SPRING 2011

CHARLES J. GAUDET, M.D.
A SECOND CHANCE TO MAKE A FIRST IMPRESSION
CALL: 603.431.5488

"SUITE 206" Newsletter

Ode to a Mini-Facelift

T'was the night before my mini-facelift and all thru the house
Everything lie in readiness, nothing was left out
The dishes, the laundry, the floors, all clean
The clothing, the pillows, the sheets all sheen
Ativan ready, frozen lima beans to the side,
witch hazel soaked make-up pads and Bacitracin ready to glide
Yet I lie here and wonder what the day will entail
I'm excited and thrilled but my nerves still prevail
When I look in the mirror, I don't like to see
the jowls, crêpe skin and fine lines . . . is that me?
My lower lids are baggy and my skin is not taught,
my jaw line is saggy and happy I'm not
So, tomorrow I'll wake and confirm what will be
my heart and my head are encouraging me
to turn back the clock and erase father time
to look as young as I feel, because I'm feeling just fine.
Thank you Dr. Gaudet

A Note From Suite 206

Do you like what you see when you place your fingers to your cheeks and lightly pull your skin backwards? Do you approve of the difference this creates for your cheeks and neck? If so ...read on...a minifacelift might be a good option for you. This is a procedure that can be performed in the privacy of our office, and under local anesthesia. In just 2 hours, the jowels can be smoothed out and the neck rejuvinated. A limited incision in front of and behind the ear could be all it takes to provide you with a more refreshed look, one that enhances your cheeks, jawline and neckline. There is a certain amount of healing that must take place

afterward, assisted by a headband that is worn for the week after surgery. The specific details will vary from one person to another and will be explained at the time of your consultation. Nearly all of our patients claim it was easier than they thought it would be!
Charles J. Gaudet, M.D.

The Diary of a Mini-Facelift

The morning of surgery was like no other. Similar because I showered and got ready for work but today was different. This morning I wore sweats and sneakers, didn't fix my hair and used no makeup or fragrant moisturizers. My mind was thinking about the benefits of surgery and I tried not to let anything else in. Jennifer picked me up and kept my mind on happy thoughts as she drove us to work. I have seen many patients before and after their facelift and have always thought Dr. Gaudet achieved a wonderful result....today is my turn, I'm 55 and I'm ready.

We arrived at the office and Robyn had everything ready to go. The women in Suite 206 are the best, only to be surpassed by the skill and expertise of our reigning hero, Dr. Gaudet. When Dr. Gaudet arrived he came in with his usual upbeat and refreshing demeanor. We talked about the surgery and then he put his hand on my shoulder as if to say, I'll take good care of you. By this time I had taken two Ativan and felt relaxed but it was time to take two more. Robyn took lots of before photos and then Dr. G. had me sit in the magic chair and he drew a few lines on my face as a subtle plan of action. Dr. Gaudet then tipped the chair back, and made sure I was comfortable. I loved the pillow under my knees but I was in heaven when he wrapped a warm blanket around me. At this point the Ativan was really kicking in and I was half asleep. I remember only bits and pieces from here on out, I remember him talking to me at the beginning and telling me what he was doing, but I don't remember much else. The Ativan was really working and I slept thru the whole thing.

I remember hearing Robyn's voice "Nancy, you're done". I was excited to hear the good news, but all I wanted to do was rest. I don't remember much except everyone was very helpful and very happy with the results. Marlane was my go to person. She drove me home and stayed the night. She diligently kept me iced, fed me some mash potatoes and soft meatballs and kept me warm and comfortable. She took care of my animals and the house and answered the phone calls. She was up every two hours on the hour attending to me and taking care of everything else. Thank You Marlane, I really appreciate everything you did. My sister Debbie came over with a bowl of cherry Jell-O and whipped cream. She took care of the kitty litter box, walked my doggie – Rosie and fed the critters. She came in to say hi and check on me, but it was all a blur. I don't remember much but I could hear her and Marlane talking and laughing in the kitchen. Jennifer came by to visit too. She always has something nice to say and always makes me laugh. There is something about laughter that is very reassuring and calming.

