

# THE CHENG POST

Facial Plastic Surgery | Medspa | Hair Restoration

## A Year for Cosmetic Renewal

The New Year brings new technology and treatments to Cheng Plastic Surgery. VASER Lipo is a state of the art procedure as a standalone option, but when coupled with our latest technology, Renuvion, the end results lead to a more sculpted body and tightened skin.



### VASER Lipo

**What is VASER Lipo?**

VASER Liposuction is an advanced body contouring procedure that removes unwanted body fat in several areas. In the past few years alone, body contouring has improved dramatically due to technological advancement.

**How does VASER Lipo work?**

VASER Liposuction works by utilizing sound waves, which vibrate and loosen fat from their fibrous septate, allowing for cleaner and less traumatic fat removal during liposuction.

**How does VASER Lipo compare to traditional liposuction?**

By being less traumatic, VASER Liposuction is typically more comfortable and produces smoother results with faster healing than traditional liposuction.

*“VASER Lipo is ideal for those who are close to their optimal weight and have been frustrated that diet and exercise have not achieved their desired results. Many men and women have seen the benefits of this minimally invasive, low-pain solution. If you have stubborn fatty areas that are affecting your figure, explore the option of VASER lipo.”- Dr. Jacqueline Cheng*

## Body Contouring with VASER Lipo and Renuvion

Body contouring has changed dramatically in the last few years. As technology continues to evolve, results continue to improve. The

standard liposuction procedure to remove unwanted fat is VASER Lipo. Combining sound waves, which vibrate and loosen fat from their fibrous septate, allow for "cleaner" and less traumatic fat removal during liposuction.

For some younger patients, liposuction alone is enough to contour the body and motivate the patient to achieve a healthier lifestyle. For others, skin laxity on the body and face is a bigger issue. Removal of the lax skin with longer and larger incisions has always been the solution; but, as we know the trend in surgery has been towards smaller and shorter incisions with faster recovery times. In 2021, we are excited to be offering a new technology that involves smaller incisions and faster recovery for shrinking skin on the body, during liposuction. The technology is called Renuvion and it uses pressurized helium gas to carry the electrical energy to the fibrous septate of the fat/skin attachment. Why is this device important? It helps to shrink the laxity of the skin on the body or face.

These procedures can be performed separately on your body, but ultimately the standard of care will be the combination of these two amazing technologies in one treatment session.



**Doctor Spotlight**

Dr. Elbert and Dr. Jacqueline Cheng are both Double Board Certified Facial Plastic and Reconstructive Surgeons.



Their extensive training has allowed them to become experts in a vast range of procedures such as Facelift, Necklift, Forehead Lift, Rhinoplasty, Eyelid Surgery, Facial Fat T transfer and many more.



*“When considering VASER Lipo, adding Renuvion is an absolute game-changing treatment.*

*If you want to see your greatest results in terms of fat removal and skin laxity, schedule a complimentary consultation with our practice to discuss if you may be a candidate!”- Dr. Elbert Cheng*



# CHENG MEDSPA

## Your Guide to Clear, Healthy Skin

Injectables | Facials | Lasers | Skin Care

### MASK-NE With Nam

The perfect peel, catered just to you!

Mention our newsletter for 10% off of your next peel!

#### IF YOUR SKIN IS...



#### DRY

We recommend a custom blend of a Lactic and Glycolic acid peel!

#### NORMAL

We recommend a Glycolic Peel. This peel is great for people with little scarring or sun damage.



#### OILY/ACNE PRONE

We recommend a combination of mandalic and salicylic acid given that oily or acne-prone skin can sometimes be sensitive.



#### SOMETHING INBETWEEN

For combination, we recommend the TCA Peel. This peel is great for a complete resurfacing of your skin.



#### I. WASH YOUR MASK AFTER EACH USE

Maintaining a clean and bacteria-free mask is a critical part of skin health. Masks can agitate your skin's natural barrier in addition to trapping saliva, dirt and sweat making your skin more prone to breakouts.

#### II. DOUBLE CLEANSE EVERY EVENING

Depending on your skin type, in this case acne-prone, washing your face with a multi-step skincare regimen is a key factor in ensuring you are fully cleansing your face. Nam recommends first washing with an oil-based cleanser such as Skinceuticals's Gentle Cleanser Cream followed by Skinceuticals's LHA Gel Cleanser.

#### III. WASH YOUR PILLOW CASE EVERY TWO DAYS

If you are not frequently washing or changing your pillow case, it is far more likely to harbor dead skin cells which can lead to acne and oils. We recommend washing or changing your pillow case **every two days** for optimum skin wellness.

#### IV. USE A CHEMICAL EXFOLIANT

Using a chemical exfoliant is an extremely important part of maintaining your skin's natural barrier. Mechanical methods such as brushes or abrasive tools can lead to further acne and skin damage due to inflammation. Glycolic 10 Renew Overnight is made from sugar extract, making it the perfect chemical exfoliant for your skin's needs.



### The "Clear Skin" Hydrafacial

Our secret to your best glow yet!

