

Dear Prospective Patient,

I have a vast experience performing botulinum toxin injections (Botox, Dysport, Xeomin) & dermal filler procedures for improving wrinkles and lines as well as volume replacement of facial and body areas of fat absorption. I completed a residency and fellowship at Stanford University Medical Center, remaining as a clinical professor for 7 years.

The dermal fillers most commonly used for facial lines and wrinkles are hyaluronic acid (HLA) fillers, such as Restylane, Perlane and Juvaderm. The benefit of these fillers is that the procedure is minimally invasive, with only a small needle placed in the skin to deliver the dermal filler. The procedure can be made more comfortable using anesthetic techniques, such as ice, topical anesthetic solutions or nerve blocks. All of these substances are designed to make the procedure minimally uncomfortable and limit the potential for bruising. These HLA fillers last about 6 months, before a repeat injection is indicated.

When repair of volume loss or for enhancing or augmenting areas, Radiesse, is the better choice of dermal filler. Radiesse is hydroxyapatite, a white firmer material that is injected below the skin into the deeper tissues. The advantage of Radiesse over hyaluronic acid fillers is that it lasts longer, approximately 10-12 months. It is more effective for volume replacement. The most common areas of the face that are treated with volume enhancement are the space below the lower eyelid (tear trough), the line that extends diagonally from the inner eye area to the cheek bone (nasojugal groove), and the laugh line laterally to one's mouth (nasolabial fold), the space below the cheek bone (submalar space), and the upper and lower lips. Dr Troell has taught physician and surgeons on the proper technique of dermal filler placement at the national Anti-Aging Medicine Conference in Las Vegas, Nevada.

Face Fat Grafting allows permanent volume replacement. It is performed by taking your own fat and placing it in areas of volume loss. New developments in fat harvesting and fat grafting have yielded the highest fat survival rates, as much as 80%. Dr Troell recently presented his technique at the American Academy of Cosmetic Surgery 2011 meeting and the California Society of Facial Plastic Surgery in 2010 and 2012 as well as completing his tenth live surgical workshop in 2012 teaching other surgeons.

Some lines or wrinkles are better treated with muscle relaxing, such as BOTOX. These substances relax the muscles of expression, which cause forehead horizontal furrows, vertical lines between the eyes, or crow's feet at the outer part of one's eyes. The medication is delivered by an injection that can be performed without any anesthesia, the procedure takes less than one minute, and there are minimal risks and possible complications. The procedure needs to be repeated every 3-6 months.

Vascular and skin pigmentation lines, lesions and blemishes, such as fine and medium blood vessels, freckles and age spots are best treated with an intense pulse light (IPL). Palomar Medical Technology has the Best in the industry with the most technology patents. Wrinkles, skin tightening, acne scarring, and overall skin rejuvenation is best treated with a resurfacing laser. DEKA's Smartxide DOT fractional carbon dioxide (CO2) laser has been determined to be the Best CO2 laser in a scientific study (Waibel J, J Drugs in Derm May 2009). Dr Troell is a physician trainer for both companies.

Sincerely & Respectfully,

*R. Troell*

Robert J Troell, MD, FACS