

RESTORE YOUTHFUL FACIAL CONTOURS WITHOUT SURGERY

“It is always a pleasure to help my patients show the same vibrant, energetic outward appearance to the world that they feel on the inside,” comments Alexandra Kostick, MD, FACS, FRCS, of Atlantic Aesthetics. “When the march of time leaves its telltale traces on the face in lines of expression or reduced volume and smoothness of facial contours, many people consider rejuvenation techniques but are hesitant to pursue such measures as surgical face-lift or abrasive resurfacing to achieve a more youthful look. I am always happy to inform my patients about advances in facial rejuvenation that provide a fuller, firmer, smoother appearance without the need for such procedures.”

Diane used to hate what looked like smoker’s lines around her lips — especially since she’s not a smoker. Thanks to Restylane injections skillfully placed by Dr. Kostick, those lines are gone.

capture a more youthful appearance. We have had excellent results with both these approaches.”

Instant improvement

“I don’t smoke,” says 54-year-old Diane Benson, “but I developed those fine lines above my mouth that are characteristic of smokers. My mother had them, and I had them too, and I hated them.”

“I used to work for a dermatologist, and my employer tried to help me with peels and dermal abrasion — essentially sanding down the skin on my upper lip — but nothing worked.”

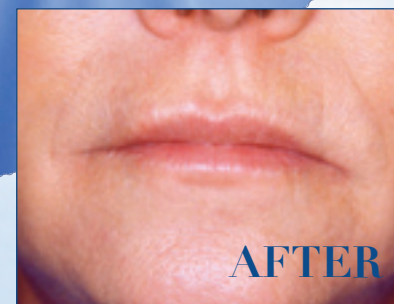
Diane had all but resigned herself to those hateful lines by the time she took a job as front office supervisor in Dr. Kostick’s office.

“I saw patients with the same lines I had, and some with lines even more pronounced around their eyes and mouths,” recalls Diane. “Dr. Kostick used Restylane injections to help those patients restore and rejuvenate their appearance, and their results were pretty remarkable.”

“I was a little afraid to have injections,” Diane ad-

mits, “but when I talked to each of the patients after their procedures, I would ask if there was any pain involved and they all said Dr. Kostick kept them very comfortable. As I saw one success after another, I thought to myself, *Why am I not jumping on this bandwagon?* Finally, I decided to approach Dr. Kostick about my irritating lines, and she agreed to treat me.”

Diane says she welcomed the warm and caring bedside manner all of Dr. Kostick’s patients experience. “I can honestly say I would consult Dr. Kostick about any procedures before I would consider seeing someone else,” says Diane.



BEFORE AND AFTER PHOTOS COURTESY OF ATLANTIC AESTHETICS

was easily covered with makeup.

“What was really amazing is that I noticed my results instantly. The day after my treatment, those lines were gone.”

Diane acknowledges that she wanted the lines around her lips treated more as a confidence builder than a rejuvenation. Still, she says, it gives her a boost when people tell her how nice she looks. “Even my husband loves my new, smooth look,” she relates. “He never really noticed the lines because he sees me all the time; they were just part of me. But now that the lines are gone, he appreciates what Dr. Kostick has done for me, too.”

A more youthful you

Dr. Kostick offers a number of rejuvenation techniques to help restore your youthful appearance. Atlantic Aesthetics shares an office with Atlantic Eye Center at **3 Pine Cone Dr., Suite 104**, in Palm Coast. Please call **(386) 446-9590** to schedule a consultation.

TWICE ✿ SATISFIED

“I’m Dr. Kostick’s office manager, and I make it a point to be aware of all the products and procedures available for improving appearance without surgery,” says Claudia Hart. “In fact,” she adds, “because I am in Dr. Kostick’s office, I’m one of the first people to know about the extensive research and training Dr. Kostick does in rejuvenation techniques and which ones she considers safe and effective enough to offer in her practice. That means I’m often one of the first patients to benefit from them.”

Claudia says this serves two purposes. “First, I’m always on the leading edge of rejuvenation techniques in maintaining my own appearance, and that is reassuring for our patients,” she acknowledges. “It’s like going to a dentist’s office — it would be difficult to trust a dentist whose hygienists and dental assistants had poor dental health. I work with the public

to treat my lines with a new dermal filler she had introduced to the practice — Juvéderm — and see how it compared to my results with Restylane.”

Claudia reports that she was intrigued by Juvéderm because it is an injectable gel, which lowers the risk of creating a rough, bumpy surface in the treatment area. Its effects are also longer lasting than many other dermal fillers.

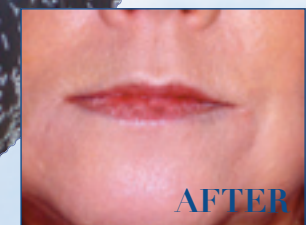
animal products, so no pretesting is required prior to treatment.

