

# Real Changes

What's new in helping you look as young as you feel from Dr. Earl H. Parrish and the professional staff of the Parrish Cosmetic & Plastic Surgery Center.

**Enhancing your beauty...  
from within!** Winter 2012



## What's New

### INTRODUCING THE VI PEEL!

See results in just one week! Our best peel yet, the VI Peel prevents and reverses the aging process, is painless, affordable and you will see dramatic improvements in 7 days! This incredible new peel is a unique blend of Salicylic Acid, Retinoic Acid, Phenol Acid and Vitamin C, delivering powerful results on the neck, hands, chest and face. The VI Peel is suitable for all skin types and colors. Enjoy younger skin in days!

Chelsey, our Esthetician, recently tried the VI Peel on herself, here's what she had to say: "Day five of seven with the ViPeel, although I'm still peeling I'm extremely impressed with the results! Skin is tight and firm, pore size is drastically reduced. Hyperpigmentation is drastically diminished! Skin tone is even and clear and I look and feel like I've had a face lift! I highly recommend this peel to anyone who wants drastic results without surgery! Its practically painless, minimal down time and drastic results in a week! Worth every ugly second!"



**VI** VITALITY INSTITUTE  
MEDICAL PRODUCTS

## New Year NEW YOU Medi-Spa Specials

### 50% OFF Sciton Laser Treatments

During January and February receive 1/2 off your first laser treatment. Non- ablative procedures only. This includes:

**BBL** - great for both pigment and redness. This method of photo rejuvenation improves your skin's tone, texture and appearance. You'll notice a more radiant, healthier complexion as imperfections fade away.

**SKIN TYTE** - If you have skin laxity you'd like to treat, then Skin Tyte is for you. You can achieve noticeable skin tightening with easy no down time treatments. Popular areas include the face, neck and abdomen, but treatment can be performed on any area of the body where an improvement in skin firmness is desired.

**LEG VEINS** - It's never too early to start getting your legs ready for summer!

Beam  
your way  
to Beautiful!

## Not Sure What Is Best For YOU?

Consultations for both  
Laser & Skin Care are  
**COMPLIMENTARY**. Come  
see what the New Year  
has in store for you!

**HAIR REMOVAL** - We have two options for hair removal. The BBL (broad band light) and the ND Yag laser. Both are safe and effective for hair removal and the ND Yag laser allows us to even treat naturally dark skin. You can now put an end to routine shaving and waxing.

### Buy 1 Skin Care or Makeup Product & Receive the Second (of equal value or less) for 1/2 Price!

We offer a complete range of professional skin care products including GlyMed Plus and Obagi skin care lines. We have products suitable for all skin types. We also offer the best selection of Jane Iredale makeup - foundation, concealer, eyeshadow, lip colour, brushes and more. Stock up on all your favorite products now! Good through February 28. Doesn't apply to Clarisonic Systems, Obagi kits or Latisse.

### LATISSE - 2 for 1 Special

While supplies last, buy 1 Latisse and receive the 2nd FREE!  
Supply is limited - get yours today!

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## Q & A with Dr. Parrish

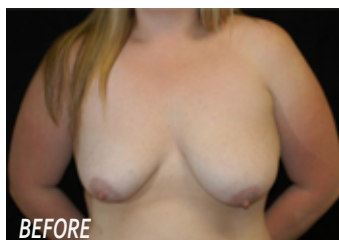
**Q:** How do I decide if I want my breast implants over or under the muscle?

**A:** If you decide to have saline filled implants then they would need to be placed under the muscle for the purpose of camouflaging the implant better. Saline implants are more detectable than silicone gel implants and need more coverage for that reason. In the case of silicone gel implants you have a choice of either location. However, placing implants under the muscle carries with it some potential problems. Particularly muscle action on the implant can cause implant movement with muscle contraction and over time implants can be displaced to the side by this constant muscle force. Women who are very active with workouts or sports need to be very careful not to use their pectoralis muscles too much or there could be even more displacement. In contrast, implants placed on top of the muscle are not subject to these same forces and therefore maintain their position better. Also there is usually better cleavage with implants on top of the muscle. My preference is to place the implants under the thin fascia of the pectoralis muscle which is still on top of the muscle but the fascia gives support to the implant and also blends the edges of the implant better. I have been using this subfascial implant position for most of my patients for the past 5 years. The surgery takes a little longer with this approach but in my opinion it is a superior implant location for most patients.



