointments, which was excellent for me, because I am a people person. I truly enjoy helping people.



**Q.** *Now you are becoming a Patient Care Coordinator?*

**A.** Absolutely. And it's so exciting and a natural move for me. I have a background in personal care, such as massage therapy. Also, I have been training and studying, adding to my skills and medical knowledge, so that I could have more contact with our clients and help the doctors as they treat patients.

**Q.** *What will your duties be?*

**A.** I have moved from helping patients at the front desk to working with them as they seek information from our doctors. I visit with each patient before he or she consults with the doctor, discovering concerns, problems and questions. I am present during the consultation, listening to what the doctor has to say, hearing her advice to the patient. After the patient-doctor visit, I answer more questions, talk about pricing and make certain that a patient has the information or brochures he or she needs. I know all our makeup lines, and I am trained in makeup application, so I can help our clients with that as well. And, perhaps most importantly, if a patient needs to call back, I take calls. Often, our doctors are busy, but a patient might have a question he or she forgot to ask, or maybe has thought of something else. Not only am I more available, but also many times I can provide the answer immediately, or if not, I can consult with the doctor, and pass the information on to the patient.

**Q.** *Lisa, you have been in the field of skin care since 1999. Tell us a little about your education and previous experience.*

**A.** I am a licensed aesthetician, which means that I have specialized training in skin care, including facial treatments, full-body skin treatments and other related services, including makeup. Being licensed means that I have met the requirements set by the state of Texas. I am also certified as a paramedical aesthetician, which means I have specialized training in medical skin care, and I am trained as a laser technician. Before I joined this practice, for four years, I was a plastic surgery aesthetician, performing chemical peels, microdermabrasions and laser treatments. I also have 12 years of experience as a makeup artist, working for cosmetic companies such as Chanel and Borghese.

**Q.** *Why did you move to The Center for Cosmetic Dermatology?*

**A.** While I appreciated the medical environment in a plastic surgeon's practice, skin care is secondary. Here, skin is the main focus. When I

**Q.** *Do you have further duties besides consulting with clients?*

**A.** Yes, I perform complexion analyses with our VISIA photography system. VISIA uses special imaging to reveal damage on and beneath the surface of the skin – damages that are not detectable by visual examination alone. With VISIA, the doctor and the patient have a way to determine the health and appearance of the skin. We look at wrinkles, spots, pores, skin tone variations, bacteria and spots caused by overexposure to the sun. VISIA can help the doctor recommend the optimum treatments and the right skin-care regimens for our patients. Generally, we use VISIA to evaluate the patient before treatment and after a treatment series to determine the effectiveness.

**Q.** *Any other ways you work with patients at The Center?*

**A.** I work with our patients developing personal skin-care regimens. Since 2004, I have trained with all the companies and know what's best for each skin type and what works for different areas of concern. We have many excellent products here at The Center. I work with my patients to design a course of care that's right for them. I am also trained in makeup application, and I help clients find the right colors and the right makeup products for them.

**Q.** *Are there other qualities that you bring to the position that make you valuable to The Center?*

**A.** Yes, I was born in the United States, but I grew up in Monterrey, Mexico. So I am a native Spanish speaker, which is a definite advantage for many of our patients. We have quite a few clients who come from Latin American and South America. At times when translations are needed, I am ready to help. I am definitely a hard worker, always looking to do my best for every person in every situation. I'm always studying and making certain that everything is just so. I take continuing education classes – right now I am going to school to get my certification as an aesthetician. I'm busy not only here but also at home. I'm married and have a 13-year-old son. We love to travel and also enjoy salsa dancing. I like trying and learning new things. And I love working here at Suzanne Bruce and Associates. All my life, I have known I was going to do something to help people. And here, it's true. I am helping people to be their best, to look and feel better.

decided to make the move, I sent resumes to many different dermatologists here in Houston, and I was delighted to be offered a position here. Providing good skin care is all about continuing education and learning. This is an ever-changing industry. Dr. Bruce and the other physicians here at The Center for Cosmetic Dermatology are always at the forefront of knowing what is new and what is best. It is wonderful to work with someone such as Dr. Bruce, who has one of the finest reputations in the industry. To work with her and the other doctors is amazing. I learn something new every day. My goal here is to gain as much knowledge as possible and offer the patients the best care possible.



*continued on page six*

**Q.** What exactly are your duties?

**A.** I work directly with the doctors, and during a consultation, I am the first person who the patient sees. First, I gather information from the patient, and we talk about goals and objectives and skin-care concerns. When the doctor comes in, she talks about the specifics of various treatment options and makes recommendations. After the doctor-patient visit is finished, I stay with our client to answer more questions, give additional information and talk about pricing. If a patient decides to have a procedure or treatment done, I help to get him or her scheduled. After the consultation, I am available for patients to call back with questions. I always tell our patients to please call if they forget to ask anything. That's what I'm here for.

