

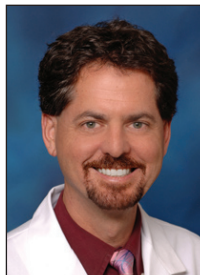
# Procedures That Turn Back The Face Of Time

## Q&A with Dr. Brazil

**My skin is now looser too, and seems to hang off my cheekbones instead of draping smoothly. I don't like it!**

A. You're not alone. These are the most common problems we face as our skin ages. Some are due simply to older skin but most are from external damage, especially the sun's ultraviolet light. With 21 years of experience and an extensive investment in technology, we have created a RESTOR protocol to reverse these changes: Reproducible and Effective Skin Treatment Options for Rejuvenation. First, we rejuvenate your epidermal cells and dermal collagen with a Fraxel laser, a procedure called fractionated laser resurfacing. Depending on your skin's condition, one or several of these resurfacing procedures are done to eliminate age spots and reduce wrinkling. Your new collagen is more elastic and less yellow, with a vibrant and healthy glow. Basically, you have younger skin. Second, we perform a single Thermage skin-tightening procedure. This is a radiofrequency-based thermal heating device that stimulates collagen production in the deep dermis, and shrinks existing collagen bundles throughout. The result is a lifting and toning of your skin, which returns your face's natural contours. This is a 1 + 1 = 3 combination of treatments! If necessary, a RESTOR protocol can be expanded to include limited liposuction of the cheeks and neck to restore the angle of the jaw and lift the sagging skin below your chin. It can also include a dermal filler to restore lost volume in the lips and cheekbone areas. All of these are minimal or no downtime treatments, so you can return to normal activity quickly. The results are amazing and long-lasting. You will have younger, healthy skin and the normal facial contours you used to have or always wanted. **B&M**

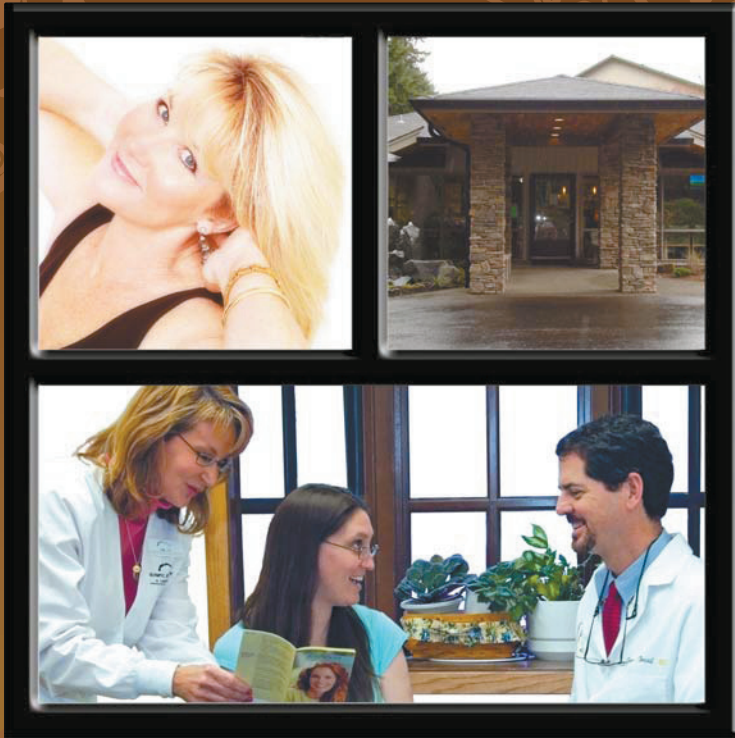
*Dr. James Brazil, Board Certified Dermatologist, offers more advice and insight on his blog at [www.olympicdermatology.com](http://www.olympicdermatology.com).*



**Q. I always look tired and older than I should. I see my upper eyelids drooping, with extra loose skin and a hooded effect. My mascara and eyeliner are even difficult to put on because of this. What can I do?**

A. Luckily, it's possible to have this problem corrected with a procedure called blepharoplasty; but first a bit about what you're experiencing. As the thin skin of the upper eyelid ages it becomes lax. The muscle of the upper eyelid, the orbicularis oris, is relatively heavy and pulls the loose skin down. The effect, called dermatochalasis, lowers the eyelash margin of the upper lid onto the pupil. Eventually the upper visual fields can be partially obstructed, meaning you can't see well looking up. In addition, people generally compensate for the lowering of the upper eyelid by chronically pulling their eyebrows up in order to let more light in. This can cause headaches and eventually deep forehead wrinkles. A blepharoplasty is done as an outpatient surgery, with minor sedation and local anesthesia. The extra skin and muscle are trimmed away, and repair is done with thin suture material. The resulting scar is within the normal crease of the upper eyelid and is not generally visible, even with the eyelids closed. Recovery is quick, usually just a few days, and the sutures removed in 7-14 days. My nurse returned to work in 48 hours and wore sunglasses. A qualified dermatologist will know if you're a candidate for this procedure.

**Q. OK, what bothers me most about my appearance is that my skin tone has developed more yellow tones than I like. Brown age spots are multiplying and there are wrinkles on my wrinkles.**



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