



BODY, ARMS & LEGS

Liposuction • Injection lipolysis • Skin firming treatments • Stretch marks • Hand rejuvenation • Cellulite • Mesotherapy • UV light damage • Skin cancer check-Up • Scars Benign growths • Couperosis • Tattoos • Laser epilation • Botox to prevent excessive perspiration • Vaginal rejuvenation





Dear Patients,

All of us are dissatisfied with some aspects of our body. You may have parts of your body that you dislike or are concerned about, even though there is nothing pathologically wrong with them, because they simply don't reflect your concept of aesthetics. Some people are plagued by excessive perspiration. Others suffer from excessive hair growth, localised adiposity, cellulite or UV light damage. These are not problems that they have to live with indefinitely and there are practical solutions for almost all problem zones. State of the art medical technology can help you to achieve a result that is as close as possible to your idea of perfection, thereby boosting your confidence and restoring your enjoyment of life.

Our competent and experienced team of physicians and medical technicians perform over 2,000 treatments every year. We use the world's most advanced and innovative treatment systems by leading medical equipment manufacturers. You can also count on our commitment to maximum quality and safety in our consultations and in our treatments, which are based on the latest scientific findings. You are very welcome to arrange an appointment for a consultation.



Dr. med. Stefan Duve



Dr. med. Hans-Peter Schoppelrey



Dr. med. univ. Wolfgang Niederdorfer

CONTENTS

LIPOSUCTION AND SKIN FIRMING

Tumescence liposuction	04
Injection lipolysis	05
Skin firming treatments	06
Anti-stretch mark treatments	07
Hand rejuvenation	09

CELLULITE TREATMENTS

LPG High-tech Lipomassage	10
Accent High Frequency	11

ANTI-AGE TREATMENTS

Mesotherapy	13
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MEDICAL TREATMENTS

UV light damage	14
Skin cancer check-up	15
Scar correction	16
Benign growths	17
Couperosis	18

FURTHER COSMETIC TREATMENTS

Tattoo removal	19
Laser epilation	19
Botox to prevent excessive perspiration	20

VAGINAL REJUVENATION

Injection of fillers into the vulva	22
Correction of large mons pubis	23



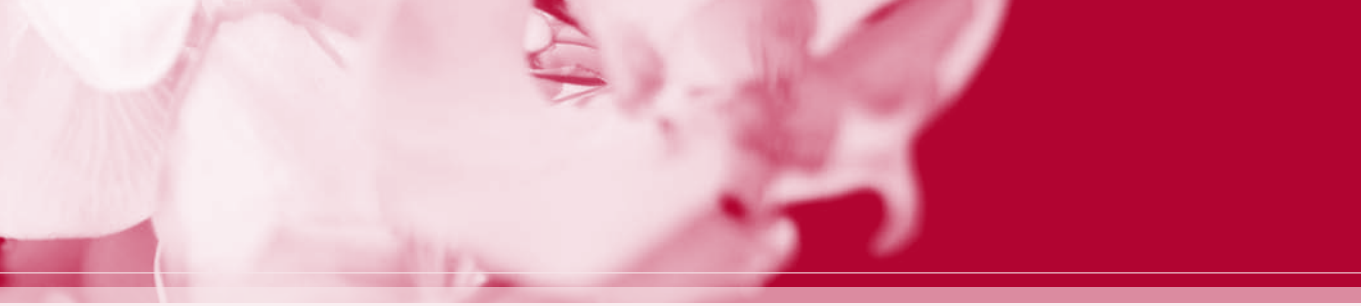
LIPOSUCTION AND SKIN TIGHTENING

Tumescence liposuction

Local fat deposits can be efficiently suction removed on an outpatient basis without any great risk to the patient. Very few cosmetic medicine procedures have made more fundamental progress than liposuction over recent years. There is no longer any risk as a result of a general anaesthetic, the results are optimised and the healing phase is far shorter. Another positive effect of this progress is that patients today pay less for liposuction.

Tumescent anaesthesia consists of a special saline solution containing a local anaesthetic and vasoconstrictors. It is only injected into the areas where liposuction will be performed, so the only structures which are anaesthetised are the ones that are being treated. This prevents injury to surrounding areas such as the stomach organs. When the fat cells have been “softened”, the fat is suctioned off through hollow tubes called micro cannula. The incisions through which the cannula are inserted are only 3 mm in size and generally made on an inconspicuous part of the body. When the scars heal, they are practically invisible. Tumescence liposuction also minimises the risk of thrombosis and embolism, and the patient is not exposed to the potential side effects of a general anaesthetic.

