

Looking and Feeling Your Best

Robert C. Langdon, MD

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Before Express-Lift



7 Days After Express-Lift

Express-Lift: Face-Lift with a Quick Recovery

One of the major signs of aging in the face and neck is sagging of the skin and deeper soft tissue layers. Over time gravity inevitably stretches the skin and fascia (a connective tissue layer beneath the skin), resulting in hanging jowls and a “turkey neck.” For years, the best treatment to reverse this gravitational sagging has been a face-lift. A traditional face-lift requires several weeks of recovery time because of extensive bruising and swelling. Dr. Langdon has developed a remarkable new face-lift with minimal bruising and swelling and with a very rapid recovery: the Express-Lift. He has spoken on the Express-Lift technique at several major medical society meetings in Europe and the United States. (See page 5: Dr. Langdon Gaining Widespread Recognition for Innovative New Face-Lift).

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Express-Lift. . .

Recovery after the Express-Lift is so quick that most patients show drastic improvement the very next day. Many of Dr. Langdon's patients have returned to their work activities in less than one week of the Express-Lift. The Express-Lift is a minimal incision procedure (the only skin removal is just in front of the ear and behind the earlobe), but is a true face-lift

because the fascia layer beneath the skin is pulled up and tightened. Dr. Langdon frequently combines this procedure with liposuction of the neck and/or the mid-face lift.

The secret is. . .

The secret behind the Express-Lift is Dr. Langdon's innovative use of local anesthesia solution, which

not only completely numbs the area of surgery but also constricts the blood vessels. Patients are also given a safe type of sedation that allows them to "sleep" throughout the procedure.

Because the blood vessels are constricted as an effect of the

local anesthetic, there is much less bruising after the Express-Lift compared to

standard face-lift surgery. Less bruising results in less swelling and a quick recovery.

Greater Safety

Other advantages of the Express-Lift include greater safety and minimal scarring compared to standard face-lift surgery. In the Express-Lift, surgery is largely

confined to regions of the face and neck that are "safe" because there are no important nerves or blood vessels that could be damaged. The short skin incision results in minimal scarring that is very inconspicuous and does not "give away" the fact that the patient has even had surgery.

There are several ways to find out more about the Express-Lift. You can visit our web site:

www.cosmeticlaser.com. Better

yet, you can attend one of Dr. Langdon's cosmetic surgery seminars. The seminars are generally given once a month right in our office waiting room. (Please see page 5: Upcoming In-Office Seminars.) Just call the office (203-453-8625) to reserve your place at the next seminar.

*"maximal results
with minimal
recovery time"*



Before Express-Lift



After Express-Lift

Sun Protection: Your Best Defense

Sun damage is by far the major cause of aging of the skin. Long-term exposure to ultraviolet radiation results in uneven skin tone (age spots), dilated facial blood vessels, and loss of elasticity leading to wrinkling. UVA rays are the most penetrating ultraviolet rays and can cause damage to even the deepest layers of the skin.

The best sun protection products contain Parsol® 1789, also known as Avobenzone. Avobenzone provides excellent protection from the deeply penetrating UVA rays that are the primary cause of wrinkling.

The preferred sun protection formulas for acne prone skin are gels, which are non-comedogenic. Water-resistant gel formulations are ideal for those who participate in outdoor sports and may perspire heavily. For dry or mature skin, Dr. Langdon recommends sunscreens with a moisture-rich cream base.

Sun Protection Factor (SPF) is a number that indicates how many times longer, with protection, the skin may be exposed to the sun before sunburn damage results. For example, a properly applied SPF 15 sunscreen will prolong the time it takes to sunburn by 15-fold. An SPF 30 sunscreen will block twice as much UV radiation as an SPF 15 sunscreen. To maximize protection, always apply sunscreen 30 minutes before exposure and reapply often, especially after swimming or perspiring. Sun protection is equally important year-round and in all climates. Remember to apply sunscreen for all outdoor activities, especially during the peak hours of 11:00 AM to 3:00 PM. Water, snow or ice environments demand diligent use of sunscreen because the sun is especially strong when reflected. Don't forget to use sunscreen moisturizing protection for your lips, which can burn and chap from exposure to sun, wind and salt water.

