



*Actual patient of Dr. Hernandez

NON-SURGICAL REJUVENATION

A PERSONAL GUIDE



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MEET

VIVIAN HERNANDEZ, MD, FACS



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Dr. Vivian Hernandez has been a board certified plastic surgeon for over two decades and for the past ten years has specialized in facial rejuvenation. Combining proven methods with the latest innovations, she is highly regarded by her patients and fellow physicians. Dr. Hernandez is uniquely positioned to provide numerous options for the person considering facial rejuvenation, from plastic surgery of the face to a complete range of non-surgical procedures.

“While facial plastic surgery has been my career focus, I complement my surgical work with the latest in non-surgical facial rejuvenation options. Being a surgeon gives me an in depth understanding of the facial anatomy for precise injection placement. These treatments can be administered by themselves or combined with facial surgeries,” says Dr. Hernandez. As a physician with an artistic eye whose precise surgical skills combine with a thorough and extensive understanding of facial anatomy, she prides herself in administering all non-surgical treatments, the latest dermal fillers, injectables and volumizers.

ABOUT THE PRACTICE

In **Boca Raton, Florida**, Dr. Vivian Hernandez has assembled a team of experienced professionals who share her commitment to this singular mission: to personally help patients fulfill their goals and objectives, always adhering to the strictest medical and ethical standards. The doctor's notable credentials include:

- Certification by the American Board of Plastic Surgery (ABPS)
- Member of the American Society of Plastic Surgeons (ASPS)
- Member of the American Society for Aesthetic Plastic Surgery (ASAPS)
- Fellow American College of Surgeons (FACS)
- Remains on the cutting edge of the latest developments and techniques in facial rejuvenation

"I have structured my Palm Beach area practice to be a comprehensive center for women and men seeking to restore and recapture their natural look. My staff and I are personally committed to help individuals look their best, enabling them to enter their mature years with joy and confidence," says Dr. Hernandez.



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WHAT TO EXPECT DURING A CONSULTATION



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Every patient begins their relationship with Dr. Vivian Hernandez in her offices in **Boca Raton, Florida**, with a one on one meeting, or consultation. During these all important consultations, the doctor will ask the patient to explain what they want to achieve through facial rejuvenation. This initial visit will determine which treatment and care they will receive as a patient of Dr. Hernandez.

From that first consultation and evaluation to subsequent visits for additional facial treatments, the patient always meets with the doctor. The doctor prides herself in meeting personally with each patient. She frequently says that she treats every patient as she would like to be treated. Noted for her sensitive bedside manner, she demonstrates the same attentive care and concern for each individual in a consultation, as she would before, during and after a surgery. In these meetings, the doctor will evaluate the patient's facial conditions. Personally educating and explaining all of the treatments to be considered remains the foremost objective of Dr. Hernandez, as she seeks to get to know each patient and guide them in meeting their goals and objectives.

During these consultations, the patient will be able to ask questions about the doctor's practice, discuss each of the products that could be considered for their specific treatment, and address any medical concerns that they might have as they begin their selected treatment for facial rejuvenation. Once the decision has been made as to the specific treatment, it is the doctor and only the doctor herself who will administer any and all dermal fillers, volumizers or injectables, not a nurse or physician's assistant.