Hyaluronic acid is a naturally occurring substance in the human body that helps to hydrate and volumize the skin. It is also used to treat arthritic joints and to aid in wound repair. Hyaluronic acid is liquid in its natural state. Juvéderm uses cross-linked hyaluronic acid that creates a smooth consistency injectable gel that reduces the chances of leaving a bumpy texture at the injection site.

Claudia benefited from Restylane injections last year and decided to treat her marionette lines with Juvéderm this year. “Dr. Kostick’s skill and careful research ensured that each approach delivered the results I wanted,” says Claudia.



BEFORE AND AFTER PHOTOS BY AERISSA JOHNSON



every day, so I’m really aware of people’s impressions when they come in.

“Second,” Claudia continues, “because I have used the same procedures that Dr. Kostick’s patients are seeking, I can share my own experiences and set people’s minds at ease if they are anxious about discomfort or unsure about what to expect.”

Now 52, last year Claudia was interested in smoothing the appearance of the nasolabial lines that had formed between the base of her nose and the corners of her mouth and the marionette lines that ran from the corners of her mouth to her chin, so Dr. Kostick treated her with Restylane injections to help ease them.

“I was happy with my results with Restylane,” says Claudia. “They were a comfortable and cost-effective way to improve my appearance, and even though they are not a permanent solution my benefits lasted a long time.”

“This year,” notes Claudia, “I wanted Dr. Kostick

“The manufacturers claim that Juvéderm is more effective for people of color,” notes Dr. Kostick, “but I have placed Restylane injections as well for patients with a variety of skin coloration with great success.”

For Claudia, Juvéderm offered painless and pronounced results in lightening the appearance of her facial lines, and those improvements were immediately apparent.

“I’m very pleased,” she affirms, “particularly because Juvéderm diminished my deep lines without giving my face a distorted, puffy appearance. People who know me comment that I look really good but admit that they can’t quite identify what is different lately, and that’s exactly what facial rejuvenation should accomplish: a natural, unobtrusive improvement.”

at the injection site; most subside in seven days or fewer.

Juvéderm is the first FDA-approved hyaluronic acid dermal filler to prove its safety and effectiveness in people of color. **FNCH**—Billie S. Noakes



Alexandra Kostick, MD, FACS, FRCS
 • Certified, American Board of Ophthalmology
 • Medical degree, University of Manitoba, Winnipeg
 • Mixed surgery internship, St. Boniface Hospital, University of Manitoba
 • Ophthalmology residency, University of Saskatchewan, Saskatoon
 • Fellowship trained in ocular pathology and intraocular lens research, Storm Eye Institute, Medical University of South Carolina
 • Fellowship trained in cornea/external disease/refractive surgery, University of Missouri, Columbia
Fellow
 • American Board of Ophthalmology
 • American Academy of Ophthalmology
 • American College of Surgeons
Member
 • American Academy of Cosmetic Surgery
 • American Society of Cataract and Refractive Surgeons
 • American Academy of Aesthetic Medicine
 • Castroviejo Corneal Society
 • Flagler County Medical Association
 • Florida Medical Association

ABOUT Restylane®

Restylane is a cosmetic dermal filler that introduces nonanimal stabilized hyaluronic acid (NASHA) beneath the skin with an ultrafine needle to smooth moderate to severe facial wrinkles. It has been used worldwide by dermatologists and plastic surgeons since 1996 and has a highly favorable safety profile. Restylane is not derived from animal products, limiting the risk of allergic reaction to animal proteins. The use of Restylane requires no pretesting, but patients are advised to avoid using aspirin, nonsteroidal anti-inflammatory drugs, St. John’s wort, or high doses of vitamin E supplements prior to treatment, as these may increase the risk of bruising or bleeding at the injection site.

Restylane is delivered in a clear, granulated gel that gently raises the depressions on the surface of the skin, yielding a smoother, more youthful appearance. It is injected in tiny amounts using an ultrafine needle to minimize discomfort, and a mild anesthetic can be used to further reduce sensitivity prior to treatment. Injections are placed in the comfort of the doctor’s office in as little as 15 minutes, and results are almost immediately apparent.

Side effects may include temporary redness and swelling at the injection site, which typically disappear in fewer than seven days.

Restylane’s beneficial effects have been shown to last about six months, and treatments are typically repeated at six-month intervals.

I’m interested! Please send information and contact me about the following:

- Sculptra
- BOTOX
- Juvéderm
- Restylane
- Thermage
- Permanent makeup
- Chemical peel
- Mesotherapy
- Laser facial rejuvenation
- Laser hair removal



Name _____
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 E-mail _____

Please mail to: Dr. Alexandra Kostick, Atlantic Aesthetics, 3 Pine Cone Dr., Suite 104, Palm Coast, FL 32137