

HAUT- UND
LASERZENTRUM
AN DER OPER



MEDICAL COSMETOLOGY

Classic facials • Acne treatments • Oxygen facial treatments • Exfoliation • Cellulite treatments • Anti-aging therapy • Mesotherapy and laser therapy • Lifting Massage
Injection lipolysis • Lymph drainage • Laser epilation • Medical pedicure

www.haut-und-laser-zentrum.com





Dear Patients,

We all want to have a beautiful, clear and smooth complexion. Unfortunately, though, very few of us are naturally blessed with one. Many people suffer from impurities, skin diseases or skin alterations as a result of environmental factors or the biological aging process. Do you want to treat your specific problem and improve the appearance of your skin? We can help and support you in this aim.

We have medical expertise, modern technical equipment and we use only scientifically-proven skin care products, plus our own Doktor Duve Medical Skin Care product range which we have developed over the years to cater to our patients' needs. Finally, the members of our team are all qualified medical cosmetology specialists and consultants. We regularly attend courses and seminars to keep abreast of the latest developments in modern dermatology and cosmetology. Regular communication between our physicians and cosmeticians ensures that your treatments deliver optimum results. We can provide you with a comprehensive range of modern treatments which reflect the very best therapeutic practices.

Please do not hesitate to contact us if you have any questions.



Dr. med. Stefan Duve



Dr. med. Hans-Peter Schoppelrey



Dr. med. univ. Wolfgang Niederdorfer



Annette Sirikelas
Medical Cosmetology Manager

CONTENTS

FACIAL TREATMENTS	04
Classic facial • Classic acne treatment	
Luxury acne treatment • Acne power pack • Blue laser acne treatment • Yellow laser enlarged pore treatment	
OXYGEN FACIAL TREATMENTS	06
Oxygen spray cosmetics • Oxygen microapplications	
PEELS	07
Microdermabrasion • TCA peels	
CELLULITE TREATMENTS	08
LPG High-tech Lipomassage • Accent High Frequency	
ANTI-AGING TREATMENTS	10
Mesotherapy • Laser therapy • Lifting Massage	
INJECTION LIPOLYSIS	12
LYMPH DRAINAGE	13
LASER EPILATION	14
MEDICAL PEDICURE	15



FACIAL TREATMENTS

Stress, worry and time pressure soon make their mark on the skin. Dehydration, impurities and sensitivity are all signs of a skin that has lost its equilibrium. Classic facials which are regularly performed by experienced beauticians can have miraculous results.

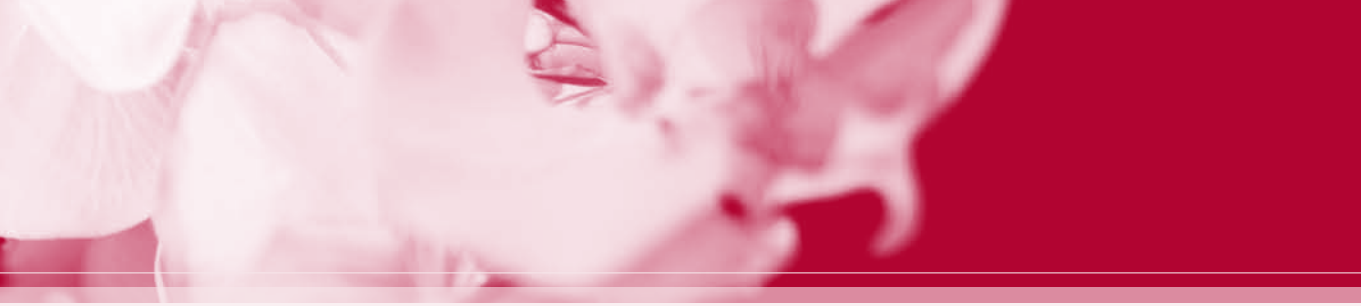
Classic facial

The skin is cleansed, steamed and impurities are removed. Then we treat you to a face massage and apply a mask that is suitable for your skin type. Depending on the condition of your skin and its requirements, we apply an intense-action ampoule or a cotton fleece mask.

Acne treatments depend on the type of acne that the patient suffers from. There are external treatments, internal treatments with antibacterial or sebum suppression medication and medical acne cleansing or exfoliation treatments which remove the top layer of the skin.