The patient is fully conscious throughout the procedure and able to influence the result. This ensures



that the physician can achieve an optimum result on the area where liposuction is being performed. After the operation, the patient is bandaged. The next day compression garments are fitted. These have to be worn for 2 to 3 weeks, depending on the extent of liposuction.


Tumescence liposuction is suitable for all men and women who want to get rid of adipose tissue but cannot do so by diet and exercise. Typical areas for liposuction are double chin, stomach, waist, flanks, hips, thighs (inner and outer) and knee. The fat cells that are removed do not grow back. Patients can use the fat that is removed for filler injections to wrinkles or lips.

— Visit www.haut-und-laser-zentrum.com for further information.

Injection lipolysis

Injection lipolysis is a method which originated in Brazil to dissolve fat in problem zones. We have been using injection lipolysis at our practice since 2000 as an alternative or supplement to liposuction. The active ingredient for injection lipolysis is produced from soy beans and it was originally used to reduce lipids and to prevent fat embolisms, which is why it has been licensed for many years in Germany and is thoroughly tried and tested. No serious side effects are to be expected if the treatment is performed by a skilled physician.

In the injection lipolysis procedure, tiny needles are used to inject the active ingredient directly into the fatty tissue at intervals of 3 to 6 weeks. After only a few days the fatty tissue starts to melt



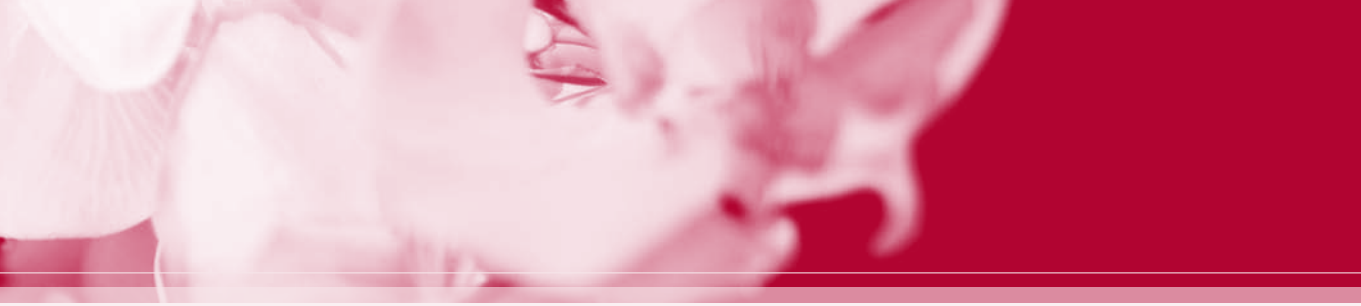
and the rate of fat deposit reduction increases. A special injection technique is used to sculpt the body into the shape that the patient has determined in advance and the fat cells never return. To minimise side effects such as redness, swelling and itching, we only inject very small and precisely controlled amounts at each session. A local anaesthetic cream is applied to the skin beforehand to make the tiny injections practically painless. We only dissolve the fat very slowly, so several sessions are necessary. The injections work for approx. 8 weeks and treatments can be repeated after approx. 3 to 6 weeks. Injection lipolysis is suitable for the treatment of small areas of adipose tissue.

Recent large-scale medical surveys prove that injection lipolysis is effective in approx. 85 percent of patients and that they are satisfied with the result.

→ Visit www.haut-und-laser-zentrum.com for further information.

Skin firming treatments

ACCENT is a laser-like device which breaks apart fat cells in the deeper layers of the skin. It emits radio waves in the megahertz frequency to heat up the dermal layer of the skin and subcutaneous fat. The cell membrane is destroyed and the connective tissue is tightened. The target temperature in the tissue is between 42 and 45 degrees. No anaesthetic is applied to the area being treated and there is no damage to the skin's surface. There are no recovery times and the treatment can be performed the whole year round. → Visit www.haut-und-laser-zentrum.com for further information.




The new HARMONY ST INFRARED is another laser-like device which tightens the skin and connective tissue without damaging the epidermis. The laser's special pulsed light enables deep dermal heating up to temperatures of 40 to 45 degrees Celsius. This tightens the "saggy" collagen fibres and the fibroblasts and promotes the formation of new fibres. Visible improvement is evident after only 3 to 5 sessions. Other than the sensation of warmth in the deeper layers of the skin, this treatment is pain free, has no visible side effects and the patient can return home or to work straight away.