First Day after Mini-Facelift and Lower Eyelids

It was lightly snowing outside and I thought how absolutely wonderful it was. Mother Nature refreshes her look with the four seasons. I refreshed my look with a mini-facelift. I slowly got up and made a protein shake for breakfast and then sat back down and enjoyed the fresh cold snowy day again. I knew I'd better wait for my sister Debbie to come over before taking a shower. My brother stopped by and brought me some of his home made tomato soup. He didn't stay long but he was amazed at how good I look for having surgery yesterday. Debbie came over with another bowl of Jell-O, raspberry this time. She took care of all the animals again, walked, fed and cleaned up after them, while I jumped in the shower for 30 minutes. It felt so good to take a shower. I rinsed my hair and slowly let the water run down the top of my head over my face. My eyes were swollen and bruised this morning but the warm water was so soothing. Debbie kept checking on me, but I was fine. Did I mention how absolutely fabulous it felt? After the shower Debbie put Bacitracin on the stitches, got me dressed and iced again and then we had dinner and a big bowl of mixed cherry and raspberry Jell-O with lots of whipped cream. After that I slept like a baby. I was up and down through out the night keeping the ice going. I used zipped locked baggies filled with lima beans and wrapped them in a thin kitchen towel. I placed these behind my ears and used the facial wrap with built in ice bags in front of my ears. On my eyes I used round makeup pads soaked in witch hazel that I kept in the refrigerator and frozen lima beans on top of the make-up pads. This felt really good and the cold kept the pain and discomfort away, plus it minimized the swelling. I finally put the bowl of witch hazel and makeup rounds in an ice bucket and kept it on my bed. Overall, my face was doing fine. A little sore and tender but the ice and head strap provided comfort and support. My lower lids were tender, swollen and the little stitches pulled because of the swelling. Ibuprophen and ice (frozen lima beans) were my best friends. A good night sleep and a new day tomorrow.

Second Day after Mini-Facelift and Lower Eyelids

I slept well last night and woke feeling rested and ready for the new day. I slept with my head elevated again or the swelling and bruising in my eyes would have been a lot worse. I had a protein shake for breakfast and then jumped in the shower. This was the best part of the whole day. Cleaning the stitches, washing my hair and just letting the warm water hit the top of my head and run down over my face and eyes. Just priceless. Today is day two and after two days of icing (frozen lima beans) to keep the swelling down, you can switch to warm compresses. I have no bruising from my facelift so far, so I started the warm compresses to my eyes. Just when you think you're in heaven with the cold benefits of the ice, you switch to warm compresses and find it's equally as soothing. Like being in a sauna. Ooh la la, it felt really good. Today is the first day that I'm feeling pretty good and feel that the surgery med's are completely out of my system. It's amazing how quickly the body recuperates. I've always thought because this is surface surgery as I call it, we bounce back and heal a lot faster. The rest of the day was spent diligently applying warm compresses, taking Ibuprophen and I'm still taking the Arnica, which I think is helping a lot too. Debbie came over later and took care of cleaning and feeding the animals and Rachel (my best friend) came and spent the night. Rachel and I did some shopping on line (where there's a will there's a way) and watched a little TV in between our hours of fun just talking and catching up. A few welcomed calls from family and loved ones and it's another day down, one step closer to getting the stitches out, which is extremely high on my wish list.

Third Day after Mini-Facelift and Lower Eyelids

Wow . . .I'm sleeping better, feeling better and looking better. Another day, another opportunity to reduce the swelling and tenderness with warm compresses, Ibuprophen, Arnica, rest, food and fluids. I'm on a roll, I'm in the groove, I'm in a set routine. Things are definitely getting better and Rachel is going to make breakfast and then take me for a ride in her new Prius. I'll need to go incognito so I'll wrap up with a scarf and sunglasses, and a heavy coat, because it's freezing outside and away we go.

Forth Day after Mini-Facelift and Lower Eyelids

Not as swollen this morning. My face looks and feels great. Hardly any bruising or discomfort. My lower lids are looking better too. Every day things get better and it's only four days post-op. Can't wait until its 4 weeks post-op.

Fifth Day after Mini-Facelift and Lower Eyelids

I got up early so I could take my time getting ready for work. It's easy for me to go to work and play show and tell. A couple of days from now I'll look even better. My face looks great, but my eyes still have a little black and blue left. My eyes look sore, but I feel great.

Seventh Day after Mini-Facelift and Lower Eyelids

Day seven is significant because the stitches in front of my ears came out today. It felt good to get the stitches out, but that area has never been a problem or caused any discomfort. The incisions are healing nicely and I have a little fine line in front of both ears that should almost disappear within 6 to 12 months. The body is amazing. Next week all the stitches will be gone and it will look and feel even better. I love my new look.

