



During your initial consultation we will create a game plan for success.

We will

- Review your past medical history and perform a brief physical
- We will create a top three wish list
- We will create a custom skincare regimen
- We will work together to empower you to make the best decision based on your needs

What is medical grade skin care?

Medical-grade means that the products you are purchasing are available from establishments that operate under a physician's license. This means that there must be a medical director for the retailer to sell these products. Usually the facility offering these products will require a consult to ensure your safety and to address your long-term goals. The practice also usually keeps your last medical history in mind as well, to make sure there are no contraindications. Medical-grade skincare may seem more expensive however with medical grade skin care the product is more concentrated, so you will use less. Using less product will result in a longer lasting product. The cost/benefit calculation actually makes medical-grade products a better bargain in the long run.

What is the difference between retinol and tretinoin?

Both tretinoin and retinol are forms of vitamin A. Tretinoin tends to be stronger than Retinol. Tretinoin is best suited for patients that have oily or tolerant skin. Tretinoin is also a fantastic step up from retinol. Retinol is a derivative of vitamin A and it is a bit more suitable for those with sensitive skin. Retinol must be converted into retinoic acid to become active. Biochemically, retinol and retinoids are almost exactly the same thing, however it may just take longer to see results with retinol-based products because they are weaker. Both retinol and tretinoin stimulate collagen, which reduces fine lines and wrinkles. Our retinol is medical grade retinol. We also carry medical grade tretinoin.

What is partial versus complete correction?

Partial correction is when we correct the underlying concern to its baseline. We work to improve that area but it is not completely achieved to end desired result in that setting. We often perform partial correction with fillers secondary to expense. We also perform partial correction with several follow up visits to delicately stage the transformation. Complete correction is when we perform a multifaceted approach as well as completely transform to baseline desire.

example: patient presents with shallow midface and would like volume and lift. Her budget is nine hundred dollars.

We recommend two syringes of filler and midface pdo threads. She decides to proceed with one syringe of filler and schedules sequential visits for that second syringe of filler and then the mid face PDO threads. She understands that by only purchasing one syringe of filler she will obtain an improvement but not a complete correction. She proceeds with a partial correction. Partial correction may also be preventative therapy to maintain a baseline.

We support you on your journey and educate you on several options available including but not limited to partial or complete correction.

Self Neutralizing Peels with PCA

According to Anna Samuels, PCA's leading clinical educator, "PCA is a healthcare company specializing in blended chemical peels for more than 25 years and are the trusted leader in chemical exfoliation in the industry. At 1228 we use a variety of formulations designed to be customized to your specific concerns and lifestyle. Do not let the term "chemical peel" scare you. Chemical exfoliation is a safe and effective way to rapidly exfoliate your skin to reveal healthy glowing skin and encourage new collagen and a smoother brighter complexion. You can schedule a Sensi-peel to get that pre-event glow or a series of Ultra Peels or Jessner Peels for a more progressive approach to rejuvenation. Our Forte peels are physician grade and reach the dermis. Our skin naturally exfoliates every 30 days until our thirties when it slows down. That is why we wake up on our 35th birthday and our skin looks dull, blotchy and our lines are starting to show. This is an indicator that it is time to start regular chemical exfoliation. Monthly chemical peels will literally sluff off the hands of time. Some other lines of peels may burn or blister the skin, but PCA Skin peels use many ingredients that naturally occur in the skin, like lactic and citric acid, coupled with botanicals to help feed, lighten and brighten your complexion with NO down time. Regular treatments will transform you back to the youthful version of YOU! Get ready for less brown spots, refined pores, tighter brighter firmer skin". PCA stands for Physician's Care Alliance.

SKINPEN by Bellus medical

SkinPen is a true state of the art anti aging device that repairs and improves sun damage, scars, stretch marks, and hyper-pigmentation. Because it has 12 surgical grade micro needles that simultaneously develop tiny micro channels in the skin, SkinPen increases collagen and skin cell turnover. The overall result is an appearance of a more youthful skin. Excellent for fine lines and acne scarring as well.