Laser therapy is suitable for all areas of the body with sagging skin. Best effects are achieved on crow's feet, bottom eye lids, cheeks, upper arms, décolleté and loose skin in the stomach region after pregnancy.

— Visit www.haut-und-laser-zentrum.com for further information.

Anti-stretch mark treatments

Stretch marks (striae) occur when the skin is overstretched, e.g. when adolescents grow too fast, after very fast weight gain or loss, as a result of hormonal effects such as pregnancy or through taking medications such as cortisone. They generally appear on the stomach, hips or bottom, though they can also affect the breasts and upper arms. Stretch marks are scars, so they can never be entirely eliminated. Like the treatment of scars, the objective of the treatment of stretch marks is to reduce their size. Skin with stretch marks has a lower resistance as a result of its parchment-

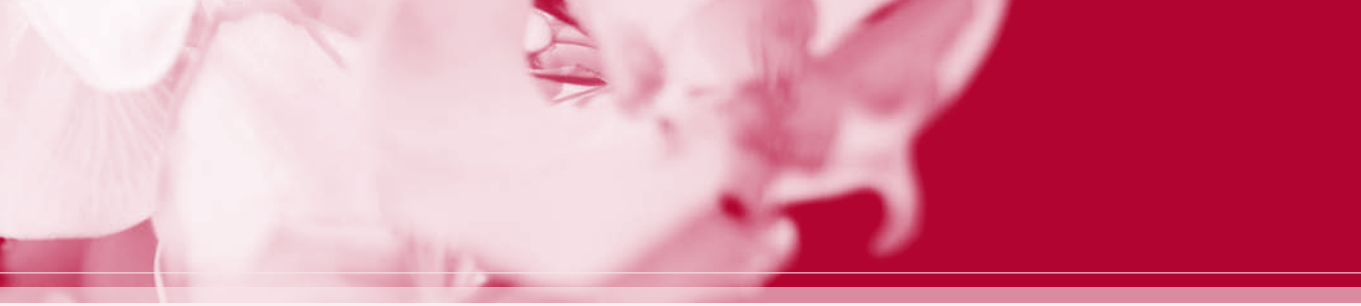


like structure. After treatment, skin tone improves, the skin is thicker and the stretch marks are reduced in size.

We treat stretch marks with the RIO METHOD, which was developed by Brazilian dermatologists. It is an outpatient treatment performed under local anaesthetic. The procedure involves micro injuries which encourage the body to grow new connective tissue. Obviously, the positive effects are more noticeable and the treatment works better in younger patients. After the treatment, a tape or compression bandage has to be worn for 7 days and compression garments for another 2 to 4 weeks. 2 to 3 treatments at 3 to 6 month intervals are necessary to achieve a satisfactory result. – Visit www.haut-und-laser-zentrum.com for further information.

Mesotherapy (page 13) is another treatment option for stretch marks. It involves the injection of a special enzyme plus vitamins and trace elements directly into the tissue to improve skin tone and elasticity. The stretch marks shouldn't be more than 18 months old, i.e. still pink, if you want to achieve optimum results.

– Further information is contained in our “Mesotherapy” brochure and at www.haut-und-laser-zentrum.com



Hand rejuvenation

You can tell a person's age by the appearance of the back of their hand. The aging process reduces the subcutaneous fat and tissue on the hands, leaving surplus skin which allows wrinkles to form. Pigmentation (age spots), sun damage and visible tendons and bones are also signs of aging hands. If a person's face looks considerably younger than his or her hands, the overall picture is distorted.

Our modern lasers can effectively eliminate age spots. Gentle exfoliation treatments and mesotherapy (page 13) rejuvenate the skin. Fillers replace the volume that the hands have lost as a result of fat depletion.

