

BeautyNews

www.DrKeusch.com

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BREAKING NEWS *in* THE BEAUTY BIZ!

ON-Q: Abdominoplasty & Breast Procedures



Boca Raton Plastic Surgery Center has implemented a new pain management device for surgical patients so that they may enjoy a comfortable, faster recovery. ON-Q PainBuster is a balloon-type pump filled with a non-narcotic, pain-reducing medicine that's automatically delivered right to the surgical area, relieving your pain and helping you get back to normal faster. When scheduling your surgical procedure, ask for ON-Q PainBuster!

Sapphire 3™ Promotion is Back! Don't miss it....

For those of you who have not yet experienced your day of Sapphire 3, it's time to give thanks to yourself: before — and after — the hustle and bustle of Thanksgiving and the holidays! For a limited time only Boca Raton Plastic Surgery Center is offering a complete Sapphire 3™ package treatment for only \$150. This actual value of \$500 includes:

- Skin Complexion Analysis
- Sapphire 3 Photo Abrasion
- Mini Chemical Peel

How it works

1. Choose your date and time:
Tuesday, Nov. 13th or Nov. 27th
(9 AM - 3 PM)
2. Schedule your appointment:
Call 561.368.9455
Space is limited so reserve your appointment today!
3. Come in and relax for 30 minutes while your treatment takes place
4. Leave the office with glowing, vibrant skin — feeling refreshed and ready to take on the busy holiday season!

Who Should Use It?

Anyone who wants to improve:

- Fine lines or wrinkles
- Scars
- Tightening Skin
- Hyperpigmentation
- Acne
- Enlarged, clogged pores

NEW TREATMENTS: Pumpkin Peel Facial, Hand Treatment & Neck Firming Facial: Fall into Relaxation!!

For a limited time, Boca Raton Plastic Surgery Center is offering a yummy delight in skin care: The Pumpkin Peel Facial, Hand Treatment, and Neck Firming Facial have arrived.

The Neck Firming Facial - Benefits:

- Firms and prevents sagging around neck and collarbone
- Relaxes muscles around neck area
- Moisturizes skin in the neck and collarbone area
- Reduces signs of aging

**Suitable for all skin types. Call to make your appointment today! You and your skin will be glad you did: 561.368.9455

About Sapphire 3

Sapphire 3 is a state-of-the-art, multi-faceted, skin rejuvenation process that ensures improvement in the tone, texture, 'taught-ness' and overall health of the skin. It combines the latest in red and blue light rejuvenation therapies, lymphatic drainage and micro-current with a highly beneficial vitamin exfoliation for dramatic results that improve the skin's health and appearance after the first treatment.

Holiday Dieting & Exercise Tips

The holidays are right around the corner, and while there's always lots of tempting treats, there's no better time to keep dieting and exercise tips in the forefront of your mind. Remember the old adage "...a moment on the lips, a lifetime on the hips..." (or the thighs, or buttocks, or belly, etc...). We all know too well the hazards of holiday over-eating.

Here are some simple tips to keep you looking and feeling your best pre - and post - New Year:

- **Stay well hydrated:** Drinking 1 glass of water prior to a meal can help prevent you from over-eating (and it can keep your skin looking younger too!)

- **Keep a healthy snack handy:** Studies have shown that eating a healthy snack (i.e. carrots, celery, nuts) in between meals can prevent you from over-eating during mealtime
- **Eat at regular intervals:** The holiday's can be very busy and stressful... make sure you are taking the time to eat 3 balanced meals a day, rather than skipping meals and over-eating when you do find time to eat
- **Pace yourself:** It's hard to resist grandma's stuffing, mashed potatoes and gravy - secret recipes! Don't deprive yourself, just remember portion control. And eating slowly helps your body metabolize your food more efficiently.
- **Exercise:** You don't have to make it to the gym 5-days a week to stay in tip top shape. Incorporate simple calorie-burners into your daily routine: Take the stairs, instead of the elevator; park and walk rather than circling the mall for a closer spot; walk around the block or up a few flights of stairs during your lunch break.

Breast Augmentation: Silicone vs. Saline Update

It's been 1-year since the Food and Drug Administration (FDA) approved the use of silicone breast implants in the United States. Over the past year, Boca Raton Plastic Surgery Center has observed a 90% preference of patients choosing silicone implants as opposed to saline.

"Many women prefer the choice of silicone now for various reasons," said Dr. Cristina Keusch. "Silicone breast implants provide many aesthetic benefits and have proven to be just as safe and effective as saline. I am pleased to offer my patients both options so they are able to make informed choices about what's best for them."

As you consider breast augmentation either for aesthetic enhancement or for reconstructive purposes, it's important to do your research and keep in mind there are benefits and risks to both. Over the past year in Dr. Keusch's office, silicone has been the dominant choice.

Silicone

- More natural look and feel than saline implants because silicone gel has a texture that is similar to breast tissue
- Silicone implants are very good for women who do not have a lot of soft tissue coverage on their breasts
- Silicone products have now been determined to be safe and effective, per the FDA guidelines

Saline

- If a saline breast implant happens to rupture, the saline (salt solution) is dissolved by the body
- Since saline was previously the only method available, it has been shown to be very effective and produce satisfactory results

- Saline implants are more likely to show ripples in the implant or the implant itself may appear less natural in small-breasted or reconstructive patients

Visit us on the World Wide Web

Stay abreast of what's new at Boca Raton Plastic Surgery Center! Visit our Web site www.DrKeusch.com. We are pleased to offer you up to date news, current information about our products and services, as well as keep you involved with useful links and testimonials. Check it out today!

CALL US TODAY AND ASK ABOUT OUR NEW BOTOX PRICING!

To learn more about the above techniques or other latest plastic surgery news, contact Dr. Cristina F. Keusch's office today for a free consultation.



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