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E-Newsletter of Skin Rejuvenation Clinic of Edina

September 2011

Product Spotlight

Revision Skincare Nectifirm

September sale price:
\$58.50 + tax



We are proud to carry Revision Skincare Nectifirm, a fantastic medical-grade take-home product specifically formulated to rejuvenate the delicate skin of your neck and décolleté. Nectifirm is ideal when paired with a broadband light (BBL) or SkinTyte treatment for ultimate tightening and skin texture improvement.

- Rejuvenates fragile skin on the neck and décolletage
- Contains 8 actives that work together to

Don't miss details about our fantastic September Open House and monthly specials below this month's feature article.



Laser Liposuction: Sorting Out Fact from Fiction

By Mark Hagberg, MD



With so many fat trimming treatments on the market (many of which are just marketing gimmicks) it's no wonder the public has become leery of what techniques really can contour the body and which ones are just "smoke and mirrors". Prior to committing to a body contouring or sculpting procedure, it's good to ask probing questions. One of the most common questions we receive at Skin Rejuvenation Clinic is, "is your *ProLipo laser liposuction* actual liposuction?" The short answer is, yes. Laser-assisted liposuction is a form of liposuction, done using a technique that actually liquifies fat and removes it from the body, so we are indeed removing fat from your body. The most common areas we treat are those stubborn pockets that can be resistant to diet and exercise, like love handles, tummy, inner and outer thighs, "back fat" and chin.

The real beauty of laser liposuction (or laser-assisted liposuction) is not just that it removes fat, but it is the method in which fat is removed that is most impressive. First, we use a local tumescent lidocaine to fill and numb the area, which means general anesthesia is not required. This is an important "pro" of the procedure since there are many risks associated with general anesthesia, all of which can be avoided when using a local numbing agent. Second, the method of fat

- help strengthen the dermal-epidermal junction
- Lipopeptide firms the skin by 40% in 28 days
- Tripeptide increases collagen production making skin appear thicker, firmer and smoother
- Ideal for all skin types

Save 10% off these Revision Skincare products in September:

- Nectifirm (Sale price: \$58.50 + tax)
- Intellishade Tinted Moisturizer SPF 45 in regular and matte (Sale price: \$43.20 + tax)
- Teamine Eye Complex (Sale price: \$61.20)

Get an additional 10% Nectifirm and all other in-stock Revision products at our Open House on September 15th!

**Clarisonic Mia,
Clarisonic PRO &
Clarisonic Opal**



removal used during ProLipo is gentler and the laser actually provides a bonus tightening effect, which traditional liposuction does not. With ProLipo, the laser helps liquify the fat allowing for much less trauma to the tissue, resulting in less bruising, swelling and downtime. But an additional benefit is that the laser stimulates collagen in the remaining tissue for tightening purposes. After a procedure patients will notice immediate fat reduction and results will continue to improve with time.

Here are other key ways laser liposuction and traditional liposuction differ:

	Traditional Liposuction	Laser-Assisted Liposuction
Anesthesia	General anesthesia or heavy sedation	Patient lightly sedated, awake, comfortable and able to communicate with physician
Tissue Trauma	Technique used to break up fatty tissue is aggressive, causing significant and deep bruising	Much gentler procedure which results in reduced risk of tissue damage
Contouring Precision	Because of general anesthesia, physician must contour the body while patient lays flat on table	Physician is able to stand up the conscious patient intermittently during the procedure to ensure the overall contouring will look its best under normal circumstances
Pain	Narcotic pain meds required for a period of time to control post-surgery pain	Most clients take a prescribed medication for less than 48 hours post procedure, many say over-the-counter meds were adequate for treating their discomfort
Risks	Risk of general anesthesia complications, including blood clots and severe hematomas	No risk from general anesthesia, extremely low rate of other complications
Recovery	Many cannot return to work or other normal activities for 1+ weeks	A majority resume work and normal activities in as few as 1 to 3 days
Skin Tightening	After fat removal there can be loose, sagging skin	Thermal properties of the laser provide an additional skin tightening effect
Cost	May need to pay operating room or surgical suite expenses and anesthesia related charges	No fees associated with operating room or anesthesia, less time off of work

The bottom line is that there are many benefits to laser-assisted liposuction when comparing it to traditional liposuction. If you are interested in learning more about laser lipo and to see if you are a candidate, call us at (952) 920-6545 to book a free consultation. We are currently offering a fantastic \$300 referral bonus; if you recommend ProLipo to someone and they book their procedure before 9/30/11, you are each eligible for a \$300 credit on services. See referral information at the bottom of this newsletter for more details.



To view a collection of our ProLipo before and after photos, visit our [website photo gallery](#).



September Specials



Look years younger after a package of 3 St. Bart's Photorejuvenation Treatments for Pigment Removal and Skin Tightening Combined!

This month only, GET 25% OFF a package of 3 St. Bart's Treatments! See below for pricing.