Your choice of the six month program

3 Dermal Peels

3 Sessions of microneedling the full face, neck, and décolleté

Rotate every 30 days (because the skin cell cycle is 28-30 days)

Your choice of the twelve month program

6 Dermal Peels

6 Sessions of microneedling the full face, neck, and décolleté

Rotate every 30 days (because the skin cell cycle is 28-30 days)

You may also purchase these treatments individually.

We recommend packages to encourage compliance for the best results.

PDO Thread Lift- NOVATHREADS PDO stands for Polydioxanone and this refers to the material used to make the threads used in the lifting procedure.



Mid-procedure treatment (left face with PDO threads) by Joni Collins Ricketts PA-C

Novathreads is the brand of our favorite PDO Threads. The PDO threads offer a number of specific benefits:

- * threads have no cones, thus no damage to the tissue
- * excellent safety record – the same thread used in cardiac, plastic, obstetric, and other surgical sutures
- * ultra-fine threads (smooth or twist threads) are naturally broken down within the body over 6-8 months, although the results naturally ‘wear off’ over around 18 months.
- * Barbed threads last longer and produce a stronger more instant result.
- * PDO thread material is invisible within the skin

The principle behind PDO thread lifting is not simply about pulling the skin into a different position, but rather to stimulate the body’s natural reaction to a ‘foreign body’ – which is to produce collagen and improve blood circulation, contracting the tissue.

As the PDO dissolves naturally over time a strong collagen bond results.

The PDO lift has a series of benefits

- * naturally improves skin elasticity and texture
- * reduces wrinkles
- * brightens skin tone
- * produces more defined facial contours
- * rejuvenating and lifting effect
- * covers prominent forehead veins
- * improves texture and tone

How many sessions do I need for threads?

We highly recommend a consult to customize a treatment plan to obtain your goals. As with any aesthetic procedure we assess and discuss partial versus complete correction.

Twist and smooth threads typically need 3-6 sessions to obtain a complete correction.

Barbed threads usually require one to two sessions to obtain a complete correction.

We also recommend PRF/ PRP and hyaluronic fillers in combination with threads for volume.

We often combine threads with Ultherapy to get a true "lift". This combination therapy can be done on the face and body.

We often call Ultherapy the "spanks" and PDO threads the "panty hose".

PRF vs PRP

What is PRF? *PRF stands for platelet rich fibrin.* PRF is a byproduct of blood that is exceptionally rich in platelets. These platelets release growth factors that stimulate stem cells. These stem cells are a powerhouse and present a variety of treatment options for you. By using your own blood, we can:

- accelerate healing
- reduce infection risk
- awake mesenchymal cells (why great in combination with filler)
- restore skin
- assist in autoimmune skin disorders (psoriasis)
- assist in hair restoration
- improve and restore hair loss from androgenic alopecia
- Examples: polycystic ovarian syndrome and male pattern baldness*
- improve acne scarring (excellent result when used in combination with microneedling)
- improve joint and bone restoration
- improve allergic shiners darkening of eyes

What is PRP? *PRP stands for platelet rich plasma.* PRP is also a byproduct of blood that is exceptionally rich in platelets. PRP is similar to PRF, but PRP does not have white blood cells and it does not contain a fibrin sheath. When we spin PRP we do not use an anti-coagulant.

We do rotate PRF and PRP in our autologous stem cell membership.

PRF and PRP are also used for the Vampire Facial and the Vampire Facelift.

What is Ultherapy?

