



THE CHENG POST

Cheng Plastic Surgery and MedSpa

OCTOBER 2019

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**Double Board Certified
Facial Plastic and
Reconstructive Surgeons**



Dr. Jacqueline Cheng



Dr. Elbert Cheng



Lifting a Little More Than Just Your Spirits

A deeper look into facial plastic surgery's most comprehensive procedure:



THE FACELIFT -

You are unique in your facial structure, and how time and gravity have affected your skin and tissues. A facelift should not only be tailored to each individual patient's anatomy, but be done with exact precision to yield beautiful, natural results every time. Practicing facial plastic surgery for over 15 years, Dr. Elbert and Dr. Jacqueline Cheng use their extensive medical background and aesthetic eye to provide exactly that for their patients.



"I *love* my results! I was just at a 15 year reunion and so many people said I hadn't changed a bit"

- Real facelift patient of Dr. Jacqueline Cheng

Dr. Elbert and Dr. Jacqueline use several facelift techniques, depending on the areas that need correction. The two most common types are the **Deep Plane Facelift** and the **SMAS Facelift**.

The Deep Plane Facelift addresses the structure beneath the tissue and muscle of the face for the most substantial, upward repositioning of the facial tissues. As a standard facelift typically addresses sagging tissue around the lower face and jawline, a Deep Plane technique can address sagging around the mid-face and heaviness around the nasolabial folds.

This technique provides an advantage compared to the SMAS Facelift when looking at longevity and lift, but is much more invasive thus requiring longer downtime and a more extensive recovery.

The SMAS Facelift is another popular technique used to correct sagging muscle and fascia (connective tissue) layer (SMAS), beneath the skin. The excess connective tissue is then sometimes inserted into the nasolabial folds to provide volume (almost like a filler!) if the area can benefit from it. This technique is a great option for patients that do not yet require the deep, structural lift of a Deep Plane lift—but can still greatly benefit from the lift and repositioning of the connective tissue and muscles beneath the skin.

The technique that will lead to the most attractive look is selected based upon your level of facial aging, and how much change is desired. No matter the technique, rest assured knowing your specific procedure recommended to you by Dr. Cheng—double Board Certified in Facial Plastic and Reconstructive Surgery and Head and Neck Surgery. This ensures you will always have the delicate balance of medicine and artistry on your side.



Cheng Medspa Cordially Invites You: HYDRAFACIAL SIGNATURE EVENT

WEDNESDAY, NOVEMBER 6TH 1:00 - 6:00 PM

Join the practice in formally welcoming HydraFacial with our **Signature Event!** Enjoy live demonstrations and event-only series pricing on all HydraFacial packages.

Only **HydraFacial** uses patented technology to cleanse, extract and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow.

RSVP TODAY! (408) 255-3223 | cheng@cffbr.com



Nam Saha
Medical Esthetician

Nam is the skincare **EXPERT!** She is our go-to esthetician for all treatments such as HydraFacial, Microdermabrasion, Peels, Lymphatic Drainage and so much more. Her extensive knowledge with SkinCeuticals products gets patients on the right track to beautiful, healthy skin!

Current Office Skincare Favorites

CUSTOM D.O.S.E

Did you know we're the only office in the Bay Area to offer SkinCeuticals Custom D.O.S.E?



When it comes to improving your skin, one solution does not fit all. Made-to-measure efficacy is essential to address individual skin types, tones, concerns, and signs of aging.

For the first time, SkinCeuticals has combined **TECHNOLOGY + SCIENCE** to focus on these areas through an adaptable topical treatment plan that starts, ends, and revolves around **you**.

CUSTOM D.O.S.E is a professional service that combines high-potency ingredients with professional expertise to create a personalized corrective serum just for you – developed, measured, and dispensed in only 10 minutes.