Classic acne treatment

Professional cosmeticians cleanse and steam the skin, remove impurities and apply a calming mask to regenerate the skin.



Luxury acne treatment

In this treatment, we take our time to thoroughly remove the toxins in the skin. An exfoliating paste is applied and the skin is treated with either high-frequency current, ultrasound or a special mask.

Acne power package

This effective treatment package includes 3 or more fruit acid peels and 1 microdermabrasion treatment (page 07). The type and concentration of the fruit acid peel is tailored to the patient.

Blue laser acne treatment

The High-tech Harmony laser treats acne with blue light in the wavelength range of 420 – 950 nm. This high-intensity light triggers a chemical reaction to deactivate the propioni bacteria which cause acne. We can achieve a substantial improvement of the acne after only a few laser sessions.

Yellow laser enlarged pore treatment

Yellow laser light penetrates the sebum producing glands, heats them up and reduces sebum production. Pore size is visibly reduced after only a few treatments.



OXYGEN FACIAL TREATMENTS

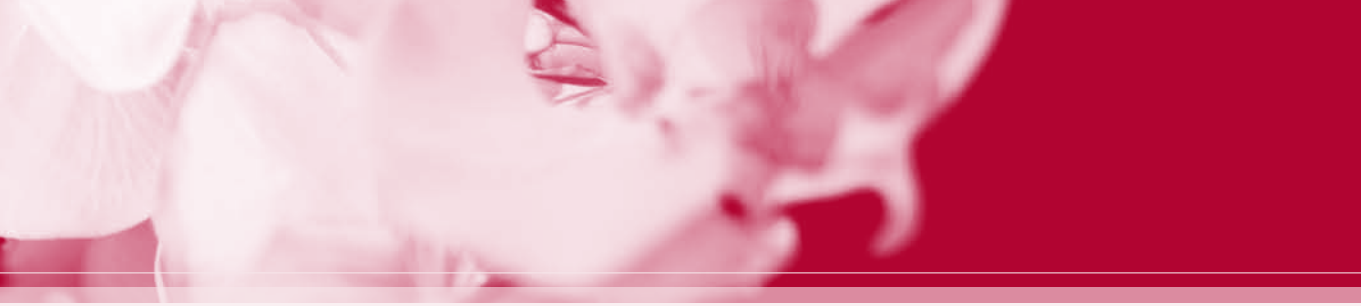
Oxygen facial treatments smooth and revitalise the skin while replenishing its vitality and elasticity. The skin looks youthful and fresh when its oxygen levels are replenished. Oxygen treatments do not cause any allergic reactions and they are suitable for any kind of skin and people of all ages. We can incorporate them in our facial treatments or administer them in a “quick treatment”.

Oxygen spray cosmetics

This ultra-gentle treatment is like a revitalising shower for stressed and tired skin. Oxygen spray cosmetics contain medicinal oxygen plus micro-fine spheres which transport active ingredients such as nano emulsions and liposomes. They contain no emulsifiers, chemical preservatives or consistency regulators. An oxygen spray cartridge applies the fluid to the skin in a micro-thin layer so that it can penetrate into the deeper layers.

Oxygen microapplication

Active ingredients are individually formulated for every type of skin, fragmented into microparticles and enriched with concentrated oxygen (97 percent). The powerful combination of active ingredients and their effective penetration of the pores ensures an optimum result.



PEELS

We tailor our exfoliation treatments to the specific needs of the patient's skin. Fruit acid peels open up blocked pores, remove dead skin cells, boost circulation and freshen the complexion. Stronger peels, such as the weekend peel with TCA or microdermabrasion promote the formation of new skin cells and help to reduce and eliminate pigmentation, wrinkles and enlarged pores.

Microdermabrasion

This mechanical peel thoroughly removes roughness, exfoliating the upper layer of the skin by abrasion with microfine corindon crystals. It reveals rosy, delicate and radiant skin which can efficiently absorb special products applied after treatment. We recommend microdermabrasion treatment packages. If you have skin alterations that necessitate stronger peels, these are prescribed and performed by our experienced dermatologists.

