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JOE MONTANA  
speaks with Gentry  
about hypertension

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# FOREVER Young

Scrub Tech Karol Bartoszynski; Zuzana Likar, R.N.; Ginger Young, L.M.A.; Dr. Paul Wender; Lee Ann Steffen, L.M.A.

**I**t has always been said that nothing is guaranteed in life except death and taxes. In the last few years, however, technology has surfaced that can significantly delay the onset of signs that one is getting closer to the former, and much of it is being pioneered right here in the Mid-Peninsula.

When you think of cosmetic surgery, what springs to mind? Scalpels? Nasty scars? The butt end of jokes? Hollywood? Rightfully so. There was a time when all those things were valid pillars of anxiety, but the times they are a changin'. At the Mittelman Facial Skin Fitness Center in Los Altos, Dr. Harry Mittelman and his team of board certified facial plastic surgeons,

nurses, and licensed medical aestheticians are carving a niche in an altogether different type of cosmetic surgery—one that sees no cuts, no nips, and no tucks. One that will significantly delay tell-tale signs of the unavoidable aging process, like spider veins, age spots, and sun damage, without so much as a needle or an ounce of pain. There are no scars or visible evi-





*A Closer Look Inside the Fast-Advancing World of  
Non-Invasive Cosmetic "Surgery"*

STORY BY KEVIN RAUB • PHOTOGRAPHY BY CHRIS CONROY

Elsie Floriani, "the patient"; Dr. Bradley Greene; Dr. Harry Mittelman; Terry Silverman, R.N.; and Dr. Adam Schaffner

dence to speak of. There is no down time.

We're not talking miracles here, but recent advances in the world of non-invasive and minimally-invasive cosmetic surgery could be described by some as very nearly miraculous. Thanks to years of careful research on the care and feeding of man's largest organ, we know much more now about how the skin ages and why.

Whereas once an average patient up for facial cosmetic surgery would enter into its environs only after significant aging evidence was present—that is to say, probably too late in the game—now significantly younger men and woman are taking preemptive strikes against the inevitable. By maintaining a skincare fitness program through the use of macrodermabrasion,

wavelengths of light, and drugs like Botox and Restylane over the course of late adulthood, a 65-year-old in 2004 can look a whole lot like a 45-year-old in 1980. Also, in people of all ages, problems of fine lines and wrinkles, miscellaneous scarring, uneven skin tone, acne, or stretch marks can now be effectively addressed. Dr. Mittelman explains:



"The idea of non-invasive and minimally-invasive procedures for facial rejuvenation is to try to counteract the process of aging, the process of sun damage to the skin, and the process of any kind of negative occurrences to the skin as a result of something like acne scarring, large pores, or age spots. In skincare fitness," he continues, "we look at layers of skin and what we can do with the different modalities that are non-invasive to affect those layers."

When Dr. Mittelman is not performing *invasive* facial cosmetic surgery (the kind that has gone mainstream on such recent television programs as FX's fictional *Nip/Tuck*, ABC's tremendously popular and very real *Extreme Makeover*, and the latest, *Swan*), he and his team of physicians, Bradley Greene, M.D., Adam Schaffner, M.D., Terry Silverman, R.N., and aestheticians Lee Ann Steffen and Ginger Young are working cutting-edge technologies into skincare regimens for those too unhealthy, too busy, or simply too frightened to go under the knife.

Dr. Mittelman is quick to point out that none of these procedures, many of which have only recently been FDA approved, will make you 18 again. They will, however, reverse clear-cut signs of something nearly all of us fear—getting old. Here's to staying forever young, and here are some techniques that can help.

#### **MACRO-ABRASION**

**Cost: \$125 – \$225**

**Recommended Regimen:**

**5 – 6 Treatments**

Known commercially as Salt A-Peel, MACRO-abrasion uses minute salt crystals that are pushed into and sucked out of the superficial layer of your skin by way of positive pressure, a dramatic improvement, some say, over microdermabrasion, which uses negative pressure and potentially hazardous aluminum oxide.