**Q:** How long does a breast lift last?

**A:** In general this is a difficult question to answer because there is so much individual variation in skin elasticity and the many other factors which affect the longevity of a breast lift. It is very unlikely that a person who has a breast lift will lose the entire effect of the lift over time. However, with a huge gain in weight or with a patient who wants a really large breast implant along with the lift will have forces on their skin that weren't present before. For most women the lift will last for many years even though there is some initial stretching of the skin in the first 6-12 months following the surgery. Once this has occurred the lift will only relax slowly over the next several years. Women who have good skin quality and no implant or a moderate sized implant can maintain their result even longer.



Patient of Dr. Parrish, before & after Breast Augmentation and Breast Uplift.



## The Latest in Silicone Breast Augmentation, from the desk of Dr. Parrish

Millions of women around the world are choosing the natural look and feel of silicone gel implants. Now there is a smarter delivery for gel implants using the Keller Funnel. The Keller Funnel is a coneshaped, nylon device that allows a no touch delivery technique. It resembles a piping bag that you use to frost cakes. The implant is dropped into the funnel and then gently squeezed through. This technique allows for smaller incisions, faster introduction minimizing scar tissue, and is believed to reduce infection and capsular contracture complications.

I am recommending this to all of my patients receiving gel implants. However, it is optional as there is an additional fee. Complimentary brochures are available in the office if you would like further information.

## PIP IMPLANT UPDATE

A widespread recall of France's PIP (Poly Implant Protheses) breast implants recently made the news when it was reported that these implants were manufactured with sub-standard silicone and have a high rate of rupturing. PIP implants have never been used in our Center. We agree with the American Society of Aesthetic Plastic Surgeons and International Society of Aesthetic Plastic Surgeons who strongly recommend that these implants be removed. If you have any questions or concerns please feel free to contact our office.



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## Beat the Winter Blues!

Now that the holidays are over, the cold weather and grey skies might not put you in the best mood. Try these tips to get you through the winter:

### FOR A SUNSHINE GLOW

Try a facial bronzer by Jane Iredale. It's elegant, timeless and effective. Brush it all over for the ultimate sunkissed look!

### HAVE A WARM, RELAXING FACIAL

The Parrish Signature Facial is the perfect combination of relaxation and results. Aromatherapy, warm towels, deep cleansing, relaxing neck, shoulder and facial massage - what better way to lift your spirits!

### USE SKIN CARE PRODUCTS THAT

**SMELL LIKE SUMMER** Try our Ultra Hydrating Masque while soaking in your tub at home. Smells like fruit!

## With a New Year comes fresh resolutions. Here's what our staff is hoping for this year:

**DR. PARRISH** - Exercise more, read books for 30 minutes a day, eat healthy and be more open to spirituality every day.

**SUSAN** - to live healthier, love more and not worry so much about the small things that don't really matter.

**ANNE** - Be on time! (and to live healthier, love more and not worry so much also).

**ROSIE** - to get bathing suit-ready for my new pool!

**DIANA** - eat more greens and less processed food.

**DEBRA** - To always think good positive thoughts and to buy better red wine this year!

**PATTY** - I'd like to include 20 minutes of daily stretching and meditation into my busy life.

**CHELSEY** - Not to sweat the small things! TRAVEL... Live life to its fullest!

## Happy Birthday Rick!

Rick has been by Dr. Parrish's side in surgery for many years.

In addition to being Dr. Parrish's main surgical assistant he also oversees the day to day needs of our ambulatory surgery center.

We depend on Rick greatly and value his wealth of knowledge in the surgical area. We honor you this January Rick - Happy Birthday!

## Our Latest Patient Testimonial

"Just wanted to share some thoughts about my appointment last week for microdermabrasion. First of all, Chelsey gave me probably the best facial treatment I've ever received added to the fact that she was professional and educational. I've had microdermabrasion for many years and her treatment was the very best! Secondly, every single time I've been in the office I received exceptional service and just thought you should know. I will be back!"

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## NEW BEAUTY

The January issue of New Beauty Magazine is out! We are proud to have Dr. Parrish featured in what is heralded as the Ultimate Cosmetic Enhancement Guide. Stop by the office and pick up your complimentary copy today!

## Visit Us Online

Click **Here** to visit our website, where you'll find descriptions of all our services, meet our staff and check out our facilities.

Become a fan of Dr. Parrish on **Facebook** by clicking **Here**

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