TCA Peels

Tca peels are stronger than fruit acid peels and microdermabrasion. We recommend 4 treatments at intervals of 2 to 4 weeks to achieve a much fresher and healthier complexion. You can expect your skin to peel and flake for 2 to 3 days after the treatment. TCA peels should only be performed in winter.

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



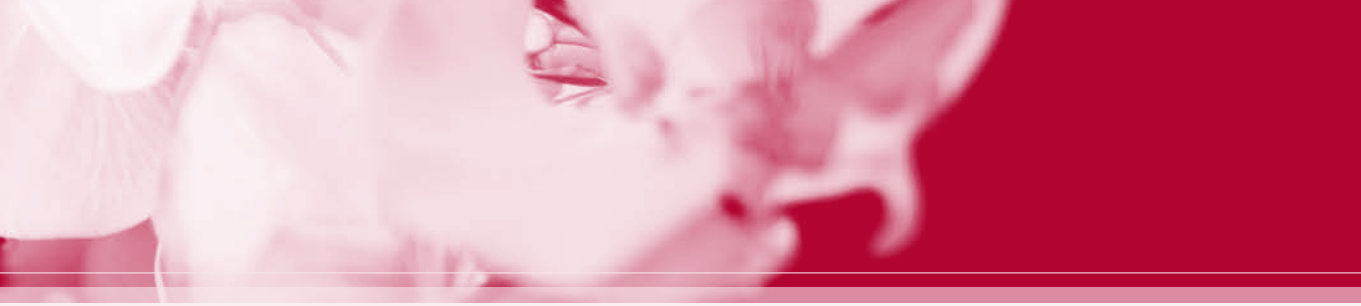
CELLULITE TREATMENTS

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 pocked look of the areas affected by cellulite.

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 2 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 saddlebags. The 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 (page 11) that works according to the same principle as the LPG High-tech Lipomassage to lift the face, neck and cleavage regions.

Accent High Frequency

The modern Accent High Frequency treatment causes fat cells in the deeper layers of the skin to break apart, thereby reducing cellulite. High-frequency sound waves penetrate the subcutaneous tissue without damaging the epidermis. They tighten the fibres in the subcutaneous tissue and pull the collagen fibres together. Hydrogen molecules in the fat cell membranes are caused to oscillate, resulting in the disintegration of fat cells and toxins. We often combine the Accent treatment with an endermology treatment or with injection lipolysis (page 12).



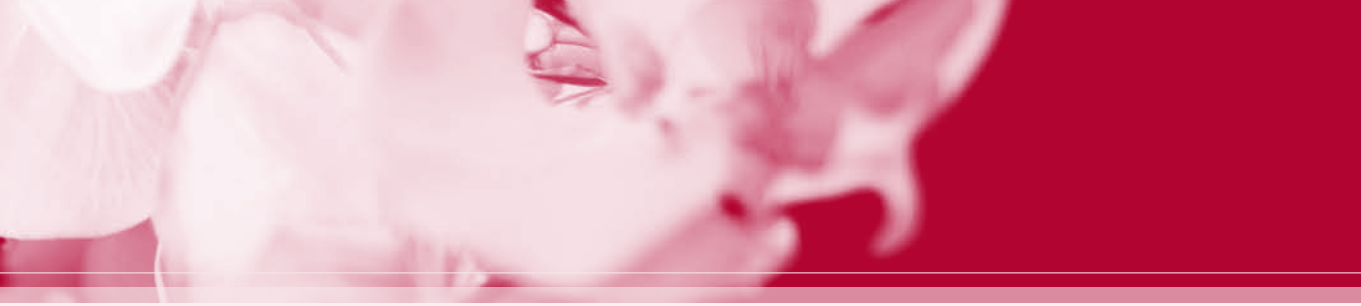
ANTI-AGING TREATMENTS

Signs of aging become visible on the skin from the mid-thirties onwards. Depending on lifestyle and genetic make-up, the skin can already be exhibiting deep wrinkles and extended lines as a result of changes to the connective tissue. The skin's appearance gets coarser and the pores get larger. The skin also gets dryer because sebum production declines as we age.

