

THE CHENG POST



CHENG PLASTIC SURGERY AND MEDSPA

Two Double Board Certified Facial Plastic and Reconstructive Surgeons: Two **different** specialties
A deeper look into the procedures that help define Dr. Elbert and Dr. Jacqueline Cheng

Rhinoplasty with Dr. Jacqueline

JANUARY 2020

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Q: What's your best explanation of the procedure?

A: Rhinoplasty is a very individualized surgery. There is not one nose that will fit on every person. In addition, everyone's anatomy is different which is why everyone's nose looks different and unique. Because of that, rhinoplasty is one of the most technically challenging surgeries because it has to be tailored specifically to that individual so it fits their face. There is not one procedure because someone may want their nose smaller by another person may want their nose built up.

Q: Why do you find yourself drawn to this procedure?

A: The technical skill and artistry required to reshape a nose to fit someone's facial features. I always tell my patients that a nose should not draw attention to it. It should just enhance a face and allow the eyes to shine.

Q: What kind of healing process can be expected with this procedure?

A: Healing process depends on how extensive the surgery is. Bruising is definitely worse if the nasal bones need to be broken to make the nose smaller. In addition if the nasal bones are broken, I recommend that all contact sports are avoided for 6-12 months. However having said that, most patients are back to work in 7-10 days. Swelling does take time to go down. I tell all patients that their nose will look bigger after the surgery because of swelling. I see the biggest change at 6 months but I tell patients that the nose is only 70% healed at one year.

Q: What sets you apart from other surgeons when performing this procedure?

A: What sets me apart from other surgeons is my background and training - I am trained as an Facial Plastic and Reconstructive surgeon and as an Otolaryngologist- Head and Neck surgeon which means that both form and function of the nose is important to me. Not only do I want to help people improve the appearance of the nose but I also want them to be able to breathe through their nose.



Asian Double Eyelid Surgery with Dr. Elbert

Q: What's your best explanation of the procedure?

A: Due to the bony and soft tissue anatomy of the eye region, Asians typically have "smaller" eyes than other races. Asian eyelid surgery encompasses any combination of surgeries to enlarge the excursion of the eyelids upward, as well as enlarge the opening of the eye from side-to-side. Giving the illusion of larger eyes, which look more friendly and awake, but yet natural, is often the goal for most Asian men and women. Most commonly Asian eyelid surgery is known only as Double Eyelid Surgery, to create a 2nd fold to evert the eyelashes outward and attempt to open the eye more.



Q: Why do you find yourself drawn to this procedure?

A: Your eyes are the "window" to your soul, and any subtle changes can be easily identified, but also, dramatically change your appearance. Every person is unique, and diagnosing the correct issue, then adeptly and meticulously performing the surgeries is creating art. For me, nothing is more satisfying than seeing my patients return after surgery, and to hear stories about how it changes their lives!

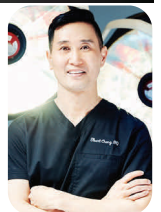


Q: What kind of healing process can be expected with this procedure?

A: If you can work from home, take 4-5 days off before reading from a computer monitor, or 2 weeks before making commitments with others. When going back to your "normal" daily rhythms of life, and you want to hide what is "different" about you, I recommend wearing glasses, cosmetic glasses if you have normal vision, or changing your hair style or color. Creating change in your appearance can be accomplished to distract others.

Q: What sets you apart from other surgeons when performing this procedure?

A: As an Asian American surgeon, I have experienced and lived a life, with a cultural awareness, that someone who is not Asian, would have a difficult time understanding. Intently interested in the field of Facial Plastic Surgery, I have sought every opportunity to learn from others and from my own experience, the art of these surgeries. With 18 years of experience, and traveling to Korea, China, and Taiwan to visit other surgeons, I have only developed a sense of respect for how beautiful these surgeries can be. I believe there is no template for performing these surgeries, but careful understanding and listening to my patients, to tease out exactly what their hearts may desire. Often, my patients don't even know what they desire, until we process this together. I love the journey, with my patients, to discover these truths, to undergo the procedure, and then to walk my with patients in the healing process.





CHENG *Medspa*



*The latest in all things injectable, lasers, facials, skincare and more!
From the experts themselves: Alex Gowda, RN and Nam Saha*

We asked our **MEDICAL AESTHETICIAN**

Skincare & Shmooze

If you could only choose **THREE** products to achieve *beautiful, healthy* and *glowing* skin...
What would they be?

Vitamin C, Sunscreen and Retinol (in that order!)

C E Ferulic



A patented daytime vitamin C serum that delivers advanced environmental protection and improves the appearance of fine lines and wrinkles, loss of firmness, and brightens skin's complexion

Physical Fusion UV Defense



A tinted sunscreen fluid with 100% mineral filters provides broad spectrum UVA/UVB protection, while promoting natural radiance and a more even skin tone.

Retinol



A concentrated night cream with pure retinol improves the appearance of visible signs of aging and pores. It's the #1 dermatologist-recommended solution for its ability to speed up skin renewal and minimize the signs of aging.

