

FACIAL FEATURES

HAMILTON FACIAL PLASTIC SURGERY

SPRING 2004

Hamilton Facial Plastic Surgery Opens New Office

HAMILTON FACIAL PLASTIC SURGERY HAS MOVED into its new location on the St. Francis South Indianapolis Campus. Our new address is 5255 East Stop 11 Road, Suite 420, but our phone and fax numbers remain unchanged.



The 1,600 square foot office is specifically designed to best serve patients considering or undergoing facial cosmetic and reconstructive surgery. Patients enter a cozy waiting area designed to make them feel at home. Once in the office, exam rooms are furnished with comfortable padded recliners well suited for medical injections as well as post-operative care. Our

specifically designed room for facial photography offers the ability to take before and after photos as well as video imaging to record pre- and post-operative appearance. A minor procedure room also offers patients undergoing smaller procedures an alternative to the hospital.

Esthetic services including physician-strength chemical peels and microdermabrasion can also be performed in our office. In addition, a full line of non-commercially available, scientifically proven skin care products are available and on display.

If you are interested in visiting our office please contact our patient coordinator, April to schedule a complimentary tour, or you may accept our invitation to our Wine & Cheese Open House March 18 from 5:30 to 8:00pm. As the name suggests, wine and cheese will be available as well as the opportunity to meet Dr. Hamilton and our entire staff. ☺

Bring a Friend to Our Wine & Cheese Open House!

Thursday March 18th from 5:30 - 8:00 p.m.

Meet our staff • Complimentary Refreshments • Office Tour

Call April at 859-3810 to RSVP by March 15th.



All Attendees will receive a complimentary skin care product!



ABOUT THE DOCTOR

DR. MARK HAMILTON, M.D., F.A.C.S. specializes in Facial Plastic and Reconstructive surgery. He graduated Phi Beta Kappa from Indiana University where he received a Bachelor of Arts in Chemistry. He received his Doctor of Medicine from Indiana University and was selected for an AMA student scholarship while there. Dr. Hamilton

completed his surgical internship in 1993 at Methodist Hospital of Indiana. From 1993 to 1997 he completed his residency training in Otolaryngology-Head and Neck Surgery at St. Louis University. Dr. Hamilton then completed a fellowship in Facial Plastic and Reconstructive Surgery through Indiana University. His entire experience was in cosmetic and reconstructive surgery of the nose, face,

head and neck. Dr. Hamilton is board certified by the American Board of Otolaryngology and the American Board of Facial Plastic and Reconstructive Surgery. He has written articles and made presentations on a variety of topics including rhinoplasty, chin augmentation, methods of head and neck reconstruction, and the use of lasers. Dr. Hamilton is a clinical assistant professor at Indiana University and is actively involved in teaching residents the latest surgical procedures. He is also a fellow of the American Academy of Facial Plastic and Reconstructive Surgery and the American College of Surgeons. He is presently serving as Chairman of the American Academy of Facial Plastic Surgeons New Technology Committee. Dr. Hamilton will consult with patients who are in need of or who desire facial plastic and reconstructive surgery. ☺

First Line of Defense

What is the difference between UVA and UVB wavelengths?

The sun's rays consist of two types of harmful rays, UVA and UVB. UVB rays are the sun's burning rays and are the primary cause of sunburn and skin cancer. UVA rays penetrate the base layer of the skin and can also cause sunburn and skin cancer. Both UVA and UVB rays can cause suppression of the immune system, which reduces its ability to protect you from the development and spread of skin cancer.

What is an SPF?

The Food and Drug Administration developed the Sun Protection Factor of SPF to serve as a classification system. SPF numbers range from 2 to greater than 50. The SPF rating is calculated by comparing the amount of time it takes to produce a sunburn on unprotected skin vs. the amount of time needed to produce a sunburn on skin that is protected using sunscreen. The SPF number serves as a multiplier, allowing a person to prolong their exposure to the sun. For example, if it took a person with unprotected skin 10 minutes to burn, using a sunscreen with an SPF of 15 would allow the person to multiply that initial burning time by 15, meaning one could remain in the sun for 150 minutes before burning. To choose the right sunscreen for you, take a look at our four different kinds of sunblock from SkinCeuticals®.

These sunblocks provide true broad-spectrum UVA/UVB protection. This revolutionary line contains Z-Cote®, transparent zinc oxide, which protects skin from the damaging UVA rays proven to be responsible for premature signs of aging. Unlike the pasty white zinc oxide sunscreens of the past, SkinCeuticals sunblocks are cosmetically elegant and all-encapsulated, which means increased protection using fewer sunscreen ingredients, reducing the chances of irritation. ☺

Daily Sun Defense SPF 20

Optimal for daily use, this state-of-the-art, broad-spectrum sunblock contains 5% transparent zinc oxide to help protect against the damaging effects of UVA and UVB rays.

Ultimate UV Defense SPF 30

Ideal for daily use, and perfect for high-altitude climates.

Physical UV Defense SPF 30

Optimal for sensitive or traumatized skin and safe for children.

Sport UV Defense SPF 45

For people with active lifestyles, this true broad-spectrum sunblock is waterproof and sweatproof to deliver maximum protection during high-energy activities.

Esthetician offers extensive range of services

Nathan Vowels is a board certified esthetician who diligently strives to achieve excellence in the care of his patients. As a licensed esthetician he performs various procedures such as TCA peels, Microdermabrasion, Laser Hair Removal, Dermaplaning (removal of dead surface cells), MicroPeels, MicroPeel Plus, and other ancillary aesthetic services.

Nathan has completed education classes in Lumenis Intense Pulsed Light and Laser Applications, Lumenis LightSheer Diode Laser, Lumenis Versapulse Aesthetic Laser

System, Physician's Choice of Arizona products and chemical peels, Jan Marini Skin Research products and chemical peels, and SkinCeuticals advanced esthetics training. He has successfully completed the La Roche-Posay Clinical Care training and is certified to provide La Roche-Posay medical skin care products.

Nathan can help you decide what skin care treatments would be best for your skin type as well as what products would work best with your at-home skin care regimen. To set up a free consultation to talk with Nathan on product recommendations and treatment information, please call our office at 317-250-0097. ☺

Spring Special!

To celebrate our new office and to thank you for your continued support, we would like to offer you a complimentary skin care consultation and \$25 off your first skin care treatment. Please call Nathan at 317.859.3810 as appointments are booking quickly.