

# ANTI-AGING CORNER

BROUGHT TO YOU BY:



JUNE



Carlos E. Mercado, MD

## 3-DAY MAKEOVER ... IS IT POSSIBLE?

By: Karen LeBlanc

Have you imagined looking ten years younger in just three days? With the passage of time, we all desire to look as good as we feel. This becomes no less important as we start to move into our late twenties, thirties, forties and beyond. I'm sure you have found there are many options to looking younger. But for most of us, it is hard to choose which ones are safe and which ones really work for sure. In our research, we have found that only a few have true medical efficacy.

In this month's Anti-Aging Corner, Dr. Mercado will demonstrate the potential of facial rejuvenation using aesthetic technology with anti-aging medicine. At Eterna MD Medical Rejuvenation Center, their goal is always safe and affordable with little down time or pain. Treatments at Eterna MD are then followed up with medical grade skincare products and services.

In speaking with Dr. Carlos Mercado and Dr. Mara De La Vega, both licensed and board certified physicians and owners of Eterna MD Medical Rejuvenation Center, they have developed a program for facial rejuvenation procedures that can subtract years from a patient's appearance without surgery. Their customized treatment plans produce visible results in just days with minimal downtime and discomfort. Follow along with us as we look in on a patient of Eterna MD who has had facial rejuvenation services and procedures. *(We shall refer to her as Jane to protect her privacy.)*

### Jane, what was your motivation for facial rejuvenation?

I had a week off before starting my new job and I wanted to do something nice for myself. I walked into Eterna MD on a whim one Friday wanting information on facial rejuvenation. I did not have an appointment and the office was busy, but Dr. Mercado made time in his schedule to see me right then. I wanted to get rid of a few wrinkles and look fresh, more youthful to make a good impression at my new job.

### Dr. Mercado, what were the results of Jane's consultation?

Jane is a 48-years-young patient who I examined. At the age of 48, both the appearance of the skin and her overall health, which affects the skin, showed the following aging issues: crows feet around the eyes; a line in middle of the forehead; creases under the eyes; frown lines; marionette lines and thin lips. She had hyper pigmentation and accumulation of cells on her face from sun damage and dead tissue.

On her neck, she had fat deposits as well as sun damage. Jane also told me that she suffers from Rosacea and hypothyroidism; the latter causes dry skin, a slow metabolism and hair loss.

### Jane, was this your first experience with facial rejuvenation procedures?

In the past, I've had Restalyn® injections to smooth facial wrinkles and folds. However, Dr. Mercado was the first to address my overall





1 DAY AFTER THE SOUTH BEACH PEEL



1 DAY AFTER THE SOUTH BEACH PEEL



RIGHT AFTER RADIESSE ON SMILING LINES

health and how it affects my skin. He asked about my medical history and lifestyle habits to determine some of the underlying causes of the issues that I wanted to address. He even gave me diet suggestions to avoid the triggers of Rosacea.

**Dr. Mercado, describe her treatment plan.**

I created a treatment plan for her, which is achievable in just three days since she wanted rapid results. On the day of consultation, I injected Radiesse® to fill her marionette lines and the nasal labial folds. For her thinning lips, I injected the filler Restalyne®. I did Botox® on her forehead and around the eyes. Two days later, Jane returned for the South Beach Peel, which is a more thorough resurfacing combination with laser. First, we did IPL (Intense Pulse Light) to eliminate the hyper pigmentation, also known as age spots, and to improve the skin tone giving it that glow. Next, we did a Micro Laser Peel, which is a resurfacing laser followed by an ultrasound, to reduce redness and swelling. Then, we applied collagen because the skin now is primed to readily absorb it. In two days, we repeated the ultrasound and collagen application.

**Jane, tell us about your experience undergoing the facial rejuvenation procedures.**

Dr. Mercado made the procedures as painless as possible by using a dental block on me to numb the area around my mouth before injecting dermal fillers. My previous experience with dermal fillers at another establishment was very painful because I was only given a topical anesthesia. The laser facials slightly sting and feel like a sunburn, but as Dr. Mercado performs the procedure, he applies cold air on the areas to soothe them. After the laser procedures, the ultrasound on my face was very soothing, so there was little discomfort. I did the laser facials on a Tuesday and I was fine for work the following week.

**Dr. Mercado, how long can the patient expect her results to last?**

Facial rejuvenation is analogous to removing the old paint from a house. The patient now has a fresh coat of paint that needs to be maintained. If the patient has a good skin care program with medical grade products, then results will last longer with only periodic touchups

here and there. Effective skin care products should contain hyaluronic acid and Vitamin C, the skin's most potent antioxidant. Hyaluronic acid is a natural substance our bodies produce that hydrates our skin but production declines as we age. Eterna MD offers a skin care line, DermHa that enhances our aesthetic treatments with four basic steps: cleansing, exfoliation, hydration and sun block. Every skin care routine should contain these elements.

**Jane, what do you think about your results and your overall experience?**

I think the results are great. I would definitely do it again. I felt they really care about their patients at Eterna MD. Dr. Mercado showed he really cared by taking a look at my overall health, as he seems to do with all his patients. I think what sets Eterna MD apart is the patient rapport and personal service.

They're sensitive to your needs and concerns and are accessible to answer questions and take my calls. The staff at Eterna MD is very friendly and accommodating. I didn't have to wait for weeks to get an appointment and the staff is very respectful of my time. My skin feels and looks smoother and I feel better about myself.



AFTER A 3-DAY MAKEOVER

**eterna m.d.**  
MEDICAL REJUVENATION CENTER

**It's Possible!**

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