"The advantage of MACRO-abrasion over microdermabrasion is that with the latter, the negative pressure may cause spider veins to dilate and appear closer to the surface," explains Dr. Schaffner. "This risk is much less with MACRO-abrasion."

"It's a way of sanding the skin, but not in



"The Consultation." Dr. Mittelman and Lee Ann Steffen, Licensed Medical Aesthetician.

an invasive way where you get real deep—just that superficial layer," adds Mittelman. "When you get that layer off, you get a nicer, fresher, more vibrant color to the skin."

#### **LED PHOTOMODULATION**

**Cost: \$75 – \$150**

**Recommended Regimen:**

**8 – 10 Treatments**

LED Photomodulation, marketed under the name GentleWaves, uses light emitting diodes (LEDs) to promote collagen production, which subsequently detours the skin's tendency to become less elastic as we age. "The flashing light creates a certain modulation that stimulates not only collagen production, but improves and smoothes the superficial layer of skin," says Mittelman. "GentleWaves, particularly as used in concert with MACRO-abrasion, helps to reduce the deleterious effects of smoking, stress, excessive alcohol, sun exposure, and air pollution."

#### **INTENSE PULSED LIGHT**

**Cost: \$400 – \$500**

**Recommended Regimen:**

**5 – 6 Treatments**

The deepest layer of the epidermis is home to age spots, spider veins, and skin discoloration. Photo facial treatments, using Intense Pulsed Light (IPL), are used to smooth out the area, promote collagen formation, and treat the aforementioned blemishes.

"The technology uses a spectrum of wavelengths of visible light to treat brown

spots and red spots resulting from sun damage," says Schaffner, who is specializing in facial plastic and reconstructive surgery and completing a one year fellowship with Dr. Mittelman. "This light is preferentially absorbed by the [skin] pigment, diminishing the signs of sun damage to an individual's skin."

IPL has virtually taken over most treatments previously done with lasers since winning FDA approval five years ago. Unlike lasers, IPL results in no significant downtime.

#### **BOTOX**

**Cost: \$300 – \$400/area**

**Recommended Regimen:**

**Every 3 – 5 months**

Over a lifetime, everyday expressions like frowning and smiling eventually create permanent lines on one's face, an enduring part of one's animation network of muscles. "You don't necessarily need that or want to show that," says Mittelman. "After this happens for awhile, people are not necessarily anxious or angry, it's just part of their expression."

Enter Botox, which, according to Dr. Mittelman, is a true miracle drug. In 1992, he was the first doctor in Northern California to use Botox for cosmetic purposes in a private practice. Through an injection into the actual muscle, Botox helps reduce these etched lines by blocking nerve impulses and, as a result, relaxing underlying muscles. "There is nothing on the market that does so much for so little



effort and is so safe," says Mittelman. "There is simply nothing like it."

#### **RESTYLANE**

**Cost: \$475 – \$550**

**Recommended Regimen:**

**Every 6 months**

#### **RADIANCE**

**Cost: \$1,100 – \$1,500**

**Recommended Regimen: 1 – 3 Years**

Restylane and Radiance are leading the explosion of technology and popularity surrounding skin fillers to fill and camouflage fine lines and wrinkles. Unlike their predecessor, Bovine collagen, neither requires a skin allergy test before use and both last considerably longer. Additionally, they can go where Botox normally can't.

"Most physicians don't use Botox on the lower two-thirds of the face because if it diffuses and goes to the wrong muscles, you can weaken a muscle that helps you chew or smile," explains Dr. Bradley Greene. "You can end up with an asymmetry that you didn't necessarily want."

Skin fillers, on the other hand, are most commonly used around the mouth and lips, although in an especially conservative manner. "We don't do Hollywood lips," says Dr. Greene. "My goal is to give the

patient a lip that they had when they were younger, not something they never had."

