

Patti May, M.D.

What treatments are available for someone who wants to look refreshed or feel a little more confident?

0:06

It kind of depends on what's bothering you. We have several options. For younger people, most people are really worried about lines here, lines here, I have all of them. And for that, Botox works wonderful. We inject it, we paralyze the muscle, and the wrinkles disappear. The only bad thing about Botox is it only lasts a few months, but if you keep up with it, you can it takes that worried look away and also that frown look, which makes most people look younger. If you're an older person, one of the biggest things that you can do is get your skin in really good shape. I have the Zein Obaji line of skincare products that I've been using for, oh, probably 25 years, and I think my skin is healthier and better now than it was when I was 25.

What about fillers?

1:10

Fillers for me are better around the lips because they last a little longer there, and I don't have anything else that works as well as fillers. My favorite is the PRP platelet rich plasma, where we draw your own blood, spin it down in a special centrifuge, then pull off the clear liquid off the top, which is the platelet rich plasma, and then reinject it. And that works like a filler. We use it like under the eyes here, especially on people that are because of age or because of weight loss or getting a little gaunt here, can put it here and actually lifts this and it just makes them look better. And the nice thing about it is it encourages your own cells to wake up and start doing their job, so it can last for years, and we can do that every couple of months until people are happy with it. The nice thing about it is we get, usually close to six mils of fluid to use, and we charge \$500 for that. If I do it with fillers, each mil of fillers around \$600 so six of those gets real expensive real quick, and it dissolves over time your body reabsorbs it. So if it lasts nine months, you're really lucky. That's the reason I prefer the PRP cost and the amount of time it lasts.

What about areas besides the face?

2:41

We also have the ability to do the little neck pad here with a drug called Kybella. When you come in, we put a little tattoo on you so we can make sure we only get into the safe parts inject this fluid that literally dissolves fat and that normally lasts for years. Unfortunately, most people take two to three treatments on that one, it's around \$400 a treatment, but most people are very satisfied after they go through it. I mean, it sounds horrible to have all these needles stuck in your chin. It's really not that bad. People tell me. The worst part about it is it feels like you have a saggy thing here, because you put all that fluid in there, you can't see it, but it feels that way.

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Can you tell us about microneedling?

3:44

We also have just gotten the setup for the micropen, and the idea behind that is, if you cause injury to the skin, it wakes up and repairs itself. And when it does it tightens. So we do all these little micro injuries with the pin that puts tiny little perforations all over your face, and then it kind of tightens on its own. And we have two ways to do that. We can do it with a serum, which comes with the kit, or we can do it with PRP. And what I recommend for people who are doing the PRP, for I guess, almost like a filler, is to also do the micro pin with it, because that way you make your skin look nice and fresh, and you also get the fullness and the lift you need out of it.

Are there other new procedures you can tell us about?

4:40

We do hair restoration, I have had amazing results with this. For people who have, like a little bald spot, or people who are starting to thin, the PRP again, will stimulate your hair growth. There it's once a month for three months minimum. Some people, take up to six months every month, and then it's maintenance once or twice a year. And it is, I wish we'd had it back when my husband was young. It cannot raise the dead, but it can help the ill.

Are these procedures painful?

5:18

Okay, putting a needle in certain places is very uncomfortable. Okay, the one that I find painful is around the lips. There's just no way to deaden that effectively that doesn't keep you numb for hours and hours. Most of the other procedures we do use a topical, put it on, let it sit about 15 minutes, and it really does improve the you don't feel most of it then. We use that for like the micro pen, because there were going to go all over the entire face, and can also do the neck. In fact, I did one yesterday, and she said the only time she felt it at all was right here on the bridge, where the skin is so thin.

Is it possible to have bad reactions?

6:06

I'm sure it's possible, I have only ever seen one bad reaction, it was to a filler. And had we known the woman had an autoimmune disease at that time, we would have never used it on her. But that's how we found it is we put the filler in, and about six weeks later, her body attacked it and made it hard, and so then we had to dissolve it. I mean, it's fixable. The worst reaction, common reaction are bruises.

What is the benefit of going to a medical doctor instead of a spa?

6:44

I think it's the way we approach it. In fact, I was actually talking about this last night with another person that goes to a spa frequently, and she was telling me that when she went, I'll put in 70 units of Botox. That's a lot of Botox. And I said, Well, I'd probably put in 20, but I'd

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have you come back every couple of weeks and just touch up where we needed it. But a spa is making money off of every unit they sell. I am not. My thing is to make you look good with the least amount of product, where a spa is selling product.

Anything else to add?

7:26

If anybody's interested in this, we'll do an evaluation. It doesn't cost you anything. We can take a look, tell you what we have to offer, and you know what the approximate cost would be, and also how long.