The Clarisonic PRO and Clarisonic Mia are sonic cleansing tools to help give your skin a thorough cleansing, which is the essential first step in a healthy skin care ritual. Gently gliding across the skin's surface, the sonic micro-massage loosens and removes dirt, oil and makeup from pores.

Both the 4-speed Clarisonic PRO and smaller 1-speed travel-size Clarisonic Mia use a patented sonic frequency of more than 300 movements per second to clean, soften and smooth skin. In just 60 seconds, the micro-massage action removes six times more makeup and two times more dirt and oil than cleansing with your hands alone. Using the Clarisonic regularly will also help your medical-grade skincare products work more effectively.

Here are more at-a-glance differences between the PRO and the Mia:



Courtesy of Patrick Bitter, Jr., MD, FAAD

Do you want to take years off your face but can't afford the downtime associated with aggressive laser peels? St. Bart's Photorejuvenation Treatments combine two powerful services to help clear and tone aging skin. First, a Broadband Light (BBL) service is used to help erase sun spots and pigment caused by sun damage. Next, a SkinTyte skin tightening service helps stimulate collagen, refreshing crepey, lifeless skin. This treatment requires no downtime and although results can be seen within 2 weeks following 1 treatment, a series of 3 St. Bart's treatments spaced 2-3 weeks apart is ideal for optimum results.

September Sale Pricing:
 Package of 3 for face: \$1800
 Package of 3 for neck: \$1462.50
 Package of 3 for decollete: \$1462.50

Call (952) 920-6545 for specific pricing! Sale ends 9/30/11 Not to be combined with any other discount, offer, certificate or sale.

Clarisonic PRO

- Sold exclusively at physician's offices
- 4-speeds
- 3-year warranty
- Body brush included (perfect for spray-tan enthusiasts!)
- Can be used in the shower
- Sale price: \$202.50 + tax

Clarisonic Mia

- Comes in a variety of fun colors
- 1 speed
- 1-year warranty
- Can be used in the shower
- September sale price: \$149

Clarisonic Opal

Specially designed for the sensitive area around the eye, the Clarisonic Opal Sonic Infusion System uses proven sonic technology to apply an anti-aging eye product more effectively than manual application. At 125 sonic micro-massages per second, the Opal gently infuses an Anti-Aging Sea Serum (which comes with the Opal) to instantly hydrate and firm the skin.

Immediately hydrates, leaving skin feeling refreshed

- Noticeably firmer skin after 4 weeks
- Reduces appearance of fine lines and puffiness in as little as 8 weeks
- Can be layered with your own eye cream
- Improves skin texture

Product Sale:

- 10% off all in-stock Revision Skincare, including Intellishade Tinted Moisturizer SPF 45 in regular and matte, Nectifirm and Teamine Eye Complex.
- 10% off all in-stock Clarisonic PRO and Clarisonic Mia sonic cleansing systems and replacement brush heads
- SAVE AN ADDITIONAL 10% off all Revision and Clarisonic items at our Open House event September 15th from 9am-7pm (no phone orders.)

Current Rebates:

Get up to \$100 rebate on Dysport® (expires 9/30/11, restrictions apply, see a staff member for details.)
 2) Get \$25 rebate on Latisse® (expires 11/30/11)
 3) Get 20 or more units of Botox and at least 1 mL of Juvederm or Juvederm Ultra and get a \$75 rebate (expires 11/30/11)



Don't Miss our Fall Open House September 14th from 9am-7pm in Conjunction with Msp Magazine's Boutique & Beauty Week!

- 20% OFF all in-stock Revision® skin care and Clarisonic® products (no phone orders, please.)
- 15% OFF all other skin care products (Latisse®, iS Clinical®, Obagi®, SkinMedica®, Vivite®, Colorescience®, blinc®, LaRoche-Posay Biomedic and GloMinerals®)
- 10% OFF any future service(s) booked and paid for in-person during the event (excludes laser liposuction and packages, not valid with any other discount, offer or certificate).
- Valuable Drawings
- Seasonal Nibbles



Save 10% off all in-stock Clarisonic tools and replacement accessories in September!

Get an additional 10% all in-stock Clarisonic tools and replacement accessories at our Open House on September 15th!

Book Your Very Own Botox Party by September 30th and Save!

Gather 10 or more of your friends and host your very own private after-hours Botox (or Dysport) Party here in our office. The party can take place in the future, but must be booked by 9/30/11.

Party details:

- \$10/unit Botox or the equivalent in Dysport for 10 or more participants (attendance of 10 or more must be guaranteed 1 week prior to the event).
- 26 units of FREE Botox (or the equivalent of free Dysport) for the person coordinating the event!
- Treatments administered by a skilled physician
- Light appetizers, wine provided
- Mini-consults available
- Make-up consults available
- Relaxing environment
- Date/time availability based on the physicians' schedules)

Links

- [Email us](#)
- [Visit our Website](#)
- [Before and After Photos](#)
- [Read our Blog](#)
- [Watch our Videos](#)



If you are interested in hosting a private Botox/Dysport party with 10 or more friends, please contact Angela Stack at angela@skinrejuvenationclinic.net. Angela will help coordinate a date and time and can provide you with all the necessary details for you to start signing up your friends for a night of fun!

