

Start Now for Wedding-Perfect Skin

- **When you are about 6 to 8 months away from your wedding day**, make an appointment at our office for a consultation with Dr. Duffy. You'll get a smart assessment of your skin and ways to maximize your result over the next few months.
- **Before your appointment**, pencil out a list of what bothers you most about your skin. Stand by the mirror. Be honest but realistic. Ask a friend to help you be objective.
- **After your consultation**, our staff can help you sketch out a timeline for treatments. You will need to allow time in between office visits for your skin to respond to treatments and for your at-home products to work.
- **Schedule a few appointments ahead** to keep yourself on track towards your goal.



Are Your Bridesmaids Photo-Ready?

No doubt the girls in your bridal party would like to look their best in photos on your wedding day and the social stuff leading up to it. There are many affordable, safe and effective options for bridesmaids (and mother-of-the-bride) to pamper and refresh their faces.

- **Organize a private office party** for you and your girls just before the big day. Light freshening peels and Botox will get them looking their best. Ask us for details.

About Dr. Duffy

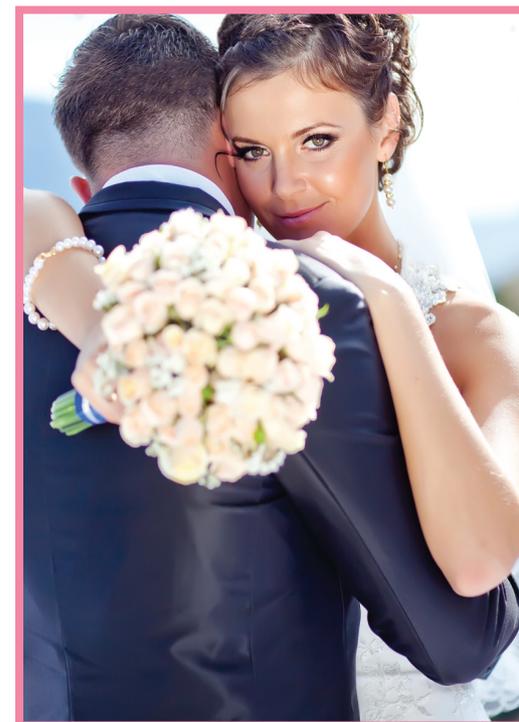
A graduate of UCLA School of Medicine, Dr. Duffy is an internationally-recognized author and lecturer on the treatment of veins, injectable fillers, peels and laser technique. With a large, loyal patient base in the South Bay, Dr. Duffy pairs state-of-the-art aesthetic technologies with long-established medical judgement to provide prettier, healthier skin to patients of all ages. His expertise in vein treatment draws doctors from across the globe to observe and learn in his office. Throughout his career, Dr. Duffy remained dedicated to treating underserved patients at county hospitals in Los Angeles. He is active in many dermatological associations, a founding member North American Society of Phlebology and American Society of Dermatological Surgery. His involvement in physician training at UCLA, USC and UC Irvine spans two decades.

Our Philosophy

We put the latest therapies and decades of clinical experience to work to restore your skin. The judicious use of rejuvenating procedures and protocols can help you look your radiant best at any age. We advocate gentle, steady, minimum risk/maximum results procedures backed up by at-home regimens to maintain improvements that are aesthetically correct. Our goal is to keep our patients looking fresh, natural, expressive and age-appropriate. We encourage you to transcend the medi-spas and doctor mills and seek out the most efficacious, professional dermatologic care. Since cosmetic dermatology is an evolving subspecialty, placing yourself in the care of a conservative, experienced specialist will keep you clear of fads, quick-fix, unproven technologies and give you the best results. **Go to www.drdauidmduffy.com to learn more about the practice.**

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A Better You on Your Wedding Day



Every Bride's
Step-by-Step Guide
to Perfect Skin

David M. Duffy, M.D.
Board Certified Experienced State-of-the-Art

The wedding date is set but is your skin perfect enough for high-definition photography? No worries. There are so many gentle, effective, affordable therapies to get you looking like your best self in the months leading up to wedding day. David M. Duffy, M.D. and his seasoned medical staff will create an integrated plan to refresh and restore your skin. There is help for all brides, all ages. It's a simple method from a knowledgeable professional group with decades of experience so you can relax and enjoy. Have a look.