The main difference between Restylane and Radiance is time; the latter lasting up to three years (depending on the person), nearly 800% longer than Botox and 3 - 4 times that of Restylane. On the flipside, Radiance is not as effective for treating fine and delicate lines as Restylane works on the more superficial layer of skin.

#### **THERMAGE**

**Cost: \$3,000**

**Recommended Regimen: 1 – 3**

Thermage is one of the newest technologies on the market to treat wrinkles around the eyes, most notably crow's feet and loose and flabby skin, without the need for surgery—the first technology to do so. It is, however, the most serious of the minimally invasive options, and does require a topical anesthetic likely administered together with a light sedative such as Valium.

"Thermage uses a cooling system that allows the deeper area of the skin to be heated with radio frequency beams—like a microwave oven—while the superficial layer gets cooled with a cooling agent," explains Mittelman. "So because of the fact that you are cooling the outside layer of skin, the

deep layer, even though it's being heated, is not transferring the heat to the superficial layer and creating a burn."

The beauty of all these new technologies is that they can be used independently one from the another, in conjunction with a full-scale skin care regimen, or as enhancements to post-surgical recovery—all depending on a specific patient's individual needs. For those in the latter category, this sort of maintenance could dramatically change one's overall results. "When we're doing surgery, we are treating the looseness of the skin, not the quality of the skin," reminds Mittelman.

#### **So What Does The Future Hold?**

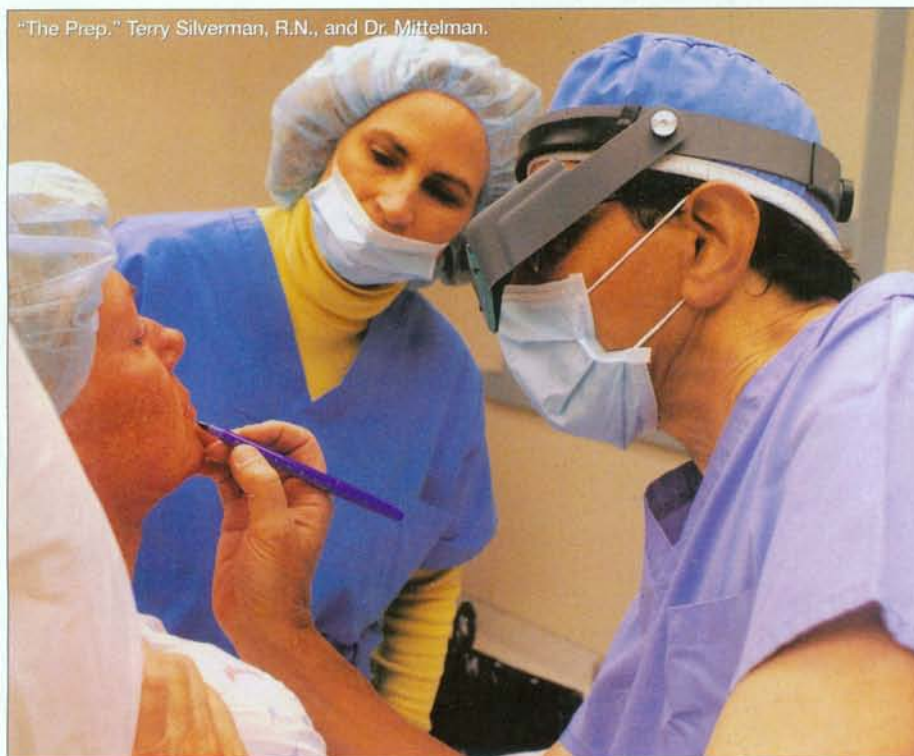
Dr. Mittelman and his associates—some younger than others—foresee a day when non-invasive procedures completely eliminate the need for any surgery whatsoever, even if that means their business would take a major hit. "The ultimate is for technology to do non-invasively what we do surgically, putting plastic surgery, to some degree, out of business," says Mittelman.

