
Recent posts

AccuSculpt

The AccuSculpt laser-assisted lipolysis procedure is an FDA-approved advance in facial contouring developed by leading plastic surgeons in the past 3 years. No other procedure enables the removal of accumulated or descended fat deposits on the neck and jowls with such comfort, ease and safety. The AccuSculpt procedure is ideal for contouring the face and neck, including the midface and nasolabial folds, marionette lines, lower face and sagging jowls and the under chin area and neck, giving the lift many are seeking but without the need of a facelift. This minimally invasive procedure requires only local anesthesia, 30 minutes and no incisions. Dr. Fleck will work with you to customize a treatment plan specific to your facial qualities and treatment objectives.

A well defined jawline is a hallmark of a youthful appearance. Heavy jowls and double chin contribute to an obese, aged appearance which has been difficult to treat prior to the introduction of laser liposculpting. Clients who complain of a double chin or turkey wattle are ideal candidates for the Accusculpt laser. Dr. Fleck's patients who have already undergone the Accusculpt procedure are extremely positive, noting no postoperative pain, minimal bruising lasting a day or two and visible neck tightening after only one week. As collagen grows into the area after the procedure, improved definition of the neck and jawline will continue for up to six months.

What to Expect

The AccuSculpt experience starts with a physician consultation to outline the areas of concern and discuss anticipated results. Dr. Fleck may recommend AccuSculpt as a stand-alone procedure or as an integral part of your specific treatment regimen where AccuSculpt may be performed in combination with filler injections with Radiesse or fractional CO2 laser resurfacing.

On the day of the procedure, after the treatment areas are cleaned with antiseptic solution, Dr. Fleck will inject local anesthetic into the areas to be treated, and the AccuSculpt laser is inserted through a needle-sized opening which heals without scarring.

Once the laser is introduced, the fat-melting wavelength gently heats the fat and the surrounding collagen.

Afterward, controlled amounts of fat are removed with manual liposuction. An elastic wrap is worn for two weeks while sleeping. Patients often return to work and other activities in a few days. Light bruising may occur along with minor swelling.

Over the next 6 months, collagen growth begins to tighten and lift the skin. The fat cells that are removed by laser-assisted lipolysis do not grow back. If the patient later gains or loses weight, the fat tends to be distributed proportionately over the entire body.

Results are long-lasting and are comparable to a surgical facelift at a fraction of the cost. The

Accusculpt system is safer than SmartLipo due to its unique wavelength and ability to melt fat at lower energies. "The laser is so safe because it targets fat cells more precisely, producing less collateral heat to surrounding tissues," explains Dr. Fleck. Accusculpt can be used on small fat deposits on the face like the jowls with ease where traditional liposuction can not.

For questions about this innovative laser or a free consultation to see if you might be a candidate for the Accusculpt procedure, contact Jan Gillum at Body Oasis Laser Aesthetics at 928-778-7000.

Itchy Skin

The most common cause of itchy skin is dermatitis, usually caused by chemicals drying out the skin and causing damage to the top layer (epidermis). To fix this problem, simply avoid using soap and body washes; instead switch to Cetaphil or Aquanil soap free cleansers, not Dove or Ivory soap. For waterproof makeup or grease on hands, use Albolene moisturizing cleanser. In addition, avoid friction such as scrubbing granules or luffa on the affected skin, solvents like gasoline, nail polish remover or alcohol, and irritating foods such as lemon juice or vinegar. Protect the affected area of skin with gloves or other barrier, avoid exposure to potential chemicals and moisturize the affected skin with a gentle lubricant such as Eucerin or Lubriderm lotion.

How to Avoid Sun Exposure in Your Car

Studies have shown that people who spend a lot of time in the car are more likely to get skin cancers on the side exposed to sunlight during driving. A simple solution is to have an ultraviolet protective film applied to the inside of your car's windows. Manufactured by 3M, the ultraviolet protection is inexpensive and longlasting without darkening the window or obstructing your view. Most window tinting servicers have this material in stock or can order it.

What to do for Sunburn

It's best to avoid sun exposure by wearing a hat and longsleeved clothing; however, if you do experience sunburn here are some tips:

- Stay cool and hydrated

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- Take over-the-counter painkillers
 - Apply cool compresses and topical vitamin C
 - Use moderate amounts of ointment such as Eucerin lotion.
 - If your sunburn is blistering, you should see a dermatologist for a prescription cortisone medication that can help you recover more quickly.

