

With the  
h o t  
days of  
summer  
behind us  
and the  
holidays  
just around  
the corner,  
f a l l  
is the  
perfect time  
of year to  
gift yourself  
with your  
next  
self-care  
treatment.

# Cosmetic Intervention

*See what the experts are recommending this season, from getting the perfect contoured jawline to saying good riddance to those pesky spider veins.*

## SCLEROTHERAPY

Roger A. Bonau, MD, FACS,  
Vascular Surgeon of The Vein Centre

4535 Harding Pike, Suite 304, Nashville  
125 Cool Springs Blvd, Suite 250, Franklin  
660 South Mount Juliet Rd, Suite 211, Mt. Juliet

"If you're sick of those bothersome spider veins that are evident in the warmer months, then fall or winter is an ideal time to get those taken care of. Sclerotherapy—injection of the veins with a solution—is the treatment of choice for those aggravating spider veins, as lasers are not nearly as effective. Most patients will require multiple sessions to obtain the best results. Generally, I recommend one to two weeks of wearing support stockings after sessions, depending on the size and number of veins. Sun avoidance after treatment is recommended to reduce staining. Although sclerotherapy is done year-round, this recommendation is tailor-made for the cooler months. Side effects include some inflammation and staining as veins collapse and may take several weeks to disappear. Most importantly, results are best weeks after treatment. Therefore, treating in the fall and winter is encouraged in preparation for the spring and summer fashions. I usually wait two to three weeks between sessions to let the solutions do their job."

## FACETITE

Jacob G. Unger, MD of  
Maxwell Aesthetics

2020 21st Avenue South, Nashville

"Fall is a great time to have skin treatments because the weather is cooling off and it's easier to wear scarves and jackets to hide any short-term swelling or bruising when out in public (it's certainly easier than being in a bathing suit on the beach!). The same goes for bodywork, as compression garments may be needed to help ensure a great result, and these are certainly easier to tolerate as the weather cools down.

This means treatments like FaceTite and NeckTite are great to do in the fall. These procedures use radiofrequency energy to shrink and tighten the skin around the jawline and neck to improve the overall contour of the lower face in a powerful way. It requires a few days of downtime and possibly some bruising for about a week. Swelling is present for about one to two weeks. These procedures are usually coupled with some liposuction to get rid of unwanted fat in the jowl area and underneath the neck. This is an extremely powerful option for those patients who feel like they have some saggy skin or a double chin, but don't have enough extra skin to need a more-involved procedure like a neck or facelift. It's great for individuals in their 20s through 50s, depending on skin quality and skin laxity."

## REVEPEEL ENLIGHTEN MASK

Jennifer Stieber, MS, MPH,  
AGACNP-BC of SLK Clinic

5202 Centennial Blvd Suite 110, Nashville

"One of the top skincare concerns we try to address immediately following the end of summer is the brown pigment that accumulates during the sunny months in the form of freckles, sun spots and darkening of melasma. The production of melanin (the brown pigment that constitutes freckles and sun spots) is easily stimulated by sunlight, thus as soon as the cooler months arrive and clients are spending more time indoors and wearing longer clothing, this gives us an opportune window of time to begin removing the stubborn deposits of brown pigment that would otherwise take years to fade on their own.

Unlike lasers or photofacials that remove pigment from the skin's surface but do not address the melanin production at its root cause, at SLK we use the revolutionary Revepeel Enlighten Mask to deeply penetrate the skin with skin-brightening ingredients which paralyze the production of melanin for a long period of time. This Enlighten Mask formula contains six bioactive skin-lightening ingredients including hydroquinone, retinol, kojic acid, arbutin, niacinamide and an oil-based form of Vitamin C that penetrates much deeper than your typical Vitamin C serum. Normally, a patient would have to buy four or five different skincare products to obtain all of these ingredients, but Revepeel Enlighten Mask allows us to deliver clinically effective doses of all these ingredients in just a 30-minute appointment. I advocate receiving a Revepeel Enlighten Mask right at the start of fall so patients can enjoy their results through the holiday months and beyond."