



# FACE & NECK

Botox • Wrinkle filler injections • Liquid lift • Thread lift • Mesotherapy • Laser therapy  
Lifting Massage • Peels • Microdermabrasion • Revitalising treatments • UV light  
damage • Acne • Scars • Benign skin alterations • Couperosis • Lip filler injections  
Eye lid correction • Under-eye circles • Double chin



Dear Patients,

Our face is our calling card, so we want to keep it looking fresh, smooth and radiant for as long as possible. But the aging process is something that passes none of us by. As we get older, a youthful, relaxed and healthy appearance becomes increasingly important to our sense of wellbeing and self-confidence. Modern aesthetic medicine offers many non-surgical techniques which effectively restore a youthful appearance in gentle and low-risk procedures.

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

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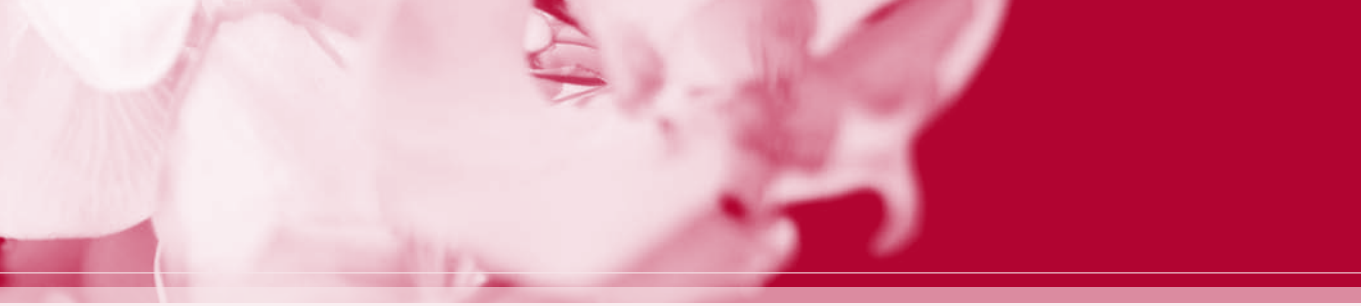
## WRINKLE TREATMENT OPTIONS

### Botox

Botulinum Toxin Type A - or botox for short - is particularly effective in reducing expression lines. It is a substance obtained from bacteria which has the desired effect when applied in the correct amount. Botox has been used as a very effective therapy for diverse conditions such as muscle tension and paralysis since the beginning of the 1980s. Since the 1990s, it has also been used in much smaller amounts for aesthetic medicine applications.

As people age, the expression lines on the forehead and above the nose (frown lines) and around the eyes (crow's feet) remain visible, even when the facial muscles are relaxed, giving them an undesirable tired, angry or sad expression. The objective of botox injections is to decrease the muscle tension and smooth wrinkles. Mimic muscle activity is suppressed, reducing dynamic wrinkle formation. The skin is then able to regenerate and the formation of new wrinkles is prevented. After a botox treatment, your face looks more alert, friendly and youthful. Other nerve functions such as feel and touch are not impaired.

The botox solution is injected with very thin needles. Other than a tiny prick, the patient doesn't feel anything. The treatment only takes a few minutes to perform. It takes effect after 3 to 7 days and lasts




for around 3 to 4 months or, if repeat treatments are performed, for about 6 to 9 months. Complications are rare. Temporary slight bruising can occur at the injection sites or the skin may be slightly red. On rare occasions, the person may suffer a headache in the first 24 hours after treatment – although migraine sufferers have also reported an improvement in their symptoms.

You can return to your regular activities straight away. On the day of the injections you should try not to rub or massage the treated areas of skin and avoid strenuous sports and sauna visits. Botulinum Toxin A can also be used to treat down turned mouth corners and wrinkles on the neck and cleavage. Botox treatments should not be performed on women in the first third of a pregnancy or on people to people with an unusual susceptibility to bleeding or to people with neurological paralysis conditions.