INJECTABLES OVERVIEW

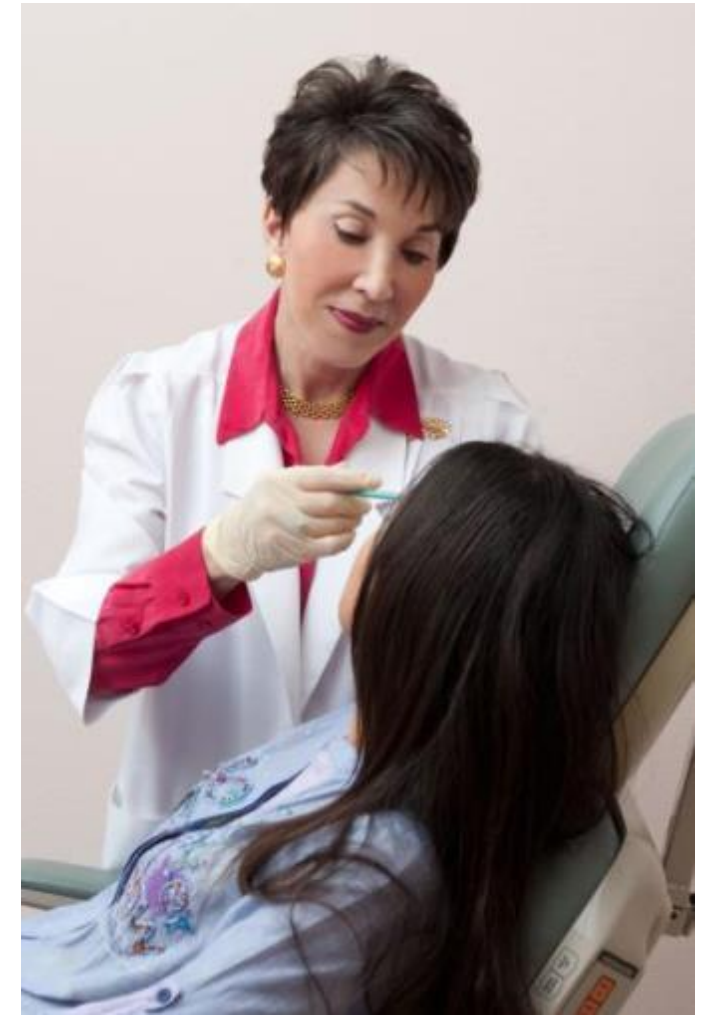


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With the passage of time, the body's natural collagens and elastins break down. The cheeks naturally lose volume, the skin loses elasticity, and your face's vitality is diminished. You cannot reverse the aging clock, but you can restore some of your naturally reduced facial volume and structure. Injectables are a relatively simple way to replace the natural fatty tissue loss, address bone reabsorption, and reduce the relaxation of the skin.

Dr. Hernandez has personally selected an extensive portfolio of the most up to date and proven dermal fillers, volumizers and injectables. These include products of varying consistencies and strengths to meet each individual patient's needs. The doctor has chosen them from today's ever evolving array of products which can restore volume, structure, and contour to the face.

"We will work together to determine which product is best to address your individual needs and concerns. I take the same care in selecting and personally administering an injectable or dermal filler as I do when performing surgery," says Dr. Hernandez. When administered by an accomplished plastic surgeon these products restore and aesthetically enhance the facial anatomy.



NON-SURGICAL REJUVENATION



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This personal guide will provide detailed information on the following minimally invasive cosmetic treatments:

- Botox®
- Juvederm Ultra XC®
- Juvederm Voluma XC®
- Radiesse®
- Restylane® / Perlane®
- Sculptra®

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BOTOX®



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Dr. Hernandez applies Botox in areas that show dramatic signs of aging and stress. She uses it in the frown lines and furrows across the forehead. Placed in certain areas of the face, Botox can render the brow smoother and present a less grimacing reflection of your emotions.

“After I examine your face and learn more about your expectations,” says Dr. Hernandez. “I may recommend treatment with Botox Cosmetic®, which is a physically corrective injectable that is easy to administer. Botox can aesthetically soften and smooth facial lines and creases.”

In Dr. Hernandez’s hands, these strategically placed injections of Botox® take minimal time to administer. Botox can also elevate the lateral portion of the brow, giving a slightly more pronounced and refined curvature to the eyebrow. The doctor may also inject Botox in the laugh lines or crow’s feet, those tiny creases at the edges of the eyes. Results from Botox are evident within two to three days and can last from three to five months.



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JUVEDERM ULTRA XC®



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Juvederm Ultra XC® is a smooth gel, enriched with hyaluronic acid, a natural sugar in the body. Hyaluronic acid retains vital hydrates that give our skin volume. Juvederm XC can return some of that lost volume and vital hydration to the skin. Juvederm XC is one of the most popular and highly regarded injectable fillers on the market, and is one that the doctor uses frequently.

“Juvederm is a product that I use to soften facial wrinkles and folds. It is a gel that is pliable – easy to shape and mold. The results often give patients a sense of regaining a more vital appearance,” says Dr. Hernandez

This dermal filler can be used all over the face, from frown lines to nasolabial folds, in lip augmentations, and in jawline corrections. The versatility of Juvederm XC makes it ideal for correcting and even eliminating the two vertical brow marks often called the “11’s,” the skin between the nose and eyebrows. Results from Juvederm XC can last up to a year.