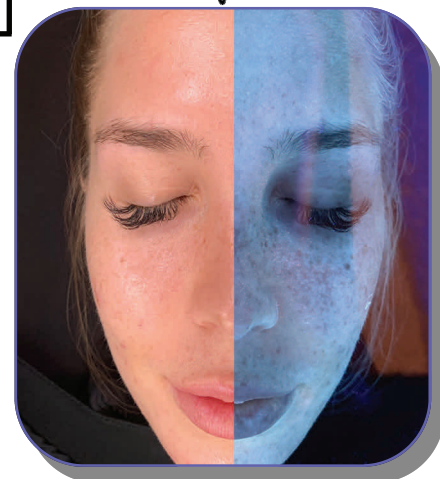
Although we will almost always recommend these three staple products, skincare is not a one size fits all. So how do you figure out what exactly your skin needs, from the inside out? **We've got you covered.**

SkinScope LED Analysis

This one-of-its-kind diagnostic tool is the key to specializing a skincare regime specifically for YOU. It's Daylight mode allows us to see visible skin conditions and concerns, while the LED-UV light mode gives us a deeper look under the skin's surface. While healthy skin reflects back UV light creating a blue glow, melanin in the skin absorbs the light showing as dark spots on the surface of the face.

Similarly, congested pores give off pink or orange fluorescence, oily skin is visible in a yellow color, and dry flaky skin shines as bright white fluorescence. Large patches of darker blue indicate areas of thinner, dehydrated skin. This allows our aesthetician to pinpoint exactly what you need to achieve your #skingoals!

Mention our newsletter and receive a complimentary SkinScope Analysis and 10% off your next SkinCeuticals purchase!





Reclaiming What's Yours: Building collagen with *Sculptra* aesthetic

As non and minimally invasive procedures become more popular as the years pass, as does the demand for injectable filler. Here at Cheng Plastic Surgery, we can plump just about any area of the face: lips, cheeks, chin, jaw, under eyes and more. Although hyaluronic acid fillers are an amazing temporary fix for depleted volume, some aesthetic concerns such as hollowing of the temples or deep folds around the mouth can greatly benefit from a different kind of treatment:

SCULPTRA AESTHETIC

Dermal fillers such as Juvederm and Restylane diminish lines and produce volume by pushing up the dermis space beneath wrinkles and creases. Results appear immediately and can last anywhere from 6 months to 2 years, depending on the filler used. **Sculptra is different.**

Sculptra is made from poly-L-lactic acid—or in other words, a collagen stimulator. These types of products work by helping to restore the deep, underlying structure of the skin. Sculptra works deep within the dermis, rather than topically, to revitalize your own collagen production and restores your skin's inner structure and volume.



Before treatment After 2 treatments After 3 treatments After 25 months

Time it takes: 45 minutes

Anesthesia: Topical numbing if requested—but not necessary

Recovery: None

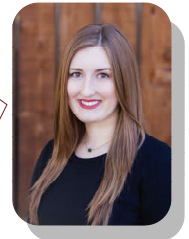
Lasts: 2-3 years

Pain level: Little to none

Number of treatments needed: Typically 3-4 treatments spaced out over 3-4 months but individual plans vary patient to patient

F.A.Q

with
Nurse Alex



Do you think Sculptra is right for you?

Schedule your complimentary consultation with Dr. Cheng to turn back the clock!

2020

THANK YOU for making this year one of our best yet! As we reflect on years past, we're in awe of how we've grown and the long-lasting relationships we've cultivated with our patients. Now, it's time to look forward! 2020 is not a fresh start, but a continuous journey to hit new milestones, always provide top of the line patient care, and above all be the office you **trust** with our aesthetic journey.



Happy New Year!

May health and happiness follow you throughout the year to come.

New Year, *Same* ~~New~~ Us!





C H E N G

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**The results you desire.
The confidence you deserve.**

Add these to your calendar!

SkinCeuticals Peel Party

Friday, February 28th 9:00 -2:30 PM

Who doesn't love a good peel?! Place a small deposit and receive a complimentary express peel with our medical aesthetician plus promotional pricing on all SkinCeuticals products that day ONLY!

Sculptra Lunch and Learn

Friday, March 13th 12:30-2:30 PM

Enjoy lunch while learning all about the injectable treatment taking the industry by storm. Receive promotional pricing on Sculptra packages to set your New Year's Resolutions in motion!

Ultherapy Lunch and Learn

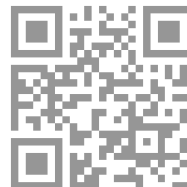
Friday, March 27th 10-1:30 PM

Tighter skin on the face, neck, chest and eyes is just a complimentary consultation away! Make your appointment to sit down with the industries most knowledgeable professionals here at the office to figure out if Ultherapy is the treatment for you.

Excited for these events? RSVP today!

& Be sure to follow us on our social media to stay up to date with events, current promotions, procedures and office adventures!

INSTAGRAM



FACEBOOK



Open the camera on your phone and scan to follow us on: