

# About Face

VOLUME 7, ISSUE 3

WINTER 2008

Facial Plastic & Cosmetic Surgery Center

Spaderma

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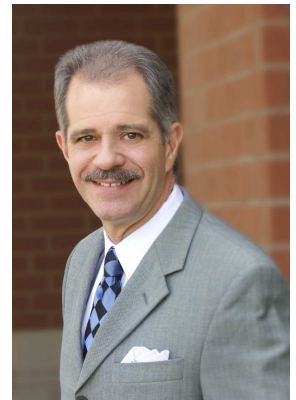
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## Surgery is Not the Only Answer by Dr. Simo

Surgery is not the only answer to everyone's aging concerns. Patients visit me every day that have already determined that facial rejuvenation surgery is their only choice. To be perfectly honest, there are some patients that have endured too much damage to their skin through the years, or have purely neglected their skin, so that surgery is their only option. However, there are many patients that are concerned about specific

areas that can be improved with laser treatments, injectable fillers and just getting on a regular skin care maintenance program. These options are obviously less invasive, with no to little downtime and less expensive in the short term.

Everyone needs to know their options and have an opportunity to weigh them and make the decision that is right for them.



Make an appointment today with me or my staff and let's look at **your** options. 314.743.4000.

## Beware of the Lifestyle Lift® by Dr. Simo

I know many of you are tired of seeing this subject matter in our newsletter. However, I promise to stop talking about it when patients stop coming in my office apologizing for having the Lifestyle Lift® procedure and are depressed from their scarring and the entire experience. I really hope that if any of my patients are considering this procedure because they see it is as a "quick" procedure with little downtime, that you will contact me and let's discuss the issues regarding this procedure. My colleagues from around the country and I make it a point to keep each other updated on this procedure and what patients are continuing to experience.



Visit this website and see for yourself what actual patients are saying...and remember...if it sounds too good to be true, it probably is.

[http://www.infomercialscams.com/scams/lifestyle\\_lift\\_complaints/start/20](http://www.infomercialscams.com/scams/lifestyle_lift_complaints/start/20)

## Ask Our Billing Manager

Many times patients are confused by the separate bills they receive from Dr. Simo's office, anesthesia and the surgical center for operating room (OR) time. *Here is some information that may assist you:*

Please remember to read all of the information from our office carefully.

Your paperwork clearly includes the breakdown of the fee quote. The fee quote includes three parts—

1. Surgical fee for Dr. Simo's services
2. Estimated fee for anesthesia (based on the estimated length of surgery)
3. Estimated fee for OR time (based again on the estimated length of surgery.)

The fee for Dr. Simo is the only part that you pay to Facial Plastic and Cosmetic Surgery Center. The other two fees are paid directly by the patient to the facility where the surgery takes place. If you have any questions about your quote, please call Pam, our Patient Coordinator, prior to your surgery at 314.743.8052.

## Removing Sun Damage with Laser

Now is the time to remove sun damage from your skin. Spaderma offers several treatments that are excellent for renewing your complexion and showing off gorgeous healthy skin! The fall and winter seasons offer a great opportunity to have laser treatments done since we tend to have less sun exposure this time of year. The Micro Laser Peel (MLP) is an exfoliation technique that uses laser strength to remove light layers of dead and unhealthy skin cells. The treatment deeply stimulates collagen production so you can visibly see tightening and firming in the surface of the skin! The texture is also smoothed out and fine lines and wrinkles can be improved upon greatly. Another amazing treatment that we offer is called Broad

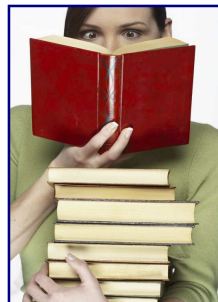
Band Light, or BBL. It is used to lighten and remove brown spots and redness from the face, neck, chest, or other body areas.



We all have some damaged skin after being exposed to the hot sun. Now is the time to book these productive treatments so you have great looking skin for months to come.

## Our Staff Continues Their Education

In September our staff members, Susan, Billing Manager; Cathy, Receptionist; and Mindy, Medical Esthetician; attended the fall meeting of the Organization of Facial Plastic Surgery Assistants for a two day workshop. This meeting is a gathering of staff members from facial plastic and reconstructive surgeons offices all over the country.



During September, Dr. Simo participated in the annual fall meeting with the American Academy of Facial Plastic and Reconstructive Surgeons for three days of educational lectures.

In October, Susan, Billing Manager attended the MGMA Payor Conference Meeting in St. Louis. She had the opportunity to meet with representatives from all health care companies.

In November, our patient coordinator, Pam, attended training in Chicago, specifically designed for patient coordinators in the plastic surgeon's office.

In December, Inez, Medical Esthetician, will attend a three day course of medical esthetics. She will be joined by other medical estheticians from across the country to learn the latest technology and skin care.

## Website Changes In The Works

In the next few months we will be rolling out a new and improved website. One of the features we are most excited about will be a new password-protected area for Dr. Simo's surgical patients and Spaderma clients to visit. It will be a perk for their eyes only! Watch for more information in our next newsletter, and in the meantime please remember to visit our website at [www.anaturallyou.com](http://www.anaturallyou.com). You will have the answers to many of your questions about Facial Plastic and Cosmetic Surgery Center and Spaderma right at your fingertips.



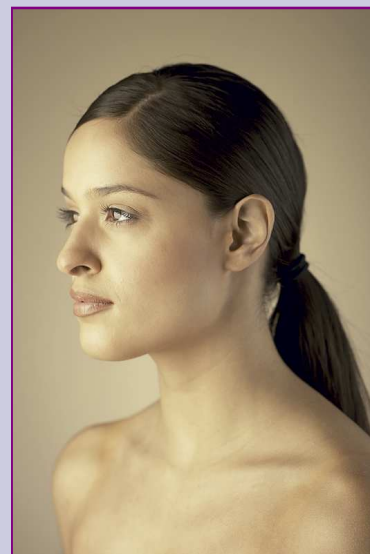
## Revisiting Chemical Peels for Skin Rejuvenation

When we think of skin rejuvenation, there are so many new and high tech choices available that chemical peels are often overlooked. However, they can be a practical, cost-effective option to improve skin texture, mottled pigmentation, and uneven tone.

We are often asked what is the difference between a chemical peel and a laser peel. A chemical peel uses a chemical solution to treat nonspecifically damaged layers of the skin to a desired depth (depending on the strength of the peel). As this heals, the response stimulates skin turnover and some degree of collagen growth. Resurfacing lasers use light energy to peel away very precise layers of skin. Not only does the healing response stimulate skin

renewal, but the additional benefit of thermal heating causes some degree of skin tightening plus a greater amount of new collagen growth. Laser peels are not necessarily better than chemical peels, it depends on what laser you are using, the setting of the laser, and what you are trying to treat.

The ideal patient for a chemical peel is someone with brown, blotchy freckling on the face or chest, melasma, or fine textural complaints. Chemical peels can also help clear residual color left on the skin after acne breakouts. Those who have deeper lines or wrinkles and true acne scars should consider laser treatment. Call today for a consultation with our Medical Estheticians.



## Tri-Luma® Cream a Break Through in Treating Melasma

Do you have dark spots or uneven pigmentation on your face? Well, Spaderma is now carrying Tri-Luma® Cream and it can really help. Tri-Luma® Cream has been used by dermatologists for years to treat resistant sun damage or hormone related pigmentation. These disorders are characterized by freckle-like brown spots and/or brown splotchy pigment on the face. If the dark areas of pigment are severe, you might have a skin disorder called melasma. Melasma is common and often shows up on our skin after we experience hormonal changes caused by hormone replacement therapy, birth control pills or pregnancy. It can be very stubborn and hard to get rid of. Tri-Luma® is an FDA-approved triple combination therapy product that lightens the excess pigment in our skin due to melanin production. It can start to work in as little as 4 weeks! Tri-Luma® Cream works very well in combination with physical exfoliation such as Microdermabrasion. Book a consultation today with a Medical Esthetician at Spaderma so you can start working towards an even complexion.



## A Special Thanks to Our Patients

When you refer a friend or family member to us and they have cosmetic surgery, please make sure you let us know! We will send you a gift card to be used towards Botox®, Injectable Fillers or a service at Spaderma. We want to thank you!

If you have previously had cosmetic surgery with Dr. Simo and are interested in coming to visit us again – Your Cosmetic Consultation is Complimentary. Please mention that you have been a previous patient when making your appointment.

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Don't Miss Our New Holiday  
or Special Occasion  
"Wish List" Services!  
See Our "Wish List" Card for Details!

## Learn To Love Your Skin with a Smoothing Body Peel Treatment

While taking care of your face is the specialty of Spaderma, the skin on your body needs attention too! Spaderma's Smoothing Body Peel Treatment addresses some of the most common skin complaints. This peel contains an excellent blend of active ingredients to target sluggish, damaged, sun-exposed skin. If you are experiencing rough or dry skin, or pigmentation on your body, this is the treatment for you. It is extremely effective and can be used almost anywhere on the body, including the chest, arms, hands, back and feet. As with any chemical exfoliation, you can expect some temporary light flaking of the skin. This is a great procedure for improving your skin's overall texture and condition. Ask your medical esthetician today to help you determine which areas you would like to improve.