– You can find further information in our “Botox” brochure at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

### Wrinkle filler injections

We use filler injections for the treatment of all non-expression wrinkles such as nasiolabial wrinkles (between the nose and corner of the mouth) and to improve the appearance of scars. There are two types of cosmetic fillers: degradable fillers and permanent fillers. All substances that are injected underneath the skin have to be well tolerated by the body and they shouldn't trigger any allergies. They have to deliver lasting and reproducible results which are localised at the injection

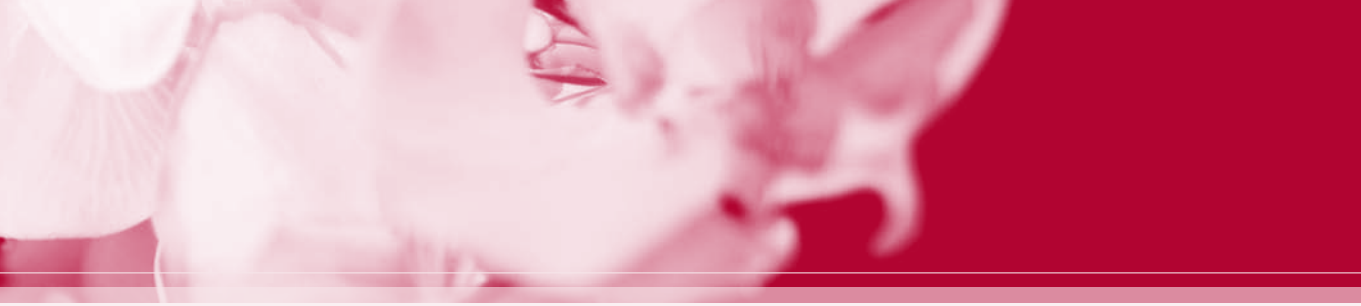


site. They have to be biocompatible, which means that the body doesn't recognise them as a foreign substance.

DEGRADABLE FILLER MATERIALS include hyaluronic acid, collagen and calcium hydroxyapatite. Depending on which substance is used, the depth of the wrinkles and the amount of the substance injected, the effect of a treatment can last for between 6 and 24 months.

HYALURONIC ACID is a substance which occurs in the body naturally and it is laboratory produced in a very pure form for use as a wrinkle filler. It is possible to make a denser filler for deep wrinkles and less dense filler for finer wrinkles by adjusting the strength of the bond between individual hyaluronic acid molecules. Allergies are not to be expected because the laboratory-produced materials are identical to the body's own hyaluronic acid.

COLLAGEN has been in use for over 2 decades now as a medical wrinkle treatment. This animal-derived product is obtained from cattle which are kept solely for the purpose of providing collagen for cosmetic fillers. Allergies to collagen are very rare, though they have been known to occur. High-risk patients should always take an allergy test before undergoing treatment with collagen wrinkle fillers. It isn't necessary to take an allergy test for the new products made of porcine collagen.



CALCIUM-HYDROXYAPATITE is suitable as a cosmetic filler for medium and deep wrinkles. Calcium hydroxyapatite creates a stable scaffold in which the body's own soft tissue can grow. While the soft tissue is reforming, the scaffold gradually degrades ensuring long-lasting results.

PERMANENT FILLERS cannot be degraded or metabolised by the human body. At our practice, we only use permanent fillers if the desired result cannot be achieved with degradable fillers and all possible risks of intolerance are excluded, e.g. allergies and the formation of lumps (granulomas). Permanent fillers should only be administered by very experienced physicians.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.

### **Fat injections**

This procedure is excellent for the correction of deep wrinkles or to plump up lips (page 20). It can also be used to fill sunken cheeks, temples or the backs of the hands. Tissue defects after surgery or as a result of accidents or injuries can also be treated by fat injection.

This is an out-patient procedure which is performed under local anaesthetic. Surplus fat is removed from the patient's body – usually from the stomach, bottom or thighs – and re-injected into the area being treated. The advantage of this method is that it does not cause allergies because the substance being injected is taken from the patient's own body.