Mesotherapy

Mesotherapy is a combination of neural therapy, acupuncture and medication therapy. It is an ideal way to rejuvenate the face, neck and cleavage. 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 prepare a patient-specific cocktail of vitamins, minerals, amino acids and antioxidants, enriched with hyaluronic acid to achieve an optimum effect. Mesotherapy is a fast procedure with lasting results. There is no recovery time and you can return to your daily activities straight after the treatment. We have also achieved excellent results using low-risk mesotherapy to treat cellulite and hair loss. This treatment should only be performed by an experienced physician.

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



Laser therapy

The new HARMONY ST firms 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 firms the “worn” collagen fibres and the fibroblasts and promotes the formation of new fibres. Visible improvement is evident after only 3 to 5 sessions. Other than a sensation of warmth in the deeper layers of the skin, this treatment is pain free and has no visible side effects and you can return to work or home straight afterwards. Laser therapy is suitable for all areas of the body with sagging skin. Best effects are achieved on crow's feet, lower eye lids, cheeks, upper arms, cleavage and loose skin in the stomach region, for example after pregnancy. Treatments are possible all year round. → Visit www.haut-und-laser-zentrum.com for further information.

Lifting Massage

The latest development in the field of LPG High-tech Lipomassage (page 08) is the Lifting Massage for face, neck and cleavage, which involves the same method used for cellulite treatment. A Lifting Massage is very pleasant, relaxing and, above all, effective. The Lifting Massage restructures the individual layers of tissue to optimise collagen and elastane production. The skin and tissue are firmed, wrinkles are minimised, impurities are reduced 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. → Visit www.haut-und-laser-zentrum.com for further information.



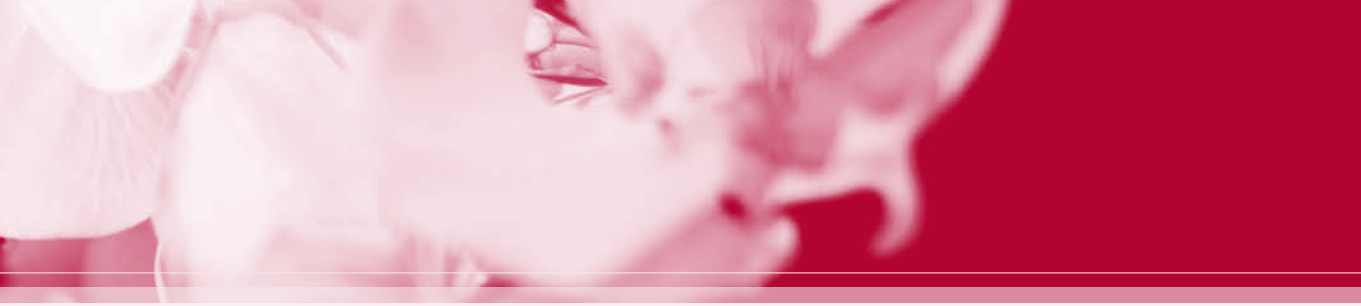
INJECTION LIPOLYSIS

This new method originated in Brazil and is used to dissolve fat in problem zones. We have been using injection lipolysis since 2,000 as an alternative or supplement to liposuction.

The active ingredient in the injection lipolysis is produced from soy beans and was originally used to reduce lipids and to prevent fat embolisms, which is why it has been licensed for many years and is thoroughly tried and tested. 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 you have determined in advance and the fat cells never return. To minimise side effects such as redness and itching, we only inject very small amounts in each session. A local anaesthetic cream is applied to the skin beforehand to reduce pain sensitivity. We only dissolve the fat very slowly, so several sessions will be necessary. The injections work for approx. 8 weeks and treatments can be repeated after approx. 3 to 6 weeks.

No serious side effects are to be expected if the injections are professionally administered. 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.



LYMPH DRAINAGE

This version of the classic massage doesn't loosen and relax the muscles, it drains the lymph from the tissues and allows it to flow freely through the body. Our lymph vessels transport water out of the tissue and back into the blood vessels. If a person has a lymph system disorder, water and lymph fluid build up in the tissues and swelling (oedemas) occur.

Lymph drainage restores the water equilibrium in the tissue and promotes efficient lymph vessel function. It is suitable for treating problems which cause lymph fluid or water to build up in the tissue. These include swollen eye lids, oedemas in people with rheumatoid diseases or other chronic inflammation. Lymph drainage promotes the healing of dermatological problems such as ulcus cruris (ulcerated legs), sclerodermatitis, acne, neurodermatitis and vein problems.