— Further information about the treatments is contained in our “Face & Neck” brochure and at www.haut-und-laser-zentrum.com

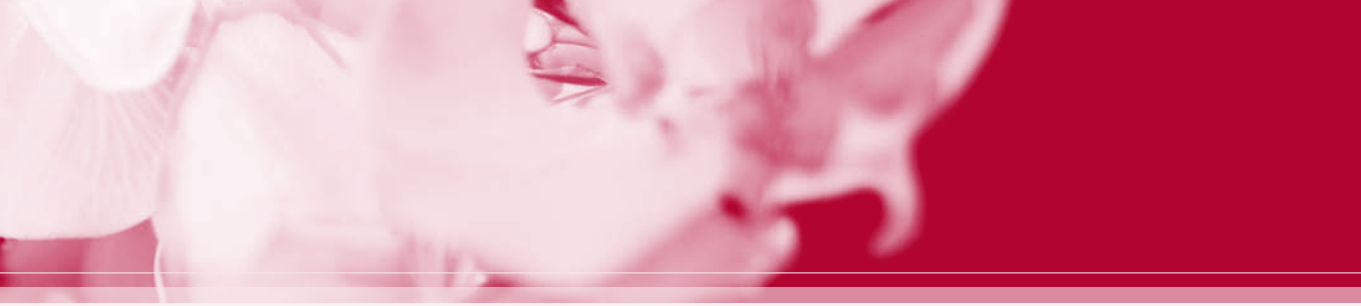


CELLULITE TREATMENTS

The reason why cellulite almost exclusively affects women is the special structure of their skin and connective tissue fibres, and the reaction of these fibres to female hormones. The female dermis is much finer and more elastic than the male dermis and women have more fat cells in the subcutaneous tissue. Collagen fibres, which provide tear strength, run parallel in women whereas in men they are woven into a network. As a result, the fat cells can push through the female collagen fibres making them visible on the skin's surface. This is what creates the orange peel effect on the areas affected by cellulite. Genetic disposition, hormones, age, lack of exercise and being overweight all play a role in the manifestation of cellulite. Smoking is also considered to be a risk factor.

LPG High-tech Lipomassage

The new LPG CELLU M6 KEYMODULE vacuum roller massage is designed for the targeted elimination of deep fat deposits. The procedure is gentle, pain free and non-surgical. The treatment head contains two electronically operated rotating cylinders turning in opposite directions combined with sealed treatment chamber and a computer-controlled vacuum system. When the head is moved across the problem zones, the rotating cylinders gently lift the skin in a wave-like pattern and then release it again. This stimulating movement extends deep down into the connective tissue. The LPG High-tech Lipomassage boosts blood and lymph circulation, which activates the body's natural fat metabolism and shifts stubborn fat deposits.



This cosmetic and therapeutic treatment was originally an endermology treatment. The FDA (Food and Drug Administration) in the USA has officially recognised endermology as the first effective method of treating cellulite and improving the body's contours. The LPG High-tech Lipomassage is effective on all parts of the body. It promotes elastin and collagen production, so it gets right to the root of cellulite. It targets the fat deposits on the stomach, hips or chin and it can even improve the appearance of jodhpur thighs.


The LPG High-tech Lipomassage's success rate in terms of improvement in appearance is 90 percent after 15 treatments of 35 minutes in length. This is verified by numerous studies. LPG High-tech Lipomassage should only be performed by specialists who are trained in the use of exclusive LPG technology.

The Lifting Massage is a brand new treatment that works according to the same principle as the LPG High-tech Lipomassage to lift the face, neck and cleavage regions.

— Further information is contained in our "Face & Neck" brochure and at www.haut-und-laser-zentrum.com

Accent High Frequency

Accent, currently the most advanced high-frequency heat source for aesthetic and cosmetic applications, is an innovative RF machine for body shaping therapies and the treatment of cellulite. It releases high-frequency radio waves into the deep layers of the skin and adipose tissue. This