Tips:

1) If the facial support straps hurts your ears, take a 4x4 gauze pad and fold it twice and place it under the strap <u>above</u> your earlobe. This can also be done at the bottom of the earlobe if you need a little relief there as well.

2) Ice and Ibuprophen will help the swelling and discomfort.

3) Sleep with your head elevated above your heart. This really helps the swelling.

4) Warm (not hot) compresses feel really great around your eyes, but it's hard to maintain. Do not resort to using hot compresses. More is not better this time and you can burn your delicate healing skin. Do your best, it's worth the effort. Cold compresses can still be used at any time during the recovery process.

5) Have someone stay with you the first night. You may think you're alright, but you are on drugs and need to be taken care of. Let family and friends help you the first two days. It makes a nice difference.

6) Unless you work from home, plan to be out of work 1 – 2 weeks. Two weeks if you're having your eyes done and you don't want anyone to know. It's not that you feel bad, you just don't look your best.

7) Let people help you. You can help them when it's their turn.

8) Follow all instructions. Good postop care is critical to good results.

9) The healing process continues over the next 3 months, 6 months, 1 year. It keeps getting better with time.

10) Would I do it again? In a heart beat. It was so worth the planning and recovery. I look and feel so much better. Dr. Gaudet did a fabulous job, he is truly an artist.

Three Months after Mini-Facelift and Lower Eyelids

To think just a couple of hours in surgery one morning made such a big difference in my life. I am very pleased with my results. My jowls are gone and the crepe skin along my cheeks no longer exists. The incisions are very faint, and the lower eyelids and crows feet are much improved. I feel it really turned back the clock 10+ years. I still look like me of course, just younger, refreshed and healthy. I'm now focused on how I can maintain this look. I've started on the Obagi Skin Care System in order to keep my skin refreshed, toned and radiant. Obagi also offers a Blue Peel which I'm going to schedule this fall to help reduce some fine lines and wrinkles on my face, as well as the sun spots I picked up over the summer.

Dr. Gaudet is truly an amazing surgeon. He gave me a very natural mini-facelift with great results. He is truly a master at his craft. I encourage any man or women interested in these procedures to call me. I'll be very happy to answer any of your questions and go into detail about my experience. I had the pleasure of seeing and talking with lots of women having this procedure done before me and it was very helpful. Now it's my turn to help you. If you've been wondering about this procedure, don't hesitate to give me call. I had a great experience and I'd love to share it with you.

Nancy Before *After >>>*

Nancy, Office Manager

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WANNA SHOW OFF YOUR LEGS???

By Robyn Deguisto, Medical Assistant

Do you have spider veins? If so we have a very easy non-invasive and non-surgical way to get rid of those annoying veins that keep many of us from having the confidence to wear what we want. All it takes is about 30-45 minutes out of your day!!

I am 27 years old and I don't have a lot of spider veins but thanks to my family history and having babies, I do have some. Spider veins are hereditary so chances are if your mother and/or grandmother had them then so will you. Spider veins can be caused by many different reasons for example, from weak veins, poor circulation, exercise, and many times pregnancy. You can also get them from simply crossing your legs!! I have had my veins injected twice and I love the results. I used to wear jeans all the time because I didn't want people to see my legs, now I don't have to worry about that! I finally have the confidence to wear what I want and not think twice about it, and so can you!! It's truly a great feeling!!!

Spider vein injections are done using a salt solution. Each spider vein is injected directly using a 30 gauge needle, which is about the size of a hair on your head so there is minimal discomfort. When the vein is injected you will see the vein immediately disappear then after a few seconds it will come back. When the vein comes back it looks more prominent then it did before the injection, this can take up to 2 months to go away and sometimes may require another injection. After the injections there will be a wrap applied to each leg for support. We ask that the wrap stays on for that day but after that you don't have to wear it anymore. The best time to inject spider veins is in the early Fall/Winter months to allow enough healing time. There is a maximum amount of salt solution that we can use at one time so depending on how many veins you have it may take a couple of sessions to get the desired result and then you would normally come back once a year for maintenance (if needed) to keep the results.

Leave Summer Skin Behind with OBAGI

by Jennifer Graham

Ok so you have had your fun in the sun this summer and with or without sunscreen your skin has no doubt paid the price. Don't worry we have exactly what your skin needs, the OBAGI Skin Care System (medical grade products).