**Q.** Do you also provide any services?

**A.** Because of my experience and training, I am also a service provider. I perform microdermabrasions, vibradermabrasions,

VelaSmooth™ treatments for cellulite and other treatments. And I'm available for appointments on Saturdays, which are always popular.

**Q.** What kinds of products do you have available at The Center?

**A.** We have a variety of products – not only makeup but skin-care. Dr. Bruce and our staff have chosen skin-care lines that are based on scientific research and that can produce results. Some lines we carry are only available through a physician's office like ours. Other products that a person can buy over-the-counter have the same ingredients, but the ones we carry have higher levels of active ingredients, making them more effective. Every line has something good to offer, and for the most part, we mix product lines and custom tailor a regimen that is specially suited for an individual. We want our clients to have the best quality products for their skin-care concerns. I am also skilled in helping clients with makeup choices. We carry glo™ minerals makeup, which is a mineral-based product that has excellent sun protection built in.

## VIBRALIGHT SKIN TREATMENT COMBINATIONS

We are pleased to introduce two new treatment combinations designed to improve the appearance of your skin – VibraLight Yellow for skin rejuvenation and VibraLight Blue for acne.

Both treatments start with our new method of exfoliating the skin on face, neck and chest called vibradermabrasion, which is performed with the Vibraderm® machine. A vibrating paddle is applied to the surface of the skin literally vibrating off the top layer of dead skin cells. Removing this layer (called the stratum corneum) improves the skin's appearance by giving it a smoother, more radiant surface. It improves acne by taking the top off clogged pores allowing the blackheads and whiteheads to be removed.

The exfoliation process allows the light treatment that follows to penetrate more effectively into the skin. The physical agitation of the skin from the Vibraderm also stimulates the skin cells to produce more collagen, thus improving skin texture, pores and fine lines.

Our VibraLight Yellow follows the vibradermabrasion with the GentleWaves® Skin Fitness treatment. The GentleWaves yellow light stimulates production of new collagen to help plump up the skin. Our VibraLight Blue exposes the skin after the vibradermabrasion to a blue light, which helps kill acne-causing bacteria. Following these light treatments, we infuse topical products again using the Vibraderm unit. VibraLight Yellow uses products containing growth factors and anti-oxidants, while VibraLight Blue utilizes glycolic or salicylic acid-based products to fight acne. In both treatments, the vibration drives the active ingredients deeper into the skin than just applying them topically. The procedure is not painful so no anesthetic is necessary, and there is no downtime. Normal activities can be resumed immediately following treatment.

To see the initial improvement, we recommend a series of six treatments spaced one or two weeks apart. For maintenance, you can be treated once every one to two months. Treatments may be purchased individually or by buying a package of six at a reduced package price.

To learn more, please call one of our patient care coordinators, Lisa or Claudia, at **713.850.0240**.

## SIGNATURE FOTOFACIAL AND FOTOFIRM

Over the years, two of our top procedures have been FotoFacial™ and FotoFirm™. The reason for their popularity is that these two skin-rejuvenating treatments address a variety of common issues – fine lines, rosacea, brown spots and large pores – in one treatment series. Now we are taking these two proven procedures to the next level. We are combining them with our new VibraLight treatment to enhance the overall outcomes for our patients, and we call our new photo-rejuvenation series Signature FotoFacial and Signature FotoFirm.

Our Signature FotoFacial or Signature FotoFirm starts with a vibradermabrasion to exfoliate your skin. This procedure improves the appearance of your skin and allows better penetration of the intense pulsed light (IPL) treatments. Next, we use the same vibrating paddles to infuse a topical anesthetic cream that numbs the skin for the next step. The FotoFacial or FotoFirm comes next. The final step is the GentleWaves® Skin Fitness treatment. It augments the collagen-boosting action of the FotoFacial or FotoFirm and reduces any redness or swelling from the main procedure.

The FotoFacial uses IPL to reduce the signs of sun damage, specifically fine lines, red blood vessels, brown spots, and large pores. The FotoFirm uses the same IPL light as the FotoFacial followed by a collagen-stimulating laser to help reduce wrinkles. Both are done as a series of five treatments spaced three weeks apart. There is slight discomfort from this treatment, but infusing the anesthetic cream with the Vibraderm® paddles makes the procedure easy to tolerate.

After the FotoFacial or FotoFirm, there may be some mild redness and swelling, but the GentleWaves treatment, besides further stimulating your collagen, helps reduce redness and swelling. Any freckles or brown sun spots will usually turn darker for a few days after the treatment before they lighten and go away. It's fine to use makeup and resume your normal skin-care regimen after your Signature treatment.

If you are interested in trying either of these top-of-the-line combination skin-rejuvenating treatments, call **713.850.0240** to schedule a consultation with one of our dermatologists or our physician assistant.

Suzanne Bruce, M.D. • Leena S. Bhat, M.D. • Leigh Ellen Eubanks, M.D. • Leslie J. Tenaro, M.D.  
Board Certified, American Board of Dermatology; Fellows, American Academy of Dermatology

# SUZANNE BRUCE AND ASSOCIATES, P.A.

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