Psst... Mention this newsletter and receive \$25 off your Custom D.O.S.E!

colorescience®

Sunforgettable Total Protection Brush-On Shield SPF 50

Let's face it— most of us don't reapply our sunscreen every 2 hours like we should. Colorescience leaves room for no excuses with their all mineral, brush on SPF skin shield. This provides Broad Spectrum SPF 50/PA +++++, pollution protection, 93% blue light protection and minimizes damage caused by infrared radiation.



Total Eye 3-in-1 Renewal Therapy SPF 35

What if we told you that you could visibly improve the appearance of fine lines, dark circles, puffiness and wrinkles while protecting the delicate eye area against photoaging with 100% SPF 35 mineral sunscreen? This tinted treatment is your daily concealer and potent eye cream all in one.



WINTER IS COMING



...So let's address that skin!

Winter is undeniably the **best** time of the year to start your skin resurfacing treatments—as most of these procedures make your skin photosensitive (extremely sensitive to the sun!)

Because treatments such as **Fraxel, PiQo4, IPL, Microneedling** and **Chemical Peels** help reveal fresh, new skin and promote new cell growth, keeping it protected is much easier when the sun isn't as prevalent.

Plus, starting now will ensure your skin is spring and summer ready for next year!



Alex Gowda, R.N.
Director of Nursing

Alex is our nurse-injector extraordinaire, specializing in all non and minimally invasive treatments. Her favorites to perform are Thermage, Ultherapy, Botox, dermal fillers, laser hair removal and PiQo4!

Microneedling with PRP

Made famous by Kim Kardashian as the “Vampire Facial”, Microneedling with PRP is an innovative treatment that combines controlled micro-injuries to the skin with your own Platelet Rich Plasma—extracted from your blood.

This sends signals to the skin to repair itself, stimulating new collagen production—thus producing fresh, new skin! This treatment can diminish fine lines, acne scars, hyperpigmentation and more. Though improvements can be seen with just one treatment—a series of 3-6 is generally recommended.

We can control just how deep the needles go into the skin, depending on the severity of the concerns. This also means you can choose the amount of downtime you'd prefer!



PiQo4 Laser

What if we told you we can offer the market's #1 most effective laser for tattoo removal? Now what if we told you that same laser is a powerhouse for hyperpigmentation removal as well?

PiQo4 by Lumenis works by finding ink/pigment in the skin and shattering it into smaller pieces with nanosecond AND picosecond laser pulses. This reaches the large, deeper pigmented areas while the cleaning up any smaller, shallow particles.

PiQo4 is the only laser on the market to utilize both, resulting in fewer necessary treatments and faster treatment times.

PiQo4 can be used on color and black tattoos, pigmented lesions, melasma, and sun spots.



THANK YOU TO EVERYONE WHO ATTENDED OUR OPEN HOUSE!

Our bi-annual Open House is more than just a fun celebration - but a way for us at Cheng Plastic Surgery to say thank you to all of our patients that make it all possible. ***This year was no exception!***



What's going on at the office?

The results you desire.
The confidence you deserve.



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**We love to hear
from you!**
(and we'll prove it)

Leave a 5-star review for us on Healthgrades,
Google, Facebook, Realself or Yelp and receive
\$50 off your next treatment!



"...I am 2 weeks post surgery and the outcome is beautiful,
subtle, and my recovery beyond smooth. The combination
of meticulousness pre, during and post surgery (the office
is a well oiled machine!) and the warmth from Dr Cheng
and the whole staff has been a delight."

- Yelp Review October 2019



Mark Your Calendars...



***Holiday
Boutique!***

Friday, December 6th 12 - 2:30 pm

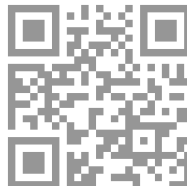
Enjoy cozy treats and refreshments while shopping
for those last minute holiday gifts! Whether it be a
SkinCeuticals Holiday Bundle, a giftcard, or amazing
package deals on our Medspa services...

We'll have it all!

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

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

INSTAGRAM



FACEBOOK