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### Liquid lift

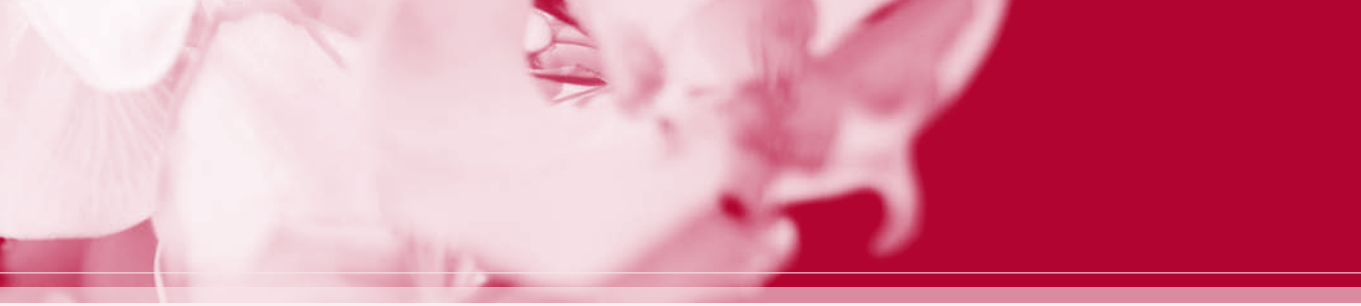
Another sign of age on the face, in addition to wrinkles and age spots, is the redistribution of adipose tissue. We tend to lose fat at the top part of our face as we age. At the same time, the force of gravity causes fat deposits collect around the bottom third of the face and our skin loses its elasticity.

A liquid lift is an alternative to a surgical lift. Areas with depleted adipose tissue are restored to their former appearance by injecting large quantities of a cosmetic filler. The entire face, particularly the bottom half (cheeks, chin and the deep nasiolabial wrinkles between the nose and mouth) are smoothed, areas of saggy skin are tightened and lifted and the skin looks much more elastic. If a patient has a very pronounced double chin or saggy jowls, we usually combine the liquid lift with injection lipolysis or an Accent treatment. We determine the number of treatments necessary on a patient-by-patient basis. Each treatment is approx. 15 minutes in length. The results are long-lasting and, depending on the filler used, can last up to 2 years. Side effects such as excessively tight skin which impairs or prevents facial movement are not to be expected. This procedure should only be performed by experienced physicians with special training.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.

### Thread lift

During the aging process, the facial fat and elastic fibres in the skin start to break down, resulting in surplus skin around the chin and jaw line, and a saggy, tired-looking appearance. In the past, the



only corrective option was a face lift. Yet many patients are hesitant to undergo such a major surgical procedure. Now, a new, more gentle and non-surgical procedure known as the thread lift, Aptos lift or Russian lift is available. Fine special sutures are inserted into the skin. They lift the skin and restore the soft tissue to its original position. The positive side effect of this procedure is that new connective tissue grows around the sutures, which further enhances the original lift effect. Unlike the conventional face lift, there are no wounds in a thread lift. Patients with jowls can combine a thread lift with injection lipolysis, a minor liposuction treatment or a laser treatment with lift effect.


This minimally invasive procedure is performed under local anaesthetic. The patient may suffer some bruising or swelling which subsides again after only a few days. In rare cases, they may have to take antibiotics.

A thread lift is not appropriate for patients with muscle diseases, tissue or blood disorders, people who are taking blood thinning medication or are allergic to anaesthetics.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.

### **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, cleavage and hands. 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.

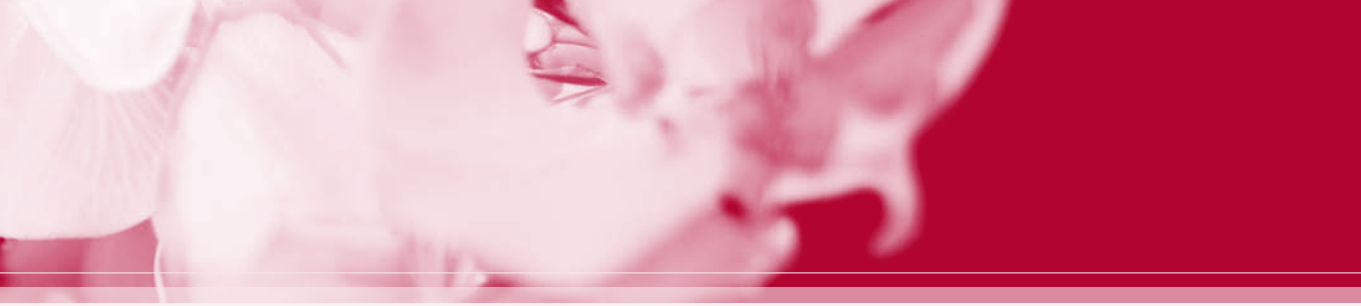
The treatment is quick to perform. Several sessions are always necessary to achieve perfect results. Professionally administered mesotherapy treatments are practically risk free and you can return to your daily activities immediately after treatment. It is often a good idea to combine mesotherapy with other cosmetic treatments such as peels (page 14). Effective active ingredient cocktails are also available for the treatment of hair loss and cellulite.