"I don't think it will be close enough to make me worry about it, but it might Adam," he adds jokingly, referring to his much younger fellow, Dr. Schaffner.

Cosmetic surgery is still decades away from such advancements, but it's clear the technology is moving quickly, spawning an entirely new demographic who want to look as good as they feel. Dr. Mittelman estimates that a mere 10 years ago his practice was 95% women, almost all of whom were pushing 60. Now, his clientele is 20% male and as young as 35.

"There was a time when we could provide so little, that it was only the patient who had already aged that we could provide services for," he remembers. "Now, a lot of our patients look to non-invasive procedures in their mid-30s because they recognize it's not such a bad thing to have pride in the way you look and the way you age."

So there you have it. Of the death and taxes debacle, we're making impressive inroads on the first. Now, if Dr. Mittelman and his mighty force could just come up with something for the latter...



"The Prep." Terry Silverman, R.N., and Dr. Mittelman.





Crows feet before Botox



After

have to assume that somewhere several layers down, your collagen production team is giving a big "right on!"

Later that afternoon, I returned to the doctor's office and donned one of those standard-issue blue paper hats, providing a clear field of vision for Dr. Schaffner, who is working on a one year fellowship with Dr. Mittelman. After applying a photo accelerant called Levulan designed to make my skin more light sensitive, I then sat in a dimly lit room for 30 minutes or so waiting for it to be absorbed. With pores as large as mine, however, this happened in record time.

This was followed by the IPL treatment (Intense Pulsed Light), and it works like this: A conductive gel is spread on your face, and then a machine with a crystal applicator, cold and smooth, begins a kind of zapping process over your face, about 1/2" apart, one zap from the other. This process is designed to stimulate the cells that regulate your pigment, and the object is to even out skin color, reduce signs of sun damage, age spots, etc. The machine was developed and originally used to treat skin cancer. Happily, it has a beneficial secondary use for non-cancerous but pigment-damaged skin. This procedure is not as pleasant as the MACRO-abrasion I had experienced earlier in the day. However, I held out hope that its relative unpleasantness would translate to greater efficacy somehow, to repair the years of damage caused by putting baby oil on my face and

waiting for the sun to turn me mahogany.

### Day Two

Anyone undergoing this treatment should pay heed to the dangers of sun exposure afterwards. Do not, repeat not, go outside for the next couple of days without an overload of sunscreen as you will still be light sensitive. Should you forget, as I did, you may experience a burning sensation, like a bad sunburn. Apply a washcloth dampened with a mixture of 2 cups of cool water and a teaspoon or so of vinegar for relief. Aloe Vera Gel (95%) helps as well. (Note to self: Write down doctor's orders when given. Know from experience that you will forget half of everything said.) I consoled myself, however, thinking that the more layers I lost, the better off I would be.

### Day Six

It was my book-signing night, and before the reading I felt the need to explain to everyone that I was not contagious—that the crackling skin on my face was merely the result of serious research for the magazine. The women in the audience seemed to be more intrigued with the peeling process than with my book. I tried not to take offense.

### Day Seven

With my relatively new skin finally free of slough, I went once again to Dr. Mittelman's office for the Dermlift™ (also known as Thermage). I opted for an anesthesiologist since, in addition to the Dermlift™, I was to have Restylane, Radiance, and Botox procedures, all of which involve needles. The Dermlift™ process itself however is a procedure designed to tighten skin with only the touch of a radio frequency device and requires no incisions or recovery time. This was by far the biggest and most important step in the process, although the various steps and particular sequence are all important.