Stop Sweating with Botox

Did you know you can stop underarm perspiration with Botox injections? It's true. Those who perspire excessively can rid themselves of this annoying problem with once-a-year injections of Botox. This treatment temporarily turns off the sympathetic nerves that stimulate sweating. Ten to twenty injections are made in each armpit; treatment of both underarms requires a full vial of Botox. The new FDA-approved Botox alternative, Dysport, can also be used to stop sweating in this manner. The procedure is not covered by insurance companies.

Genes Linked to Risk of Melanoma

Researchers have linked genes on the chromosomes for hair, eye and skin color to the risk of getting melanoma. It has been known for many years that people with red hair, blue or green eyes and Type I skin are at higher risk for melanoma. It is also widely known that a family history of melanoma gives one a higher risk of developing this deadly skin cancer.

In addition, radioactive exposure raises your risk of melanoma and brain cancer. Those living within 50 miles of a nuclear reactor are 2-6 times as likely to develop skin cancer. Even with the genetic risk factors, protection from ongoing ultraviolet radiation is key as are monthly self skin examinations and annual visits to your dermatologist to pick up early melanoma. Early surgical removal of melanoma can be life-saving.

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Dry Skin Tip

Dry skin can be uncomfortable and unattractive. It often shows up as rough, red, and itchy patches on your arms, hands, lower legs, and abdomen. Dry skin can lead to cracks and fissures in the skin. Because cold air outside and heated air inside cause low humidity, it's often worse in winter.

Some dry skin is hereditary, while other cases are due to aging, as natural skin oils diminish. Dry skin can also be caused by or can accompany medical conditions such as asthma or thyroid disease. Daily skin care habits such as washing with harsh soaps, using harsh cleansing agents, and scrubbing can also worsen dry skin.

Since most dry skin is due to external causes, it improves when you skip long, hot showers. Hot water strips oils from the skin faster than warm water. Use a gentle cleanser that is soap free such as Cetaphil. Moisturize while skin is slightly damp.

Treating dry skin is important because extensively dry skin can lead to eczema, a more severe inflammation of the skin. If your dry skin is still a problem after trying the steps above, see your board certified dermatologist or call Southwest Skin & Cancer Institute at 928-778-0808.

Botox vs Dysport: Find out which is best for you

Botox up to now has been the only contender in town for the treatment of crow's feet, frown lines and forehead wrinkles. However, Dysport has been gaining popularity with more patients. What are the differences between the two? Both are injectable forms of Botulinum Toxin Type A, which means they both help to soften the muscles in the face that cause wrinkles. Dysport, however, has some patients seeing results with 2-5 days. Dysport comes with a slightly lower price tag per unit. Botox can be injected in the underarm areas and palms to treat excessive sweating and can also be used to treat TMJ pain and teeth grinding. Side effects for both products are minimal, and can include possible bruising. Ask your dermatologist which one is optimal for your particular situation.

New Help for TMJ and Nighttime Teeth Grinding

Think Botox is just for cosmetic applications? Think again. A new breakthrough in the use of Botox has come to light. Not only is Botox a great product for wrinkle reduction on the face, it is also used to treat excessive underarm sweating and now we are using this wonder drug to treat TMJ or bruxism which is excessive grinding of the teeth. If you have ever had or suffer from it now, you know what I mean. Symptoms include:

- Severe headaches
- Mouth or teeth pain
- Stiffness or soreness in jaw or inner ear area
- Sleeplessness due to discomfort at night
- Grinding of the teeth

A dermatologist can help you determine if Botox will be the solution for your TMJ and nighttime teeth grinding. It is almost instant relief and breaks the grinding habit.

Melanoma Self Exam and Detection

When looking for warning signs of melanoma be familiar with the ABCDEs of Melanoma Detection. These characteristics include Asymmetry (one half does not match the other half), Border (the edges are ragged, scalloped, or poorly defined), Color (pigmentation is not uniform; shades of tan, brown, and black are present; sometimes red, white, or blue also), Diameter (the size of a pencil eraser or larger). "E" was recently added to these criteria and stands for Evolving (or changing in size, shape or color).

A hand-held microscope known as a dermoscope is often used to magnify and illuminate the mole which increases the ability to diagnose melanoma. If Dr. Fleck suspects melanoma, the entire mole is removed because the sample may not be representative of the whole lesion. Melanoma is notorious for skipping areas within a lesion so it may look benign in one area but not in another. We only send our patients specimens to a board-certified dermatopathologist trained to read melanomas.