We also use lymph drainage on patients who have had surgery such as eye lid lifts, liposuction or laser treatments with very effective results.

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

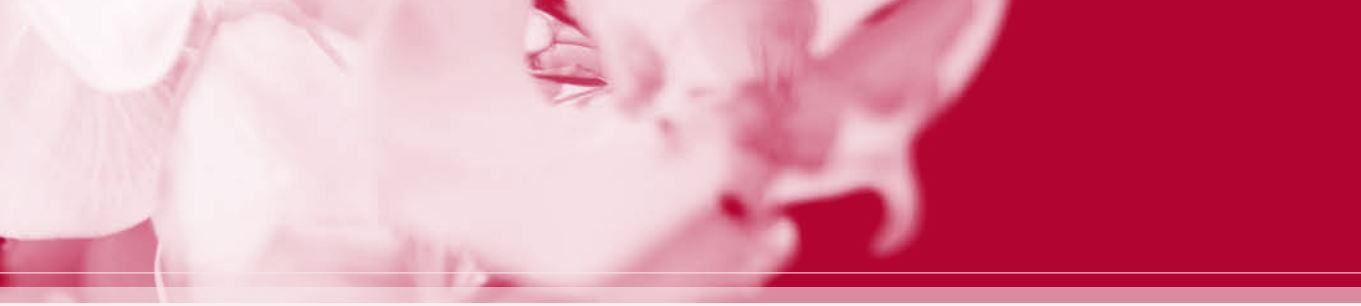


LASER EPILATION

Smooth, stubble-free skin, perfect legs, no need to shave or wax the legs, underarm area or bikini zone ever again. Excessive body hair is a cosmetic complaint that can also be a psychological problem for many women and men. Traditional epilation methods remove the hair from the surface by shortening it (shaving), pulling it out (waxing, epilation) or using a chemical substance to destroy it. These methods are painful, aggressive, can have unpleasant side effects and the results are only temporary.

Laser epilation takes effect at the roots. A high-energy beam of light is emitted by the Lightsheer diode laser, penetrating the epidermis into the root. It targets the melanin contained in the hair follicle. The laser's energy destroys the hair root while leaving the surrounding tissue undamaged. Laser epilation is particularly suitable for dark-haired people and it works most effectively when the hair is in the growth phase. Different hairs have different growth phases, so several treatments will be necessary to achieve the optimum result.

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



MEDICAL PEDICURE

We use our feet every single day of our lives and we don't always have the ideal weight. As we age, our joints weaken and our feet have to cope with additional demands, resulting in abnormal pressure points and other alterations. Calluses, corns, ingrowing toe nails and other similar afflictions may result.

Regular medical pedicures can help to identify and treat any of these typical foot problems and either eliminate or greatly alleviate them. Our experienced medical pedicure team members professionally treat ingrowing toe nails, toe nail fungus and thick toe nails. They meticulously remove excessive hard skin and calluses.

We provide you with competent and circumspect foot care in consultation with our physicians.

HAUT- UND
LASERZENTRUM
AN DER OPER



HAUT- UND LASERZENTRUM AN DER OPER · Perusastr. 5 · 80333 München · Germany · www.haut-und-laser-zentrum.com

SURGERY: Open Mon to Fri 8.30 am to 12.30 pm, Mon and Wed 3 pm to 5.30 pm, Tues 3 pm to 6.30 pm, Thurs 3 pm to 7.30 pm and by appointment · Bookings: Surgery +49-(0)89-260 22 442 · Laser +49-(0)89-26 84 74

MEDICAL COSMETICS: Mon to Thurs 8 am to 7.30 pm, Fri 8 am to 5 pm, Sat 8.30 am to 1.30 pm and by appointment
Bookings: +49-(0)89-260 22 943 · E-mail kosmetik@haut-und-laser-zentrum.de



New! AIYASHA Medical Skin Care & Spa · Perusastr. 5 · 80333 München · Germany · Open daily from 9 am to 9 pm, also on Sundays and public holidays · Bookings on Tel +49-(0)89-210 24 55-0 or at www.aiyashaspa.com