Although they say that tightening improvements appear gradually over 2 to 6 months after a single treatment, some doctors may suggest 2 or 3 sessions to achieve optimal results, which, they say, can last as long as 18 months. As mentioned, I was "out" for this procedure, but basically what they do is spray the top lay-

ers of your skin with a cooling spray while using the radio frequency energy to heat up the collagen in the lower layers. The heating action apparently causes the deep structures of your skin to tighten. The stimulated collagen then grows over time to further tighten your skin.

Is it painful? The brochure says with each touch of the Thermage treatment tip, you will experience a brief intense heating sensation but, as mentioned, the cooling spray tends to ameliorate this discomfort, and many choose to do this with local anesthetic only.

Results? The most noticeable Thermage result for me was a slight tightening of my neckline (see opening picture).

**The Magic of Botox, Restylane, and Radiance (BR&R):** Here's where the real magic and the most immediate improvements occur. Most of us are at least familiar with Botox—the botulin derivative that makes frown lines disappear. It is administered by injection and takes about 10 minutes to do with results lasting up to 4 months. In my case, attention was given to the horizontal line between my eyes, and the crow's feet around my eyes. It works its miracle by block-



Nose "ridge" before Botox



After

ing the nerve impulses to the muscles that cause lines to form, and it's highly effective.

Additionally, Dr. Mittelman was intent on improving the wrinkles above my lips and the lines running from my nose to my mouth and my mouth to my chin. For this, he used Restylane and Radiance.

Restylane is a filler made from a natural, non-animal-based substance that already exists in the human body and requires no pretesting. It's used to provide volume and fullness to the skin. Radiance



is much the same, only it's administered on a deeper level and lasts maybe 2 to 3 years where Restylane will last approximately 6 months. If you want fuller lips, this is for you. But before you go for the 2 to 3 year fix, you might want to experiment with Restylane first to make sure you like it. Three years is a long time to be stuck with a look you don't like.

I thought it was terrific. A face filler, as opposed to a stomach one, is a good thing. These 3 things—Botox, Restylane, and Radiance comprise my quick-fix hopes for the future.

#### Day Eight

The next day there was some slight bruising from the needles, but basically, I thought I looked a lot better already. I stayed home from work that day because they thought I might swell a bit, but in reality, the swelling was barely noticeable.

#### Day Eleven

A quick trip to the office for another dose of GentleWaves. I still had slight bruising and my neck was a little sore from the Dermlift™, but really very minimal discomfort. My neck seemed to be somewhat tighter, my pores smaller, and, of course, the wonderful magic of BR&R readily apparent.

#### Days Twelve and Thirteen

Not much change. The cheek bags under my eyes were not quite as "fixed" as I thought they were at first. Apparently the slight swelling made them look better than they seemed to be settling in to be. I thought I could have used more Restylane in my face and lips but as Doc said, better to under-do than over-do. But by then, I was up for more.

#### Day Eighteen

I again had MACRO-abrasion with

ultrasound administered by Ginger, plus GentleWaves on my face, neck, and hands.

#### Day Twenty-Six

Dr. Mittelman started me on some products. SkinMedica's TNS Recovery Complex, the latest, hottest thing for your sun-damaged or aging skin, is made from human cells and is a testament to the "a little dab'll do ya" slogan. It's precious, and effective. And heaven knows I need some complex recovery. This is followed by SkinCeuticals Serum 10, a topical vitamin C. (If you don't have oily skin you should get the C+E formula.) It doesn't smell particularly good, but I take that as a sign that it's actually doing something.

