

Your Customized Beauty Plan

Presented by River Region Facial Plastics

Hello, this is Dr. Michael Bowman with River Region Facial Plastics. When it comes to facial aging, many of us have similar concerns, but just like snowflakes, no two faces are ever the same. For that very reason, there cannot be a cookie cutter approach to facial rejuvenation. This is why your care at River Region Facial Plastics begins with a consultation and the creation of your customized Beauty Plan. The Beauty Plan concept is what we will be discussing in this column.

During your consultation, first we review your medical history to ensure that I understand any medical conditions that

might impact your recommendations.

With that done, we discuss your concerns about your appearance.

Although this sounds simple, it is one of the most important

parts of your visit. Once I understand your concerns exactly, I can tailor my recommendations to make sure you get the results you desire. Once I am sure I understand what aspects of your face you want to enhance, we can proceed with a quick and painless physical examination. Now it is time to create the Beauty Plan.

Your Beauty Plan is broken down into three main categories of intervention: daily interventions, office treatments, and procedures. Daily interventions help minimize the ongoing aging process and help enhance the results from the other two categories. Office treatments give great results while offering minimal downtime and recovery. The surgical procedures we offer at River Region Facial Plastics give dramatic results, but do have some downtime or recovery associated with them.

All Beauty Plans will include recommendations for skin care. Beauty is indeed more than skin deep in so many ways, however good skin care

can make a dramatic difference in your appearance. It is never too early or late to benefit from great skin care that will help improve and maintain your skin's appearance. A high quality, medical grade skin care regimen will also help provide a foundation to enhance the results from other interventions. We proudly offer the SkinMedica® line of skin care products. SkinMedica®'s formulas and products were created by cutting edge scientific research, so you can depend on the highest quality products and results. If you just want to focus on your skin care, call for an appointment with our Aesthetician, Amy Bierly, at Radiant Skin.

Radiant Skin is our skin care spa at River Region Facial Plastics.

The next section in your Beauty Plan is for office treatments. These

interventions include injectable products like Botox® Cosmetic and Dysport®, fillers like Juvederm®, Voluma™, and Restylane®, as well as volumizing products like Sculptra® Aesthetic. Each product has been selected to help me rejuvenate or enhance a particular area of the face. We only offer FDA approved products and only purchase from the genuine manufacturer. All of our office procedures offer excellent results with only a few minutes in our comfortable treatment chairs. With rare exception, there is minimal downtime. Your Beauty Plan may contain one or more of these products, and during your consultation I will explain each product and show you pictures of what results we can expect.

The final section of your Beauty Plan is reserved for procedures. This area includes surgical procedures like the QuickLift® (a procedure which gives facelift quality results with mini-lift recovery), blepharoplasty (eyelid rejuvenation), functional and cosmetic rhinoplasty (nasal reshaping), facial

implants (i.e. chin or cheek implants), facial liposuction, otoplasty (ear reshaping), medical grade chemical peels, brow lifting, etc. Many patients choose to combine multiple procedures (i.e. a QuickLift® and blepharoplasty or rhinoplasty and chin implant). Each of these procedures has different recoveries, downtime, etc. If I recommend a procedure for you, we will review before and after photographs to show you what results you should expect. We'll also discuss the risks and alternatives for each procedure, and I will make sure to answer all of your questions.

Aesthetic practitioners who are not trained in surgical rejuvenation techniques are limited to the products/techniques at their disposal. As a dual board certified Facial Plastic Surgeon, I have the knowledge, training and skills needed to deal with any and all aspects of facial rejuvenation and reconstruction. From simple skin care regimens to dramatic procedural transformations, your Beauty Plan will reflect your desires and the specific needs of your face. Since we have all of those options available, we are able to focus on your results and choose whatever combination of products and procedures that will give you the best possible results.

I hope you will give us a call to set up your free consultation so we can help create your own customized beauty plan and determine which treatments will be best for you.

Please email us at Doctors@RiverRegionFacialPlastics.com with your questions about facial health, beauty and rejuvenation

Yours In Good Health,
Dr. Michael Bowman
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