Why do I need OBAGI?

We all know that sun exposure, age, environmental stressors and gravity affect our skin in a negative way. OBAGI will correct the damage in an easy to follow skin care routine that gets results. Unlike other skin care products that are over the counter that just work on the surface of the skin, OBAGI actually works deep down to the dermis to repair the damage.

How did my skin change?

When we are children our skin cell turnover is fast just like our metabolism but over time both slow down. Old skin cells remain on the top of the skin longer and make our skin look dull and tired and often feel rough and bumpy. Skin also becomes hyperpigmented with freckles and dark spots or patches. The collagen becomes damaged and the elastin weakens leaving the skin wrinkled and saggy.

Can I repair the damage?

Good news! OBAGI medical grade skin care products can reverse what Mother Nature, father time and the environment have done and transform your skin. Your cellular turnover rate will increase and push fresh skin cells to the surface giving you a more even skin tone. Your hyperpigmentation is reduced so you have less freckles and brown spots. Collagen will increase which lessens fine lines and wrinkles. It corrects the signs of premature ageing and helps skin look and act younger and healthier.

Introduction to the products.

Foaming gel cleanser / Gentle cleanser: A soap free cleanser that gently removes impurities, oil and makeup to leave skin clean and fresh.
Toner: Lowers the PH of the skin for increased product penetration of the systems ingredients.
Clear: Contains Hydroquinone 4%, corrects hyperpigmentation and improves skin tone.
Exfoderm: Removes old skin cells while promoting new skin cells for a lighter, brighter firmer complexion.
Blender: Contains Hydroquinone 4%, targets hyperpigmentation regions of the skin and optimizes the penetration of the active ingredients of Tretinoin.
Tretinoin: Repairs the skin cell regeneration process.
Healthy Sun Protection: Has SPF 35 and is used as your daily sunscreen.

When and how do I use these products?

In the morning your routine will be as follows:

1. Cleanse
2. Tone
3. Clear
4. Exfoderm
5. Healthy Skin Protection

Your evening routine:

1. Cleanse
2. Tone
3. Clear
4. Blender and Tretinoin blended together then applied to the face

You need VERY little of these products as they are highly concentrated. When it comes to OBAGI less is more which is why a full size starter kit should last at least six months.

The REACTION phase….

When you first begin using OBAGI your skin will go through what we call a "reaction phase". The skin begins to exfoliate the old dead skin cells and repairs the damaged skin. The "new" skin is pushed up through to the surface and is then exfoliated. During this time (which could last as little as four weeks to as much as six weeks) your skin will look flaky and dry and sometimes red and irritated. That is all GOOD you want your skin to rejuvenate and by going through the "reaction process" that is exactly what it is doing.

My experience

I started on the OBAGI system about three years ago when I was 37. I had severefreckling (cute at 13 not 37) and areas of fine lines and brown patches from the sun. I didn't think that the system could really do all that it promised. I had tried zillions of over-the counter products and none made a noticeable difference.

The first product I tried (being the skeptic that I am I wanted to start slowly) was the foaming gel cleanser. I was amazed at how quickly and easily it removed my makeup even my mascara. My skin felt cleaner than it ever had before yet it didn't feel dry. Now I wanted to try the whole kit. I thought if the cleanser is this good then I can't wait to see what the other products can do.

The Toner didn't burn and sting like other toners I had used and I learned that I didn't need to saturate my face with it. A dime size on a make up round was all I needed to tone my whole face.

Clear, Exfoderm, Blender and Tretinoin did exactly as they promised. I went through my reaction phase (which wasn't as bad as what I was expecting) for about four weeks. My skin was flaky mostly around my nose and mouth and a bit red some days. I kept my Healthy Skin Protection sunscreen on and reapplied it when I felt or looked really dry (not greasy awesome product) which helped.

My skin NEVER looked as good as it has since then. My freckles disappeared, my skin wasn't dry and my fine lines decreased. I couldn't believe the comments I was getting from people. Everyone that saw me commented and continue to comment on my skin. I have a healthy glow and feel as though I look on the outside the way I feel on the inside.

If you would like more information on the OBAGI system or would like to make and appointment to come in and discuss the many benefits of a healthy skin care routine please call our office at 603-431-5488 or my email jennifer.graham@nhcosmeticsurgery.com.