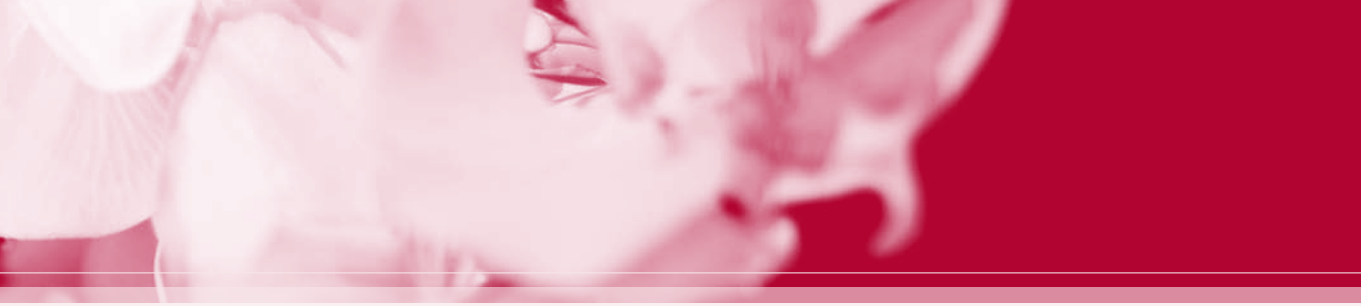


heats up the targeted structures while cooling and protecting the epidermis. The selective heating process destroys the fat cells and the fat which is released from the cells is eliminated from the body naturally via the lymph system and the liver. RF thermotherapy also stimulates the production of new collagen, which improves the skin's tone and surface texture and rejuvenates it, resulting in a reduction in the circumference of the treated zone.

We often combine the Accent treatment with an endermology treatment (page 10) or with injection lipolysis (page 05).

Accent treatments are extremely safe and provably effective. 10 treatments of 45 minutes in length at approx. 10-day intervals are necessary to achieve a satisfactory result. Top-up treatments every 4 to 8 weeks are recommended to maintain the effect. The procedure is pain free. All you feel is the dermal heat.

— Visit www.haut-und-laser-zentrum.com for further information.



ANTI-AGE TREATMENTS

Mesotherapy

Mesotherapy is a combination of neural therapy, medication therapy and acupuncture. It is ideal for the rejuvenation of the skin on the face, neck and décolleté. We use barely perceptible mini-injections to administer the active ingredients to the areas where the most blood vessels are located and to the areas where there are visible signs of aging. After the treatment, the patient's skin looks lifted because the injections stimulate collagen production. Mesotherapy also boosts the skin's microcirculation, which improves its ability to absorb nutrients and eliminate toxins. We recommend a patient-specific cocktail of vitamins, minerals, amino acids and antioxidants, enriched with hyaluronic acid to maximise the effect.

Mesotherapy is a fast procedure that generally delivers lasting results. When administered professionally, it is not associated with any risks for the patient. There is no recovery time and you can return to your daily activities straight after the treatment. We have also achieved excellent results using mesotherapy to treat cellulite (page 10). Several mesotherapy sessions are necessary and they should always be performed by an experienced physician.

— You can find further information in our “Mesotherapy” brochure and at www.haut-und-laser-zentrum.com



MEDICAL TREATMENTS

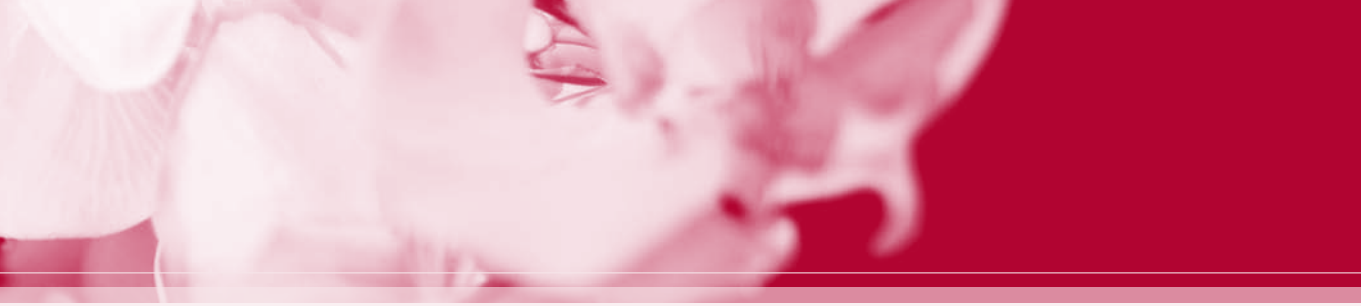
UV light damage

Everyone has a specific cumulative UV light lifetime dose which their skin can tolerate without damage. This dose is much lower in pale-skinned than in dark-skinned people. If it is exceeded, the UV light rays damage the skin cells' DNA. This damage mainly affects the face, neck and décolleté, but also the backs of the hands, arms and legs. The skin develops patchy areas and wrinkles, pigmentation or visible veins, gets thinner or loses elasticity. An impairment of the cell division process due to sun exposure causes skin hornification, which is a pre-skin cancer stage. Skin cancer occurs when the cell division process gets out of control (page 15).