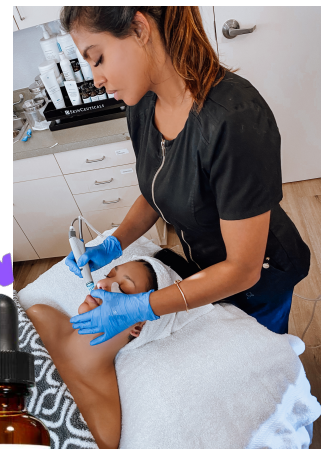
**Clogged pores? Congested skin? Where to begin?** Acne is a struggle that people of all ages and backgrounds face due to a variety of reasons. Our medical aesthetician, Nam, is uniquely qualified to identify those reasons and correctly treat them through customized plans that combine our "Clear Skin" Hydrafacial and a regimen of

Skinceuticals products catered to your skin's specific needs.

Our "Clear Skin" hydrafacial focuses on **detoxifying** and **purging** the skin of its impurities, all while re-balancing the skin to boost radiance. During the treatment, a variety of naturally derived acids are infused into the skin to ensure radiance, including **salicylic acid** and **mandalic acid**.

Your skin's natural barrier is delicate and requires proper treatment to avoid lasting visible damage in addition to more frequent breakouts. Implementing skincare products (such as Skinceuticals's Silymarin CF) are critical to our custom treatment programs, which are most effective when coupled with monthly maintenance and avoiding the following common mishaps:

- Not wearing sunblock
- Aggressively cleansing your skin
- Following influencer trends in DIY facemasks/skin treatments
- Picking at your skin



#glowgetter

# Five Star Results from ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Five Star Providers

## Meet Our Providers

*Teresa Trinh, Registered Nurse*



Hi there! My name is Teresa and I love using the **Coolsculpting** technology to help my patients get their dream body.

Coolsculpting is a non-surgical procedure that removes fat and recontours the body with little to no downtime. This painless, non-invasive technology was developed by scientists at Harvard and its efficacy has been proven in numerous clinical studies. **My favorite part about the treatment is seeing the fat-freezing technology target "stubborn fat" that is resistant to exercise and diet.** Coolsculpting works by crystallizing fat cells which are then eliminated through the body's natural lymphatic system.

### What areas can be treated?

The general rule of thumb is that the fat has to be pinchable, as the technology does not target visceral fat. Common treatment areas include arms, chin, abdomen, inner and outer thighs, bra and love handles.

### How many treatments should I expect to meet my desired results?

This number is truly dependent on what your body goals are and how well the body reacted to the cooling technology. A cycle of two treatments per area is recommended to start and additional treatment can be explored, if necessary, at your 1-month post-treatment appointment.

### Before



### After



*Alex Gowda, Registered Nurse*



Hey! My name is Alex!

I really enjoy using **dermal fillers** as a tool to help my patients achieve their aesthetic goals!

Dermal fillers like Juvederm and Restylane are great, versatile tools I use on a daily basis.

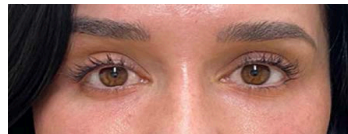
When you think of "filler", your mind may immediately associate them with LIPS. While lips are indeed one of my absolute favorite features to work on, dermal filler has so much more to offer. By adding volume to the cheeks, we can lift and minimize the appearance of smile lines. Augmenting a chin can balance a profile beautifully. I could honestly ramble on and on; the possibilities are endless!

### Longevity?

Well, dermal fillers are made primarily out of Hyaluronic Acid (HA). HA is a

naturally occurring sugar chain in our tissue that we slowly break down as we age. So, dermal filler does not last forever. While it depends on the particular product; typically results last anywhere from 6-12 months.

Curious if this treatment will be right for you and your beauty goals? Come see me in the office or I'd love to chat with you over Zoom or FaceTime.



## Alternative Ways to "Meet" Us!

Did you know that we offer **complimentary** consultations? **Virtual consultations** are the perfect solution for patients that have understandable hesitations due to COVID-19 (or may have had to travel otherwise).

This can be a great option for patient's seeking:

- Skincare advice
- Information on non-invasive treatments
- General surgical Q&A



Are you ready to virtually join the "Cheng Gang"?

In addition, you can find us on the following social platforms!



We can't wait to "see" you!!





# CHENG

PLASTIC SURGERY

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www.cffbr.com

The results you desire.  
The confidence you deserve.

## KEEPING UP WITH THE CHENGs!

Where to Find Us Next...

MARCH 11



All about **Ultherapy!** A **skin-tightening, non-invasive** treatment!

MARCH 25



Looking to restore lost facial volume? Meet **Sculptra**, a **minimally invasive** injectable!

APRIL 9



Make sure you RSVP by April 2nd for our all-access **Facelift Seminar!**

MAY 6



Our **Spring Open House!** All of our biggest semi-annual **promotions** and **live demonstrations!**

## LEARN MORE HELPFUL SKIN CARE TIPS TODAY!

Follow our medspa instagram @chengmedspa for all things

### SKINCARE & AESTHETIC TREATMENTS

*Whether it be acne, skin hyperpigmentation, texture concerns or aesthetics inspiration!*

*Also, refer a friend & receive \$50 off of your next treatment!*