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JUVEDERM VOLUMA XC®



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Juvederm Voluma XC® softens the signs of aging and returns the cheeks to a smoother, fresher appearance. Since its introduction, Dr. Hernandez has used Voluma XC as an effective filler in restoring the cheek area. Voluma XC is enriched with hyaluronic acid. It is a thick gel that is placed deep into the tissues. It is one of only a few products specifically approved by the FDA for deep injection into the cheeks.

“When performing an injection of Voluma XC, I am able to gently shape the cheek and plump it up. I am always aesthetically conscious of the cheeks’ natural loss of volume. The deeper injection of Voluma enables me to achieve a fuller restoration of that lost volume. Voluma is a valuable aesthetic treatment, and I am pleased to include it in my portfolio of injectables as I seek to restore volume to the cheeks and return some of that natural contour and robust vitality to the face,” says Dr. Hernandez.

The results of a Juvederm Voluma XC injection can last up to two years.



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RADIESSE®



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Radiesse is a volumizing filler that Dr. Hernandez frequently uses for patients who are seeking to erase or smooth out facial lines, folds, and creases. Radiesse is comprised of hydroxyapatite, a calcium-based substance, combined with a water-based gel.

Initially, Radiesse has the consistency of a rich white paste which Dr. Hernandez prepares and adds lidocaine, softening the point of application. The filler is injected deep into the subcutaneous layers of the skin providing an aesthetic effect which is almost immediately evident. The creases and folds are thus softened and lifted by the volume enhancement of Radiesse. Radiesse can be used in the indentations that appear at the corners of the mouth, the pre-jowling along the jawline, and in the hollow temporal area. It can also be administered by Dr. Hernandez to soften smile lines.

Dr. Hernandez also uses Radiesse for rejuvenation of the hands, hiding the tendons and veins that show more prominently as we age. The doctor injects Radiesse to replace that layer of fat that has diminished over time to return a more youthful look to hands. Results from Radiesse can last up to a year.



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RESTYLANE® / PERLANE®



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Restylane® has been recognized as one of the most versatile injectables on the market. Today, the Restylane family of fillers also includes Perlane, Restylane Silk, and Restylane Lyft. These smooth gels are enriched with hyaluronic acid, retaining vital hydrates that give your skin volume.

Restylane can be used to fill in the creases of the nasolabial folds and can return volume to the hollows in the temple region, when the natural fat pad diminishes. Restylane is also useful in correcting the sunken condition of the tear trough area in the lower eyelid.

Perlane has the additional advantage of having larger hyaluronan particles than those found in Restylane, making Perlane an ideal choice for deeper injections. Since Perlane is thicker in consistency and a longer-lasting filler it is often used in the corners of the mouth and in deep areas like the jawline and cheek area. This thicker composition and deeper injection combine to restore volume to these target areas. These products can last up to a year.



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SCULPTRA®



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Sculptra Aesthetic is unique among the selected products in Dr. Hernandez's portfolio of injectables. It is a volumizing dermal filler containing polylactic acid (PLLA). Like other dermal fillers, Sculptra fills in and smooths out lines and furrows of the skin. Yet, its effects improve with time because of the way Sculptra uniquely stimulates production of the body's own natural collagen. Sculptra is better than other injectables for treating broader areas of the face.

"A regimen of Sculptra applications corrects deeper skin volume problems that come from bone and fatty tissue loss. I use it to treat facial areas that hollow out early in life, most frequently around the cheek and temple. I use it to replace volume all over the face, on multiple levels. Because that's what makes us look old — losing volume at multiple levels in certain compartments of the face," says Dr. Hernandez.

A treatment with Sculptra Aesthetic does require a specific series of injections over time and a regimen of gentle self-massages of the face. Over the treatment period, Sculptra gradually restores significant robustness and volume to the cheeks. Its aesthetic rejuvenation can last up to two years.



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OTHER RESOURCES



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To better understand your options for facial rejuvenation, there is a vast amount of information available in print and online. In your research, be sure to consult reputable and reliable sources. Dr. Hernandez invites you to visit her own interactive website as well as the informative and respected sites listed below.

- Vivian Hernandez, MD, FACS
www.drhernandez.com
- American Society of Plastic Surgeons (ASPS)
www.plasticsurgery.org
- American Society of Aesthetic Plastic Surgery (ASAPS)
www.surgery.org
- RealSelf
www.realself.com