Various laser systems are available for the cosmetic treatment of UV light damage. Pigmentation marks can be removed with the Ruby laser, while thread veins and haemangiomas are treated with the KTP laser.

Wrinkled and thin skin can be smoothed and resurfaced with CO₂ lasers, Erbium YAG lasers or strobe lasers, supplemented by peels, filler injections (e.g. hyaluronic acid, collagen) or botox.

Benign growths and pre-cancer hornification are removed with the CO₂ laser or the Erbium YAG laser under local anaesthetic. Post-treatment scabbing is to be expected. We also apply specific



creams and tinctures or strong peels for the treatment of larger areas. Skin cancers generally have to be surgically removed.

— You can find further information in our “Laser Therapies” brochure and at www.haut-und-laser-zentrum.com


Skin cancer check-ups

Melanoma can affect anyone. A number of factors considerably increase the risk of melanoma:

- ++ Many moles (rule of thumb: the more moles a person has, the greater the risk)
- ++ One or several family members suffering from melanomas
- ++ A melanoma in the person’s previous medical history
- ++ Birthmarks which are larger than 1 cm in diameter
- ++ Severe sunburn as a child or adolescent

Skin cancer check-ups, like any other check-up, should be performed regularly. The intervals between check-ups depend on skin type, age, number and type of moles and sun damage history. We determine individual check-up intervals after the first check-up, when we can use invaluable technical innovations such as the reflected-light microscope and video-supported photo documentation.

We inspect the entire skin and evaluate any abnormal findings. It is generally possible to make a precise diagnosis with a reflective-light microscope. Any abnormal moles are scanned using state



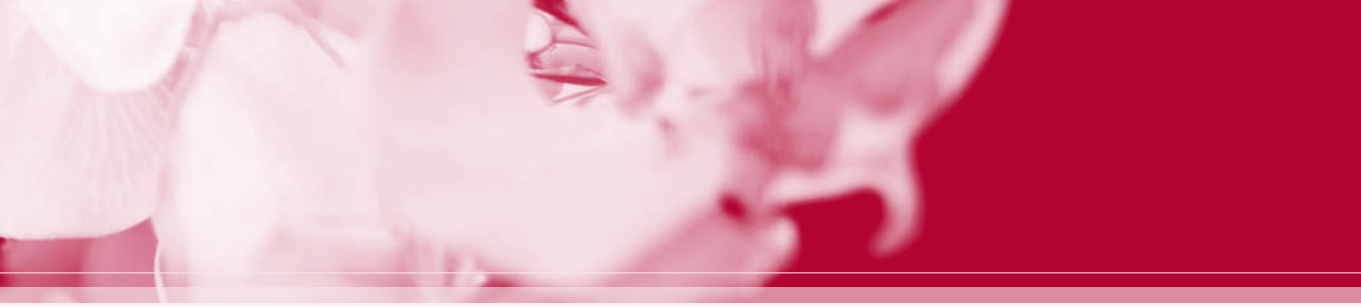
of the art computer technology and the likelihood of them being malignant is calculated on the basis of a range of criteria. In most cases, it is not necessary to surgically remove the mole. Any abnormal findings are compiled in a detailed mole catalogue by video camera. This includes taking and digitally storing monitoring photos. Moles which require monitoring are also microscopically photographed and measured. The digital storage of photos of the skin enables regular, objective and detailed comparisons of the skin's condition at previous check-ups and its current condition, right down to microscopic level.

— Visit www.haut-und-laser-zentrum.com for further information.

Scar correction

A scar is an area of fibrous tissue which replaces normal tissue. Normal tissue is destroyed by surgery, injury, burns or deep-seated infections. Scar tissue can only be “replaced” and it is not generally possible to entirely remove a scar. It is, however, possible to make the scar look less conspicuous. Concave scars can be lifted and convex scars flattened to skin level, and the width of scars can be reduced.

Various lasers are available for scar treatment. Hardened keloid scars can be softened and flattened by several cortisone injections, sometimes in combination with cryotherapy. Conventional surgical correction, which involves cutting out the scar, is sometimes the best option for very extensive



scars. Deep recessed scars can be lifted with fillers. Stretched ear-piercing holes and torn ear lobes are corrected with a laser or with conventional plastic surgery.