→ You can find further information in our “Mesotherapy” brochure and at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

### Lasertherapie

We use over 10 different laser systems in our practice, which enables us to select the optimum laser therapy for your wrinkle type and depth, or for any other skin alteration you may have.

The Harmony ST laser is a very gentle high-tech laser-like device for the treatment of lines and skin which has lost its elasticity. High-frequency radiation penetrates the skin without damaging it and



acts on the deeper dermal layers. The skin is toned and new collagen fibres form after only 3 to 5 treatments. This procedure is gentle and not generally associated with any side effects or recovery periods. The Harmony ST laser is an excellent method for treating wrinkles in the eye area.

If the wrinkles are deep, intensive laser treatments can be performed with a pixel laser or fractional photothermolysis with the ultrapulse laser. These treatments deliver microthermal injuries to the skin which tighten the tissue and visibly improve the skin's appearance, even after only 1 treatment. The skin soon heals because the skin surface remains intact around the microscopic areas of thermal damage. The tiny scabs fall off after around 1 week. Side effects such as long-lasting redness or abnormal pigmentation are far less common than they are in conjunction with conventional laser treatments. Recovery time is 5 to 7 days.

A special fractional mode of the CO<sub>2</sub> laser and the Erbium YAG laser reduces wrinkles on the face, neck, cleavage and backs of the hands. A local anaesthetic cream is applied half an hour before the treatment to ensure that it is practically painless. Make-up can be used the day after the treatment to conceal scabbing, which generally flakes off after only a few days. The skin is scab free after approx. 5 to 7 days.

→ You can find further information in our "Laser Therapies" and "Medical Cosmetology" brochures or at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)



## SKIN RESURFACING AND REJUVENATION

### Laser therapy

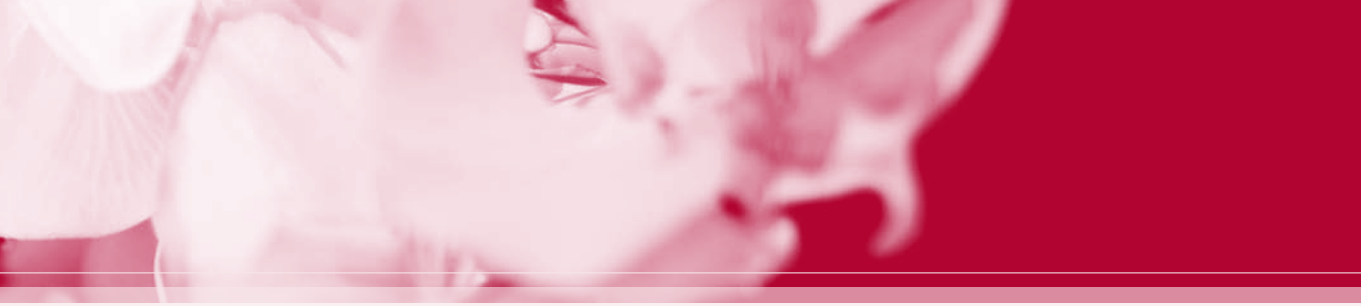
Laser therapy is suitable for the treatment of a variety of skin alterations. These include cosmetic complaints such as pigmentation marks, haemangiomas, couperosis, senile warts or benign moles. Pathological problems such as viral warts, inflamed acne nodules and ichthyosis can also benefit from laser therapy. The laser system used depends on the type of skin disorder being treated.

— You can find further information in our “Laser Therapies” brochure and at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

### Lifting Massage

The latest development in the field of LPG High-tech Lipomassage is the Lifting Massage for face, neck and cleavage, which involves the same method used for cellulite treatment but with a smaller treatment head. A Lifting Massage isn't just extremely pleasant and relaxing, it is also very effective. The Lifting Massage restructures the individual layers of tissue to optimise collagen and elastane production.