Got pigment? What about rough patches? Is your skin becoming lax or sallow?

Begin about 5-6 months ahead to address stubborn pigment, sun or age spots, melasma from hormones, deeper wrinkles, etc. We will put our extensive laser center to work for you, combined with in-office treatments, peels and at-home topicals, to address brown spots, and improve skin texture, etc. Ultrasound and radio-frequency technologies are terrific for firming and building collagen, but the process of re-collagenization can take a few months to reach the full result. It's great to start early. It gives you so many more options.

Some possibilities: Fraxel Restore, Photofacials, CO2 laser, Q-Switched laser, Ulthera for face and neck, Pelleve radio-frequency for brows and periocular lines, dermaroller, a series of proprietary medium peels for incremental improvements.

4 Time to tackle spider veins and stretch marks. You couldn't be in better hands.

Dr. Duffy is a master injector; his protocols are used by physicians around the world so you're assured of the best treatment. So let's start making your legs "honeymoon ready." Give stretch marks the boot with several new technologies. These can be pesky to get rid of totally but we've seen substantial improvements. Start now amping up your sun protection for body and face. We don't want to lose the progress you've made. And think about hand rejuvenation. Delicate hand skin shows the years sometimes even more than the face does.

Some possibilities: Dermapen; hand rejuvenation, injection and laser treatment for spider veins, Pelleve radio-frequency for hands and face, continue Fraxel and IPL for pigment and texture issues.

5
months prior

Follow-up appointments. Keep up with your at-home program and get tough on Acne and Rosacea.

In month 3, you will need appointments to follow-up on the work done previously on pigment, wrinkles and laxity. Now is a wonderful time for photofacials (IPL) for your face and also your decollete, if your dress is a bit revealing at the neckline. If you suffer from Acne, now or in the past, or from Rosacea, you need to dig in and get busy. Acne pits and scars respond well to Dermapen treatment, as well as to CO2 lasers and FRAXEL. You might want to begin IPL Intense Pulsed Light treatment for Rosacea now. 30's and 40's brides may want to pay attention to the beginning of sagging on the upper lids and brows. Pelleve is your friend for this. Our patients just love Pelleve. It's so relaxing.

Some possibilities: Dermapen and Dermaroller, lasers and FRAXEL for scarring and imperfections; spider vein treatment and hand rejuvenation continues, Pelleve radio-frequency, IPL.

3
months prior

2 Focus on volume issues now. That means fillers. There are so many wonderful ones to work with.

40's-plus brides may want to consider a "Liquid Lift" of sorts to volumize their central face and remove fine lines as well. Another idea is Platelet Rich Plasma (PRP) which plumps you up using your own native tissue. Fillers make a huge difference for most everyone. Many brides start now with the Beauty Mouse home therapy to smooth imperfections on the body, arms and legs. Got skimpy lashes and brows? Give them a boost with Latisse. Younger brides begin now with a couple of proprietary peels. And be diligent with sun protection everyone, from now until wedding bells chime!

Some possibilities: Our own "1-2-3" at-home regimen of bio-engineered cream, brighteners plus vitamin A & C preparations. Sculptra, Latisse, PRP, Vi Peel, Clarisonic, Beauty Mouse.

30 days left. Time to do the surface work to smooth, exfoliate and relax.

1
month prior

Light peels are a terrific way to put the finishing touch on your face, cleavage, back, etc. And you can't go wrong with SILKPEEL dermalinfusion therapy. Consider SILKPEEL "breakout insurance" for oily skins. If you're getting stressed, you certainly don't want your skin to show it. Go on "Rosacea Watch" if you are a sufferer, to prevent flareups while the clock ticks toward the big day. Time for Juvederm or Radiesse to KO crowsfeet, contour the central face and plump up lips for a sexy pout. Add Botox to open up the brow area. We promise to keep you expressive for the photographer. Grab a Glytone KP kit to smooth tiny bumps on upper arms and rough skin on your elbows. Remember, you have "a right to bare arms" ONLY if you take good care of them.

Some possibilities: SILKPEEL hydrating/exfoliating/clarifying, IPL for Rosacea, Dermal levelling for great makeup application, Botox, Lip fillers or Pelleve natural plump-ups, light freshening peels, Glytone KP kit.