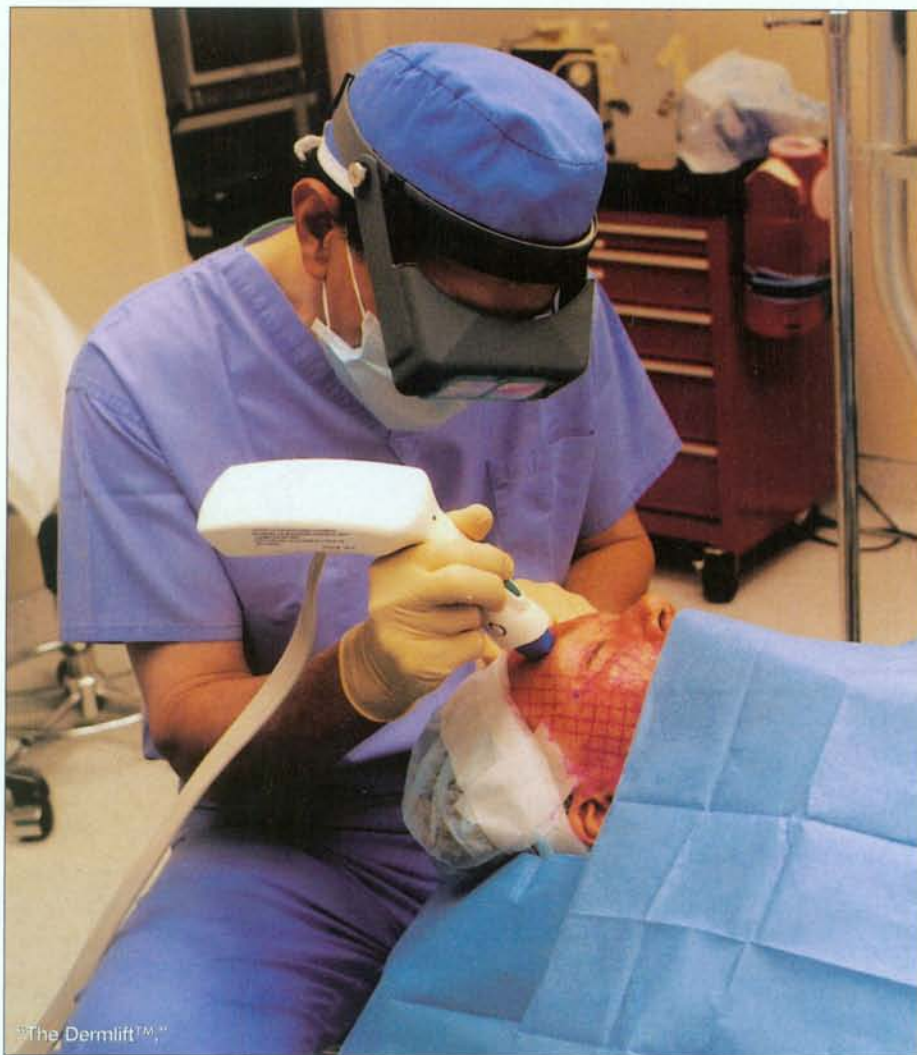
#### Day Thirty-Two

Again, I did MACRO-abrasion, GentleWaves, plus an IPL treatment with Levulan. The IPL is my least favorite of all the treatments, only because of the subsequent swelling and peeling, though apparently everyone is not so sensitive as I am to this process. Quelling my reluctance, Dr. Schaffner administered the 30-minute procedure with patience and good humor. Once again I felt my face slightly hot, tight, and extremely light sensitive. We lathered about an inch of sunblock #20 before I left the office, and I wore a big hat and scarf to avoid any exposure to the sun. Everyone agreed, however, that my skin was looking better—including me.

This was the second time I had submitted myself to this new-age process of penetrating blips of light and I had one more treatment to go. Like the massive doses of estrogen they gave us in the early sixties, I was beginning to realize I grew up in an age of medical experimentation and wondered if this tingling light was going to be looked back on as some sort of medieval methodology. Dr. Schaffner assured me of its efficacy and that the process is technologically sound.

#### Day Thirty-Three

Another day with a red face, as a result of the IPL. My hands, however, although previously covered with those dreaded



"The Dermift™."



brown spots, were miraculously better. And as long as you continue to keep sun-block on them, I'm told, they will continue to be so.