Lifting Massage treatments are geared to your skin's individual requirements. The skin and tissue are tightened, wrinkles are minimised, blemishes are improved and the complexion looks fresher – with lasting effect - after only 3 to 5 treatments. Each treatment takes around 20 minutes. The Lifting



Massage should only be performed by specialists who are trained in the use of exclusive LPG technology.


– You can find further information about the LPG High-tech Lipomassage in our “Body, Arms & Legs” brochure and at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

### Revitalising treatments

Physical or psychological stress, infections, smoking and, most of all, UV light, lead to the production of free radicals in the cell metabolism which can impair metabolic processes. If the metabolic process continues to deteriorate, the skin cells develop other malfunctions and the blood supply to the skin is reduced. Mesotherapy and other revitalising treatments can restore the skin's fresh appearance by promoting circulation and reducing the formation of free radicals.

In an OXYGEN TREATMENT, oxygen is applied to the skin encapsulated in tiny spheres called microsomes. This treatment is suitable for all types of skin in summer or winter, it is pain free, causes no redness and a face treatment takes between 15 and 20 minutes.

– You can find further information in our “Medical Cosmetology” brochure and at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)



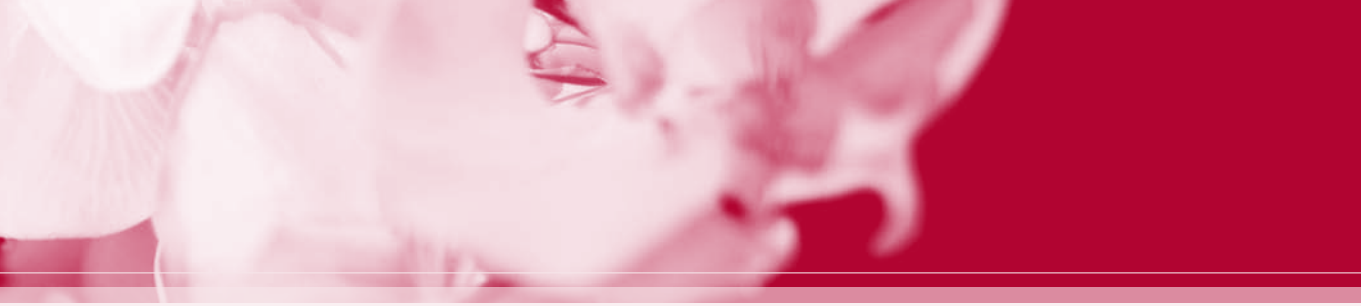
MASKS OR COLLAGEN FLEECES, which are placed on the area of skin being treated for approx. 10 minutes, contain vasoactive substances such as cinnamon rind. They boost blood circulation and increase the oxygen supply to the skin, resulting in a fresher-looking complexion. The patient feels a prickling sensation during the treatment, and the skin is pink for around 10 minutes afterwards.

The intensity of a CHEMICAL PEEL depends on the patient's specific skin problem. Weekend peels to freshen up the complexion are one of the milder options. There are also medium-strong peels to treat skin with an irregular surface and age spots and deep peels to resurface sun-damaged skin, skin pre-cancer, deep wrinkles or skin that has lost a great deal of elasticity.

— You can find further information in our “Medical Cosmetology” brochure and at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

MICRODERMABRASION is a mechanical peel which thoroughly removes roughness by exfoliating the upper layer of the skin by abrasion with microfine corindon crystals. It reveals rosy, delicate and radiant skin. The pores also shrink after several treatments. If we apply special products post-treatment, the skin can absorb them particularly efficiently. We recommend a course of microdermabrasion treatments tailored to your skin type and condition. You will notice a visible difference after only one treatment.

— You can find further information in our “Medical Cosmetology” brochure and at [www.haut-und-laser-zentrum.com](http://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. Once it has been exceeded, UV light exposure damages the DNA in the skin cells and connective tissue fibre. This damage mainly affects the face, neck and cleavage, but also the backs of the hands, arms and legs. The skin develops patchy areas and wrinkles, pigmentation marks or visible veins, gets thinner or loses elasticity. An impairment of the cell division process due to sun exposure causes hornification, which is a pre-skin cancer stage. Skin cancer occurs when the cell division process gets out of control.

Various lasers are available for the cosmetic treatment of sun-damaged skin. Pigmentation marks can be removed with the Rubin laser, while thread veins and haemangiomas are treated with the KTP laser.