— You can find further information in our “Laser Therapies” brochure and at www.haut-und-laser-zentrum.com

Benign growths

Benign growths can originate in the veins, pigment cells, sebum and sweat glands, adipose and connective tissue - in any skin or subcutaneous tissue structure, in fact. A growth develops when new cells are created faster than old cells die. Sometimes these growths are genetically programmed, sometimes they result from environmental influences and sometimes unknown factors are in play. Benign growths are not dangerous unless they turn into malignant tumours. If a person is bothered by a growth because it affects their appearance or their ability to perform certain functions, it can be removed by conventional surgery or by laser surgery. This surgery is always performed under local anaesthetic.

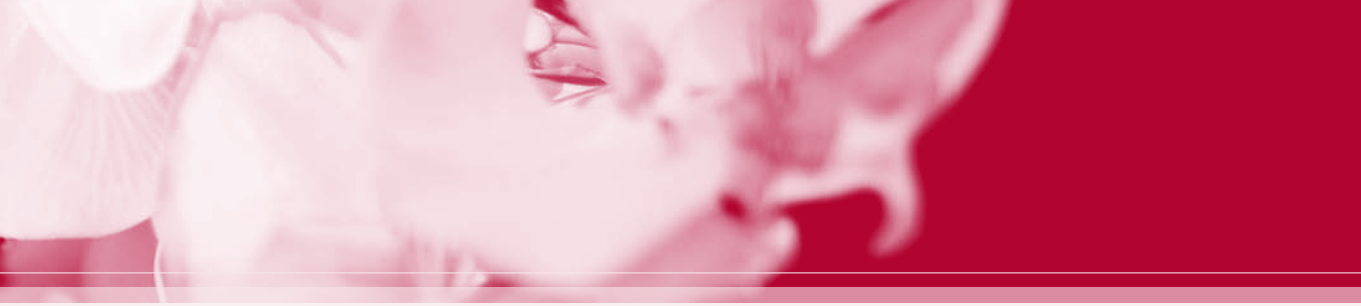
— You can find further information in our “Laser Therapies” brochure and at www.haut-und-laser-zentrum.com



Couperosis

Couperosis, haemangiomas, spider veins and other vascular disorders can be very effectively treated with the KTP or Mydon lasers. These lasers “weld” the veins leaving only minor scabbing on occasion. The laser type and energy level used depends on the colour, type and depth of the vascular disorder. Several treatments, which can be quite painful, are usually necessary. The skin should be as pale as possible on the day of treatment. Patients should avoid dilating their blood vessels excessively through sauna, hot baths, sport or alcohol for 3 to 5 days after the treatment.

— You can find further information in our “Laser Therapies” brochure and at www.haut-und-laser-zentrum.com



FURTHER COSMETIC TREATMENTS


Tattoo removal

Decorative tattoos or accidental tattoos caused by ink penetrating the skin or road dust can be removed with the Ruby or Neodym YAG laser in several sessions at 4-week intervals. The scabs caused by the treatment heal after 2 weeks and do not generally cause scarring. No anaesthetic is necessary. Black, blue, brown and green pigments can be most effectively removed with the Ruby laser. Orange and red pigments are removed with the Neodym YAG laser.

There are very few treatments for the removal of yellow, purple and white tattoos.

Laser epilation

The LightSheer laser removes excessive hair growth with a high energy laser beam. Laser epilation is particularly suitable for dark-haired people and it works most effectively when the hair is in the growth phase. Different hairs are in different growth phases at different times, so 5 to 7 sessions will be necessary to achieve the optimum result.



This treatment is well tolerated without local anaesthetic, but we can administer a local anaesthetic cream by request.

— You can find further information in our “Medical Cosmetics” and “Laser Therapies” brochures and at www.haut-und-laser-zentrum.com

Botox for excessive perspiration

Injections with Botulinum Toxin A are an effective treatment for excessive perspiration (hyperhidrosis) on the palms of the hands, soles of the feet, armpits or in the genital region. People generally view perspiration as an unpleasant body function, yet it is also an important one. The beads of perspiration on the skin have a cooling effect and protect the body from overheating. However, many people perspire excessively, even when it isn't hot – and without being exposed to stressful situations.

Botox injections are administered very close together on the affected area and perspiration ceases within 2 to 7 days. The armpits can be treated without local anaesthetic, though an anaesthetic is necessary for the hands and feet. This fast and simple procedure is not associated with any serious side effects. Top-up injections are necessary every 6 to 12 months.

— You can find further information in our “Botox” brochure and at www.haut-und-laser-zentrum.com

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