Please stop by our office or call us at (203) 453-8625 to inquire about the full line of top-quality sun protection products from DCL.



Everything You Need for Facial Skin Care

For facial skin care, we now have available the Anti-Aging System. This group of five complementary products is formulated to address every symptom of photoaging. There are five sophisticated components to the system:

- Balancing Cleanser (used twice-a-day)
- Eye Refining Matrix (used twice-a-day)
- Skin Renewal Complex with SPF 20 and anti-oxidants (used in morning)
- Vitamin Infusion (used in evening)
- Hydrating Serum (used twice-a-day) for maximum moisturizing

Facial Rejuvenation with Intense Pulsed Light (IPL)

Intense pulse light (IPL) is a close relative to laser energy. A laser is also very bright (intense) light that is usually given in brief pulses for medical uses. The difference is that laser energy consists of light waves of one specific wavelength, whereas the IPL energy is broad-spectrum light of many wavelengths (for a more detailed description, please see Dr. Langdon's book [Understanding Cosmetic Laser Surgery](#); for more about this book, see the back page of this newsletter). The broad-spectrum light of the IPL is advantageous for facial rejuvenation treatments because the various wavelengths can

simultaneously eliminate a variety of signs of sun damage, including dilated blood vessels and brown sunspots. The broad-spectrum light can be optimized to erase blood vessels of various sizes (even large vessels near the nose) and the extensive redness that results from rosacea.

Photo-facial Improves Complexion

One common treatment in our office is the IPL Photo-facial. In a Photo-facial, the whole face is treated. In addition to helping clear the complexion, Photo-facial treatments also shrink the size of pores. The treatments result in temporary redness (which usually disappears within one to two hours) with no "downtime" or need to be out of circulation for "recovery."

Photodynamic Therapy for Acne

Another exciting application of the IPL is photodynamic therapy. In this treatment a photosensitizing medication is used on the skin surface to enhance the effect of the IPL. The medication (a substance that occurs naturally in the body) is applied for up to one hour before the Photo-facial treatment. The photodynamic Photo-facial has a remarkable effect on improving acne. There is long-term improvement comparable to treatment with Accutane, without the sometimes severe side effects of this potent anti-acne drug.

For more information on IPL treatments, please call our office at (203) 453-8625.



Before IPL Treatment



After IPL Treatment

Dr. Langdon Achieves Board Certification in Cosmetic Surgery

In May 2004 Dr. Langdon completed certification by the American Board of Cosmetic Surgery (ABCS). To become a diplomate of the ABCS is very demanding and represents the highest level of achievement for American cosmetic surgeons. Candidates must first be certified in a basic surgical specialty such as dermatology, plastic surgery or otolaryngology. They must then document performance of a minimum of 1000 major cosmetic surgery cases within a six-year period. Qualified candidates then travel to Chicago for a rigorous two-day examination including oral and written components. In 2004, Dr. Langdon was the only dermasurgeon in the United States to achieve certification by the ABCS.

Shoreline Dermatology Achieves Accreditation by AAAHC

Early in 2004, our office was accredited as an outpatient surgical center by the Accreditation Association for Ambulatory Health Care (AAAHC). AAAHC is widely regarded as the premier accreditation organization for outpatient health care facilities in the United States, and has accredited the outpatient facilities of Yale-New Haven Hospital. Accreditation is an independently verified certification of quality assurance in all aspects of patient care, especially patient safety. Ours is the only dermatology-based practice in the state of Connecticut to achieve AAAHC accreditation.

Upcoming In-Office Seminars

Please join us for a free and informative seminar to preview what cosmetic surgery can do for you! Dr. Langdon will discuss the various exciting cosmetic surgery procedures that he offers. You will see many "Before and After" pictures that demonstrate the improvement that can be expected from modern techniques in cosmetic surgery.