Wrinkled and thin skin can be resurfaced with CO<sub>2</sub> lasers, Erbium YAG lasers or strobe lasers, supplemented by peels, filler injections (e.g. hyaluronic acid, collagen) or botox.



Advanced sunlight damage, pre-cancer manifestations and solar keratosis are treated to prevent them developing into cancer.

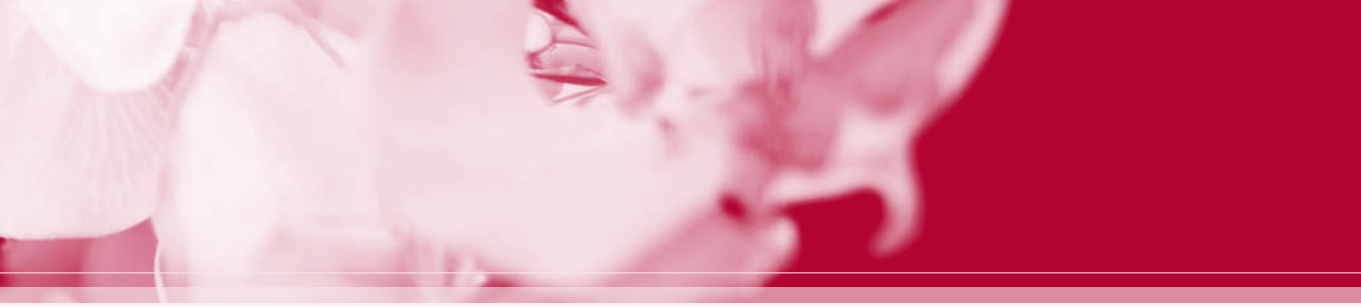
In the early stages, a therapy with creams or tinctures can suffice. In the later stages, the areas of skin affected have to be resurfaced with the CO<sub>2</sub> laser or a peel under local anaesthetic. Post-treatment scabbing is to be expected and sunlight must be consistently avoided. Once skin cancer has manifested, excision is generally unavoidable.

→ You can find further information about skin cancer check-ups in our “Body, Arms & Legs” brochure and at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

## Acne

Acne and acne-like skin disorders (rosacea, cosmetic acne) are the result of non-infective bacteria causing the inflammation of the pores and sebaceous glands. People who suffer from acne also have blackheads. The causes of acne can be genetic disposition or the negative effect of various influences such as hormones, UV light, gastrointestinal disorders and cosmetics. The inflammation can be located deep down in the pores and cause painful lumps, be slightly closer to the surface and cause nodules or be on the surface and cause pustules.

The effective treatment of acne is a combined effort involving the dermatologist, the patient and medically trained beauticians. The physician assumes the “pilot function” and prescribes the




appropriate medication. The High-tech Harmony laser has been used in the wavelength range of 420 to 950 nm for the treatment of inflammatory forms of acne since 2005. It specifically reduces the bacteria which cause and sustain the inflammation. The laser can be used on the face, cleavage and back. A marked improvement is evident after only a few treatments. This wavelength is not recommended for people with darker coloured skin because it can cause pigmentation irregularities.

Acne patients should not use any greasy creams or try to squeeze their spots. Acne drainage and extraction should only be performed by a trained beautician. This manual acne therapy prepares the skin for the medication and improves its effectiveness. In addition to drainage and extraction, our beauticians can perform extremely effective therapies such as lymph drainage, rosacea massage, dermabrasion, various exfoliation treatments and anti-inflammatory masks.

— You can find further information in our “Medical Cosmetology” brochure or at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

### Scar correction

A scar is an area of fibrous tissue which replaces normal tissue that has been destroyed by surgery, injury, burns or deep-seated infections. Scar tissue cannot be repaired, only “replaced”, and it is not generally possible to completely eliminate a scar. It is, however, possible to make the scar look less conspicuous. Depressed scars can be lifted and raised scars flattened to skin level, and stretched scars can be contracted.