You are Invited!

What: Fall Open House & Sale in conjunction with *Mpls St. Paul Magazine's Boutique & Beauty Week!*

When: Thursday, September 15th
9am to 7pm

Where: Skin Rejuvenation Clinic of Edina



- **20% OFF** all in-stock Revision® skin care and Clarisonic® products (no phone orders, please)
- **15% OFF** all other skin care products (Latisse®, B Clinical®, Obagi®, SkinMedica®, Vite®, Colorescience®, Inno®, LaRoche-Posay Biomedic and Glaxieral®)
- **10% OFF** any future service(s) booked and paid for in-person during the event (excludes laser liposuction and packages, not valid with any other discount, offer or certificate).

• Valuable Drawings • Seasonal Nibbles





boutique
& beauty
week

September
9-16th, 2011

SUBJECT LINE: Save \$75 on Your Next Treatments

LIMITED TIME ONLY!

OFFER ENDS
NOV. 30, 2011Save **\$75** with the*duet*DIVIDENDS
PROGRAM

Schedule an appointment today

Ask your doctor if  |  Juvéderm XC are right for you.

Save \$75 if you qualify for BOTOX[®] Cosmetic and JUVÉDERM[®] XC injectable gel treatments. Both treatments must be administered during the same office visit between now and November 30, 2011. Limitations apply. See rebate for full terms and conditions.

Get your instant in-office rebate in 3 easy steps

1

Make an appointment to receive both treatments at the same visit between **now and November 30, 2011**.

2

If you aren't already a member of the *Brilliant Distinctions*[®] Program, **register now at www.brilliantdistinctionsprogram.com** to be eligible for the instant in-office rebate and other exclusive offers.

3

Redeem your instant rebate in our office immediately following your appointment.

BOTOX[®] Cosmetic (onabotulinumtoxinA)
Important Information**Indication**

BOTOX[®] Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) in people 18 to 65 years of age for a short period of time (temporary).

IMPORTANT SAFETY INFORMATION

BOTOX[®] Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX[®] Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing. **If this happens, do not drive a car, operate machinery, or do other dangerous activities**

The dose of BOTOX[®] Cosmetic is not the same as, or comparable to, another

Seeing is believing

Before

Unretouched photo of paid model taken at maximum frown before treatment with BOTOX[®] Cosmetic and at rest before treatment with JUVÉDERM[®].

**After**

Unretouched photo of paid model taken at maximum frown after treatment with BOTOX® Cosmetic and at rest after treatment with JUVÉDERM® at day 14.

Individual results may vary.



In BOTOX® Cosmetic clinical trials at day 7, 74% (299/405) of people demonstrated *none* or *mild* glabellar line severity at maximum frown as compared to 6% (8/132) in placebo; at day 30, 80% (325/405) of people demonstrated the same as compared to 3% (4/132) in placebo.¹

Side effects associated with the BOTOX® Cosmetic injection include localized pain, infection, inflammation, tenderness, swelling, redness, and/or bleeding/bruising.¹

The most commonly reported side effects with JUVÉDERM® XC are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

For JUVÉDERM® XC Important Safety Information, please see [below](#).

botulinum toxin product.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

Serious and/or immediate allergic reactions have been reported. They include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Do not take BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); have a skin infection at the planned injection site.

BOTOX® Cosmetic (onabotulinumtoxinA) IMPORTANT SAFETY INFORMATION (continued)

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to breast-feed (it is not known if BOTOX® Cosmetic passes into breast milk).

Human albumin and spread of viral diseases. BOTOX® Cosmetic contains albumin, a protein component of human blood. The potential risk of spreading viral diseases [eg, Creutzfeldt-Jakob disease (CJD)] via human serum albumin is extremely rare. No cases of viral diseases or CJD have ever been reported in association with human serum albumin.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.**

Especially tell your doctor if you: have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin, such as *Myobloc*®, *Dysport*®, or *Xeomin*® in the past (be sure your doctor knows exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; or take a sleep medicine.

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see BOTOX® Cosmetic full [Product Information](#) including [Boxed Warning](#) and [Medication Guide](#).

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC, and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (eg, hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.



1. BOTOX® Cosmetic Prescribing Information, August 2009.



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www.botoxcosmetic.com 1-800-BOTOXMD www.juvederm.com
 APC68BC11 111324 SOLICITATION

Skin Rejuvenation Clinic, PA / 6545 France Ave. S. / Edina, Minnesota 55435 /
 952-920-6545 / www.skinrejuvenationclinic.net

**Earn
& Gift
\$300**

If you refer someone to Skin Rejuvenation Clinic for ProLipo laser-assisted liposuction and they book the procedure by 9/30/11 (can take place anytime before 12/31/11), you will receive a **\$300 credit** to use toward future services and they will receive **\$300 off** their laser lipo procedure. Ask a front desk staff member for more details on how to earn the ProLipo referral reward bonus.

Offer Expires: 9/30/2011

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