Ultherapy is the only non-invasive procedure FDA-cleared to lift skin on the neck, under the chin and on the eyebrow and most recently on the décolleté. Ultherapy utilizes ultrasound. Ultrasound, of course, has been used safely throughout the medical field for more than 50 years and our board certified medical providers read this ultrasound to differentiate where to deliver energy. By delivering this energy, a micro injury results and creates a more lifted and organized structure. Over three months you will see collagen promotion and a lift. We provide “off label” Ultherapy. Off label simply means that the procedure is not yet cleared or approved by the FDA. We have been providing Ultherapy to the body for years with safe and consistent beautiful outcomes. Ultherapy can help you achieve a fresher, more youthful look from your brow to your toes! Safe Ultrasound. No Surgery. Ultherapy has been established as safe and effective in clinical studies and in more than 350,000 treatments worldwide. We highly recommend pairing Ultherapy with PDO Threads. Ultherapy results usually last three years, but we have seen maintained results at five years.



Treatment by Joni Collins Ricketts PAC

We often combine treatments. We often call Ultherapy the “spanks” and PDO threads the “pantyhose”.

MELASMA: AN OVERVIEW FROM THE AMERICAN ACADEMY OF DERMATOLOGY

Melasma (muh-LAZ-muh) is a common skin problem. It causes brown to gray-brown patches on the face. Most people get it on their cheeks, bridge of their nose, forehead, chin, and above their upper lip. It also can appear on other parts of the body that get lots of sun, such as the forearms and neck. It is imperative to have your provider evaluate your thyroid, your hormonal status, as well as evaluate copper levels.

One of the most common treatments for melasma is sun protection. This means wearing sunscreen every day and reapplying the sunscreen every 2 hours. Dermatologists also recommend wearing a wide-brimmed hat when you are outside. Sunscreen alone may not give you the protection you need. Women are far more likely than men to get melasma. It is so common during pregnancy that some people call it the mask of pregnancy. Hormones seem to trigger melasma. Heat makes melasma worse,

Tretinoin and corticosteroids:

To enhance skin lightening, your dermatologist may prescribe medicine. This medicine may be tretinoin or a corticosteroid. Sometimes a medicine contains 3 medicines (hydroquinone, tretinoin, and a corticosteroid) in 1 cream. This is often called a triple cream.

Other topical (applied to the skin) medicines: Your dermatologist may prescribe azelaic acid or kojic acid to help lighten melasma.

Procedures: If a topical medicine does not get rid of your melasma, a procedure may succeed.

Microneedling (SkinPen) and chemical see neutralizing peels such as glycolic or TCA peels will help your condition as well. Ask your provider for your customized treatment plan. (See our melasma annual membership /microneedling and peel rotation)

Under medical care, many people with melasma have a good outcome. Melasma can be stubborn, though. It may take a few months of treatment to see improvement. It is important to follow your dermatologist's advice. This ensures that you get the most benefit from treatment. It also can help avoid skin irritation and other side effects.

After your melasma clears, you may need to keep treating your skin. Your provider may call this maintenance therapy. Maintenance therapy can prevent melasma from returning.

You can help prevent your melasma from returning by wearing sunscreen and a wide-brimmed hat every day.

ALWAYS WEAR SPF THAT CONTAINS TITANIUM DIOXIDE AND ZINC OXIDE ___

START AN ORAL RESVERATROL SUPPLEMENT ___

START A PREBIOTIC AND PROBIOTIC ___

START VITAMIN C WITH PHLORETIN ___

START PROGRESSIVE MEDICAL GRADE PEELS AND MICRONEEDLING ___

START TRETINOIN WITH AZELAIC ACID ___

AVOID AGGRESSIVE PEELS OR IPL/LASERS ___

AVOID OR LIMIT TIME IN AN INFRARED SAUNA OR EXCESS HEAT ___

ROSACEA

What is rosacea?

According to the National Rosacea Institute, “Rosacea is a common but poorly understood disorder of the facial skin that is estimated to affect well over 16 million Americans—and most of them don’t know it.*

1. The onset can be mistaken for acne or sensitive skin.

Rosy cheeks in your teens and twenties can be mistaken for sensitive skin, and rosacea’s pus-filled bumps can be mistaken for acne. Early detection is important because treating rosacea the same way you would acne will exacerbate the problem, resulting in dry, irritated skin and no improvement in the pimple-like bumps.