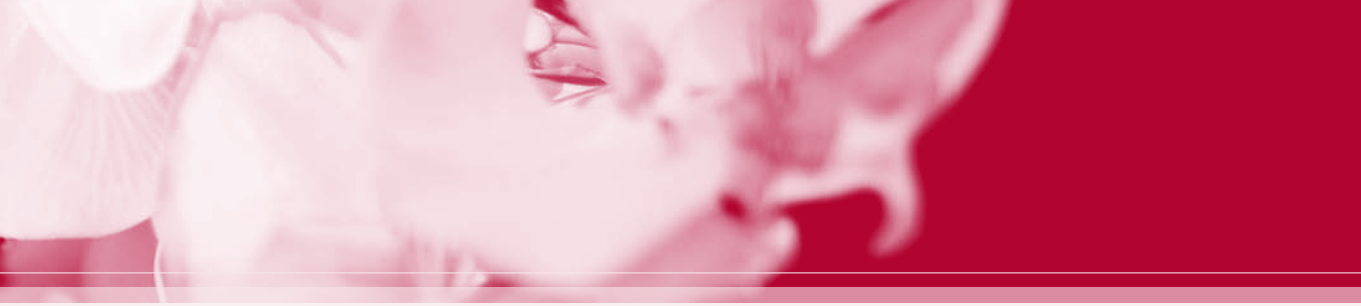
Various lasers are available for scar treatment. Hardened keloid scars can be softened and flattened by several cortisone injections, sometimes in combination with cryotherapy. Conventional surgical correction, which involves cutting out the scar, is sometimes the best option for very extensive individual 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 at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

### Benign skin alterations

Benign skin alterations can originate in the blood vessels, pigment cells, sebum and sweat glands, adipose and connective tissue - in any skin or subcutaneous tissue structure, in fact. Sometimes these growths are genetically programmed, sometimes they result from environmental influences and sometimes unknown factors are in play.

Benign skin alterations are not dangerous unless they turn into malignant tumours. If a person is bothered by a skin alteration for cosmetic or function-related reasons, excess tissue can be removed by conventional surgery or by laser surgery. Obviously, we aim to minimise scarring in all our surgical procedures. The extent of scarring depends on whether the skin alteration is above or below the skin's scarring zone.



### Couperosis

As they age, some people develop couperosis on the face, neck or cleavage. This impairment of the capillaries' ability to dilate and contract is genetically inherited, though it is exacerbated by chronic factors such as UV light, heat and cold, and also by thermal factors such as sunburn or frostbite.

Couperosis can be disguised with a green-coloured camouflage cream or removed with the KTP laser. The skin remains reddened for approx. 10 minutes after the treatment. Small scabs do form on rare occasions, but they can be concealed with make-up and heal after 3 days. Some people do experience swelling, although this is very rare. If the couperosis is extensive, 3 to 5 treatments at 2 to 4-week intervals are necessary.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.



## FURTHER COSMETIC TREATMENTS

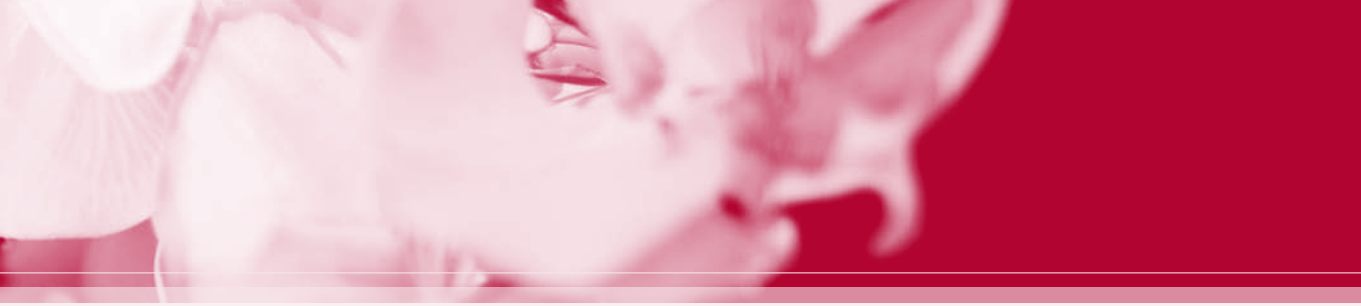
### Lip filler injections

Full and beautifully defined lips exude sensuality and aesthetic appeal while thin lips have a pinched and old appearance. It's very easy to give yourself a desirable pout with filler treatments involving the injection of degradable organic materials or permanent fillers. Collagen and hyaluronic acid are degradable organic materials. Top-up filler injections are necessary every 6 to 12 months depending on the product used and patient-specific factors. Artecoll, Aquamid and silicone are permanent fillers.