Enjoy a fascinating evening right in our waiting room. Seminars begin at 7:00 PM. Refreshments will be served.

Upcoming seminar dates include the following:

- April 7
- May 12
- June 9

Please RSVP at (203) 453-8625. Seating is limited.

Restylane®: A New Injection for Immediate Improvement of Facial Wrinkles

Restylane® is an exciting natural product that became available in the United States in January 2004. It is manufactured in Sweden and is 100% hyaluronic acid, a substance that occurs naturally in the skin. There are no animal products involved in its preparation and therefore no risk of allergy. Unlike collagen, generally of animal origin, no skin test is required prior to the use of Restylane®. When used to smooth wrinkles, Restylane® provides immediate improvement. The best news is that the improvement is very long-lasting. Many of Dr. Langdon's patients still look great over one year since their last treatment. Dr. Langdon uses a special anesthetic ointment prior to injecting Restylane® so that the treatments are virtually painless. For more information on Restylane® please call our office at (203) 453-8625.

Dr. Langdon Gaining Widespread Recognition for Innovative New Face-Lift

In recent months, Dr. Langdon has spoken at several major medical meetings on his new face-lift technique, the Express-Lift. These include the International Society for Dermatologic Surgery (Berlin, Germany, September 2003), the American Academy of Cosmetic Surgery (Hollywood, Florida, January 2004), the American Society for Dermatologic Surgery (San Diego, California, September 2004), and the German Society for Dermatologic Surgery (Frankfurt, Germany, October 2004). Several surgeons, impressed with Dr. Langdon's results, have requested a visit to our office to observe this procedure. (One physician, Dr. Tung of the Cleveland Clinic, visited for two days last year).

In addition, Dr. Langdon has written a chapter on the Express-Lift for the new book, Surgery of the Skin, (Elsevier, London, 2005), a multi-authored text that is considered the definitive medical reference on this topic.

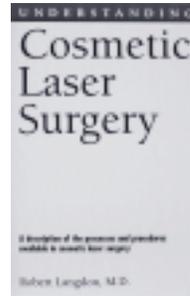
Dr. Langdon Promoted to Associate Clinical Professor at Yale Medical School

Dr. Langdon recently received a promotion in academic rank from Yale University School of Medicine. He became an Associate Clinical Professor in the Department of Dermatology. Advancement to this rank requires national prominence among one's peers. Dr. Langdon is widely recognized as an expert dermasurgeon and frequently receives invitations to speak at medical meetings in the U.S. and abroad (See story on Page 5: Dr. Langdon Gaining Widespread Recognition for Innovative New Face-Lift). He is a member of the Advanced Dermatological Surgery Committee of the American Society for Dermatologic Surgery (ASDS) and is a frequent faculty member for the semiannual course Latest Techniques in Facial Rejuvenation offered by the ASDS to surgeons of select specialties. Dr. Langdon has written several recent chapters for surgical textbooks on advanced cosmetic surgery techniques including face-lift, liposuction and brow-lift.

The Looking and Feeling Your Best newsletter is published for valued patients and guests of Robert C. Langdon, MD. For subscription information please contact our office: 5 Durham Road, Guilford, CT 06437, (203) 453-8625. Any portion of this newsletter may be reproduced or cited if full contact information is listed.

New and Noteworthy

Dr. Langdon Writes Book on Cosmetic Laser Surgery



Dr. Langdon's new book Understanding Cosmetic Laser Surgery was released in April 2004 and is published by the University Press of Mississippi. The book was recently highlighted along with books by other Yale authors in Yale Medicine, the alumni magazine of the School of Medicine. Dr.

Langdon takes a scholarly approach in discussing the physics behind laser technology and the physiology of the skin. In addition, he discusses from the patient's point of view what it is like to undergo a cosmetic laser treatment. The book is available in paperback and hardbound editions at online booksellers and locally at R.J. Julia in Madison. You can also purchase a copy in our office. For more information please see our web site: www.cosmeticlaser.com/latestnews.

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