

Dear Prospective Patient,

Thank you very much for your inquiry regarding aesthetic facials and *Microdermabrasion* for cleansing, hydrating and improving skin texture, pigmentation and wrinkles.

I have over 16 years of experience in facial plastic surgery and skin care. I completed a residency and fellowship at Stanford University Medical Center and remained as a clinical professor for seven years. I am quadruple board certified. My practices are located in Las Vegas NV and Laguna Beach CA, known as the Center of Excellence in Facial Plastic & Reconstructive Surgery.

Initially, my aesthetician documents your skin type using the skin pigmentation known as the Fitzpatrick classification scale. Additionally, we segregate you into normal, dry or oily skin. This is done by visualization and examination with the addition of the Woods lamp and skin analyzer by Image Pro. From this information, a treatment regimen is determined and your progress continually assessed.

You may possibly need a pre-treatment prior to a facial. We will determine the specific facial best for you given all these parameters and the optimal skin care products to ensure continued resolution of your skin concerns with home care.

We made suggest a aesthetician grade or medical grade chemical peel to assist in improving your skin complexion, which may include vitamin C, salicylic acid, *Jessener* peel, orange peel, pumpkin peel, trichloroacetic acid (TCA) in two strengths, 35% (Blue peel) and 50%, the "perfect peel" as well as a modified phenol peel. With the quality of lasers for skin resurfacing today in patients with more significant skin damage, chemical peels are used mainly for hyperpigmentation and mild damage.

*Microdermabrasion* treatment removes dead flaky skin cells and stimulates the production of fresh young skin cells and collagen. It is a non-invasive, non-surgical treatment to enhance skin conditions and appearance. Microdermabrasion only minimally combats the signs of aging, such as fine lines, dark (pigmented) spots as well as acne scars. A carbon dioxide laser or intense pulse light (IPL) are better options for these issues. Most importantly, microdermabrasion is safe to use on all skin types.

What results can you expect? With just the first treatment your skin will feel softer, have a light pink glow and will continue to exfoliate over a couple of days. With continued treatment, it will minimize or remove many skin imperfections and abnormalities. A home skin care product treatment regimen, including sun block, moisturizers, mild cleansers and exfoliants, are essential to optimizing your youthful look! My aestheticians and I look forward to meeting you in my office.

Sincerely & Respectfully,

*R. Troell*

Robert J Troell, MD, FACS