2. It’s more common in those who have fair skin.

Rosacea can affect anyone regardless of their skin tone, but it’s more commonly diagnosed in people with fair skin since the flushing is more noticeable on those with lighter complexions. If you have darker skin and have noticed a redness to your complexion that won’t go away, it may be time to talk to your dermatologist.

3. It’s genetic.

If you don’t have the rosacea gene, you will never get it. If you do, your genetic makeup will determine the severity of the disorder.

4. There are a ton of triggers.

Stress, spicy foods, alcohol (especially red wine), hot beverages, extremes in temperature are all triggers that can cause a rosacea flare-up. Basically, anything that will cause your face to flush is a trigger.

5. Overexposure to the sun will make rosacea worse.

No matter how severe your case, too much sun will cause your rosacea to flare-up. Daily application of sunscreen, SPF 30 or above, is recommended. It’s best to go with the natural sunscreens (they contain zinc oxide and titanium dioxide) since chemical sunscreens have been known to cause irritation in rosacea patients.

6. To reduce inflammation, use products that replenish hydration.

Opt for hydrating cleansers and with moisturizing ingredients, as they will help to calm your skin while cleansing your pores. It is important for rosacea patients to avoid face wash with physical exfoliants (jojoba beads or crushed shells), chemical scrubs (like salicylic acid) and alcohol-based toners.

7. There is no cure for rosacea.

Exact causes of rosacea are unknown, and therefore the disorder remains incurable. Keeping it under control is a matter of avoiding triggers and using anti-inflammatory topical products that help to soothe the skin.

8. If left untreated, symptoms tend to get worse.

Don’t ignore the early warning signs, like prolonged flushing. If there’s even a small chance you think you may have rosacea, get it checked out. Over time, rosacea can become more severe and the longer you wait to treat it, the more difficult it becomes to reduce the redness. In extreme cases, the nose can become swollen and bumpy from excess tissue (rhinophyma) and eyes can become irritated and bloodshot.

Do you flush easily? Do you notice that your eyes are often " scratchy" and that you can never seem to find the correct prescription.....you might have dry eye! Ask us about our gel masks and referrals for MGD evaluation.

Patient Name _____ Date _____

Skin Care Recommendations

Steps MORNING	Product	Days of the week	Directions
WASH			Apply pea size to wash full face
VITAMIN C			Apply pea size (using dropper) to full face, neck, and chest avoiding eyes
MOISTURIZE			Apply pea size to full face, neck, chest
SPF			Apply pea size to full face, neck, chest
MAKEUP OR SPECIALTY			

Steps EVENING	Product	Days of the week	Directions
WASH/PRECLEANSE			Apply pea size to wash full face to remove makeup
WASH/CLEANSE			Apply pea size to wash full face
MOISTURIZE			Apply pea size to full face, neck, chest
SPECIALTY			Apply pea size to full face, neck, chest
SUPPLEMENT OR ADDITIONAL SPECIALTY			

We recommend a rotating schedule of self neutralizing peel and skin pen (microneedling) package for every patient. You will always start with a peel. These peels are progressive rather than aggressive and you will leave with a glow. The self neutralizing peels assist in organizing the top layers of your skin. The skinpen (microneedling) will help cell turnover in addition to peels and will also help promote collagen, decrease pore size, improve skin texture and tone. This rotating schedule is every 28-30 days because the skin cell cycle is every 28-30 days. We always treat the entire face, neck, and chest. We also add boosting peptides. By combining these procedures with the skincare regimen above you will have an incredible improvement of your skin texture, tone, pigment, pore size, and an overall improved look.

Additional Recommendations:

T gel shampoo

Nizoral Shampoo

Prebiotic /Probiotic

Makeup: SPECIALTY RX:

NOTES: