

## ***Non — Invasive vs. Invasive Procedures***

*In* our fast-paced world, how can you look your best when there is so little time just to do the things you have to? This is a challenge faced by many. Fortunately, advances in medical skin care, medications, instrumentation and innovative surgical techniques make a pleasing appearance more possible today than ever before.

There are many attractions to the minimally or non-invasive procedures such as BOTOX Cosmetic™, Hyaluronic acid fillers (Juvederm, Restylane), photo-rejuvenation and glycolic acid peels. They provide a “quick-fix” — usually with a visit of 15 to 30 minutes — and three to twelve months improvement in appearance. You can look less tired, less sad, less angry and less aged. One of the best parts — usually no “down-time” from professional or social activities. However, the changes achieved are not permanent, and they are more subtle than surgical procedures.

The most non-invasive surgical treatments include thread-lifting techniques to improve jowl, neck and forehead sagging. Time off is a few days, and the longevity of results may be a year or two with “touch-ups” not uncommon. Some lasers may also provide improvement in skin texture or tone with a short recovery period, but others which achieve the best results can take two or more weeks to recover from.

The most popular procedures for permanent rejuvenation are the upper and lower eyelifts (blepharoplasty), face and neck lift (rhytidectomy), fat sculpting (liposuction), neck muscle tightening (platysmaplasty) and forehead lifting. Although they may require one to three (two on average) weeks recovery, their results last a lifetime. By this we mean the aging appearance can be turned back

many years — usually from three to fifteen years. Although you will continue to age, you will never lose the improvement obtained, and will always look better than if you had not had the procedure. And so we call this type of lift **The Lifetime Lift™**. For most patients, “touch-ups” are not required, but are possible if desired.

And so the choice is yours. For those only seeking subtle but real improvements in appearance and cannot afford a time-out, the non-invasive procedures suit the best. For those willing and able to invest a short amount of time, a more lasting result can be achieved. Even better, for many the two types of interventions can be integrated to suit your own schedule. To look your best, the choice is yours. 🧖

## ***New PCA Skin Care***

*Adamson Medical Spa* has moved its focus to medical skin care, and so we have a new name, **Adamson Medical Skincare™** — look us up on our new website [www.adamsonmedicalskincare.com](http://www.adamsonmedicalskincare.com).

We have introduced new, advanced skin treatments for face and body from the **PCA (Physicians Choice of Arizona) Advanced Skin Care systems and products**. PCA peels are gentle and non-toxic blends of TCA (trichloroacetic acid), retinol, polyphenols, antioxidants and natural lighteners to address a wide range of skin types and conditions. The beauty of the **PCA treatments is that they can be customized for each individual** to achieve maximum results. We have also introduced body peel treatments which include an advanced active blend of TCA, lactic and salicylic acids. PCA body peels are an excellent choice to keep your hands, arms, chest and back as young and revitalized as your face. Call **Maria or Deb at 416-323-3900** for more information or to book an appointment. 🧖

## ***Staff News***

*Our* new associate, **Theodore Chen, M.D.** is from Stanford University in Palo Alto, California. He is already well-established in the office and has started several research projects.

In September, **Dr. Adamson** presented a lecture titled “Who Is a Good Candidate for Cosmetic Surgery” at the **North American Society of Head and Neck Nurses** meeting in Toronto. **Deborah Doyle**, our Patient Consultant, and **Maureen Dennis**, our Practice Nurse, worked in tandem with Dr. Adamson to highlight their roles in delivering exceptional patient care. We continue to work with **Susan Morales, RN** on a study of the beneficial effects of **Healing Touch Therapy** for our surgical patients. 🧖

## ***Dr. Adamson's Activities***

*The* fall has been active academically with numerous presentations and courses at the annual **American Academy of Facial Plastic Surgery** meeting held, this year, in Toronto in September. Topics presented by **Dr. Adamson** included Patient Selection for Cosmetic Surgery, Minimally Invasive Surgery, Rhinoplasty, and Forehead Rejuvenation, amongst others.

**Dr. Adamson** attended the **Canadian Laser Aesthetic Surgery Society (CLASS)** meeting in Toronto and will be a **Visiting Professor** at **Chulalongkorn University** in Bangkok, Thailand in December. Besides lecturing, he will perform demonstration cosmetic surgery. He recently was editor of a journal on Rejuvenation of the **Aging Upper Face** in **North American Clinics of Facial Plastic Surgery**. 🧖

## ***Fixing the Lower Eyelid***

The lower eyelid region, as small as it is, poses one of the greatest challenges in rejuvenation for the facial plastic surgeon. With aging, fat may protrude through the lid retaining wall and the skin stretches, partially due to blinking up to 10, 000 times a day. The cheek fat pad sags, and a “tear trough” hollow can occur at the bottom of the eyelid.

There are many options for treatment, and what may suit one patient may not work for another. Frequently the protruding fat can be conservatively trimmed, but not so much as to cause a “hollowing” to the eye. The redundant skin can be excised if necessary, and the lower eyelid tightened if there appears to be laxity in it that could lead to a “rounding” or inferior malposition of the eyelid. Tear trough deformities may benefit from a temporary hyaluronic acid filler (e.g., Juvederm or Restylane), repositioning of eyelid fat into the depression, or fat injections. The cheek sagging, or “ptosis”, can be managed with a deep plane face lift — our preference because of the natural look of the result — or endoscopic mid-face lifting.

Although perfection may not be achievable, by astute clarification of the concerns a patient has, a satisfying outcome can be achieved in the vast majority of patients. 🧑🏻🧑🏻

## ***Face the Future™ Event***

The Canadian Foundation for Facial Plastic Surgery continues to grow. Following our

highly acclaimed fundraising event last year with Miss Universe, we are planning our next celebration evening for Saturday, February 24th, 2007 at Canoe Restaurant, Toronto. We are working with Peter Oliver, and of course Nuvo Magazine, to create another exceptional evening for the Foundation.

Dr. Adamson visited the Bonum Centre in Ekaterinburg, Russia in October to teach and arrange the next major humanitarian mission for May 2007. To find out more about our Foundation and how you can become more involved, you can visit our new website at [www.thecanadianfoundation.com](http://www.thecanadianfoundation.com). We look forward to hearing from you if you would like to become a member of the Canadian Foundation for Facial Plastic Surgery. 🧑🏻🧑🏻

***We look forward to being of service to you.***



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