To achieve a good result, the physician has to select the ideal filler, the right injection technique and gradually build up lip fullness. It is possible to perform the procedure under anaesthetic. The effect is immediate and you can return to your everyday activities straight after the treatment. Slight swelling and minor bruising is normal. In the first hours after the treatment you should avoid excessive mouth movements, intensive kissing and excessive talking.

It is more important in lip filling treatments than in other filler treatments that the physician has many years of experience in the use of all filler materials.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.



### Eyelid correction

The skin around the eyes is extremely delicate and affected by the aging process more than other areas of the face. Expressive movements and excessive exposure to sunlight cause fine lines to develop over the years. The top lids start to droop and look similar to congenital ptosis. The bottom eyelids can also start to sag which causes bags and the formation of adipose tissue, giving the impression that you are tired, jaded and sad. Modern methods make it possible to achieve impressive effects with comparatively little effort. After an eyelid correction, you look fresh, radiant and years younger.

The procedure is performed with an intravenous short anaesthetic. An incision is made in the anatomic eyelid fold on the upper lid using the laser scalpel and surplus skin is removed with the CO2 laser. The laser's sharp incision leaves almost invisible scarring. The sutures are removed after 7 to 10 days. If the patient's vision is impaired by the drooping upper lid, the health insurance fund may reimburse the costs of the treatment.

The surgeon must be highly experienced to make these special incisions so close to the eye in order to ensure that important nerve structures are not damaged and to achieve the optimum aesthetic result.

→ Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.

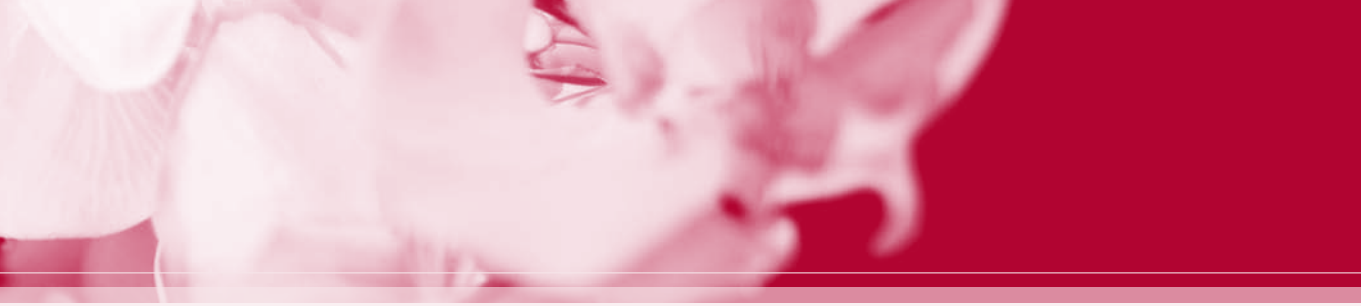


### Under-eye circle treatment

Circles around the eyes are a reaction in the sensitive skin around the eyes to stress, a lack of exercise or an oxygen deficit. The body builds an oxygen deficit as a result of late-night parties, for example, or as a result of a lack of sleep, spending too much time in poorly ventilated rooms or smoking. When the blood lacks oxygen the red blood corpuscles turn blue. Some people are born with blood vessels which are very close to the surface of the very thin skin under the eyes, which gives it a bluish hue.

The best cure for dark circles under the eyes is sufficient sleep on a high pillow and plenty of fresh air. You can also alleviate the problem by applying chilled tea bags to the eyes. If these methods do not lead to any improvement, circles under the eyes can be treated with the Harmony laser and yellow light (wavelength 570 – 950 nm). The bluish blood vessels under the eyes contract after only a few sessions, making them far less visible underneath the thin skin.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.



### Double chin treatment

This aesthetic problem is caused by fat deposits and a loss of elasticity in the skin around the chin and neck. In some families double chins are congenital and all family members will have one to a greater or lesser extent.

Effective treatments are tumescent liposuction or injection lipolysis, also in combination with a liquid lift (page 08) or a liquid lift in combination with an Accent treatment.

— You can find further information about the treatment methods in our “Body, Arms & Legs” and “Laser Therapies” brochures or at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

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