### Day Thirty-Five

This is about the time in this process that you begin to wonder what the heck you're doing. The "slightly red, unattractively swollen" look had dissolved into the even



Lips before Restylane



After

more unattractive look of a snake skin about to shed. My face was accented by every wrinkle I ever developed frozen in place by skin so taut I could barely smile. Little pieces of skin began to cascade like snowflakes onto my clothes. It is, however, a process not to be hurried. Happily, I had cancelled my weekend plans and chosen to shed in the quiet of my own home. I was hopeful that underneath lay a drier, smoother, brighter, edition of my oily, fissured face.

### Day Thirty-Six

Skin was coming off in larger flakes this day and was primarily located around the nose and mouth. The new skin was, in fact, baby pink and shiny. Still, probably not a day to be meeting new people. I popped into Dr. Mittelman's office in the afternoon for yet another the GentleWaves treatment.

### Day Fifty-Two

I had my fourth MACRO-abrasion treatment. I found the experience so soothing that Ginger worked on a relatively high number on the intensity scale, but it can

be done at whatever intensity level feels good to you. Following this, we did the super quick GentleWaves treatment again on face, chest, and hands.

Returning to Ginger's room, we did today's final procedure—DermaPhoresis topical products (glycolics, vitamin A, C & E). These are applied using massage and UltraSound to work the products deep into the tissue. Blissful and soothing to the point that I didn't care whether it was doing anything or not.

### Day Sixty

Today, in Ginger's gentle hands, a mask was applied that Dr. Mittelman had recommended called BotoMasque, which looks and feels like a brown honey that after 15 or 20 minutes dries nicely on your face. You can either rinse or peel it off, peeling providing the double benefit of taking any extra facial hair along with it—a "twofer." This was followed by a thick grainy scrub of some kind, an "activator" serum, and finally something called Barrier Serum, which is like rubbing silk on your face—an almost sensual experience. This particular group of products comprise the Integris' BotoDerma System, and while I don't know if its efficacy is as good as it feels, I'm likely to keep trying it. Another GentleWaves session followed.

### Day Sixty-Eight

This was the penultimate day of what seemed an all-too-short ride through the magic halls of skin rejuvenation. Ginger once again gave me a MACRO-abrasion treatment on face and hands and then, following a quick session with GentleWaves, Dr. Greene gave me my last IPL treatment. Because it was the third treatment of this type, he used a lesser intense energy level and so it was much more pleasant. The swelling and peeling process was greatly diminished.

### Summary

So, there you have it. A ten-week experiment with new-age procedures and products, all designed to correct my basic terrible skin and all the bad things I've done to it over the years. **Do I think it was**

worth the time? Absolutely yes. **Do I think I'll continue on this regimen?** Well, I'd like to say yes, but I know I'm pretty lazy when it comes to things like this. I will try, however, because I can see the clear benefits of living better through chemistry. **What have I learned?** The best thing you can do is take care of your skin before it needs taken care of. Prevention is not only possible but promising. Working regularly on a deeper level than over-the-counter creams can effectively delay the deleterious effects of aging skin. ■

**Dr. Mittelman** recently received the **William K. Wright Award** for outstanding contributions to the field of facial plastic and reconstructive surgery. The highly-coveted award, given by the American Academy of Facial Plastic and Reconstructive Surgery, is given only in years when it is felt some extraordinary contribution(s) warrants it. Gentry joins our community in congratulating Dr. Mittelman on this fine achievement.

### PRODUCTS USED IN THIS PROCESS

Integris' BotoDerma System—BotoMasque, Derma Scrub, Activator Serum, and Barrier Gel Liquid Face Serum. \$100.

Phaze Facial Wash, \$20, and Toner, \$35



Skin Medica: TNS Recovery Complex, the most advanced formula available for improving the health and appearance of sun-damaged and aging skin, \$125.

Skin Ceuticals Liquid Vitamin C, \$75.

Skin Ceuticals C + E, \$115.

