



You deserve the best and so does your skin

Fall News Blast from Presidio Dermatology!

Fall 2014

In This Issue

New Wednesday Evening Hours!

INTRODUCING TEEN NIGHTS!

How Can I Be Gorgeous When Springtime Rolls Around?

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INTRODUCING TEEN NIGHTS!

Wednesday nights from 6-9 PM on the following dates:

October 15
October 22
October 29
November 5
November 12
November 19

Bring your teen in for discounted peels and facials, and they will get professional medical advice, tailored to their specific needs!

Please call our office, 415-933-8490 to set up an appointment.

NEW Wednesday Evening Hours!

Wow! It is rapidly turning into fall!

Dr. Camarillo will be out on Maternity leave until mid-January, and Dr. Kaymen will be holding down the fort.



We are offering evening hours on Wednesdays starting mid-October until Thanksgiving. Dr. Kaymen will be in the office those evenings, along with some special guests from UCSF! We have two top-notch residents from their Dermatology program seeing patients on Wednesday evenings alongside Dr. Kaymen. Call us at 415-933-8490 to make your appointment.

We are going to pilot a special **teen skincare clinic** in addition to all that we regularly do, so please see below if you have teenagers!

INTRODUCING TEEN NIGHTS!

Wednesday Nights 6-9 PM through November 19

Wednesday nights from 6-9 PM we are trying out a **special teen skincare clinic**, intermixed with regular patients.

The music will be hip, the doctors and staff will be in jeans, and it's going to be fun!



Along with seeing teens for acne office visits, we are also offering some special acne treatments:

- **Light acne peels for only \$25.** The peels use either low strength salicylic or glycolic acid.
- **Acne facials for only \$25.** During these very gentle acne facials, we will warm the skin with a scented washcloth and then do extractions. This is wonderful for kids with active acne who are desperate to have some of those pimples go away FAST.

The combination of extractions and then a peel can be especially effective. Please note that these peels and facials are not covered by insurance.

- **Professional Advice.** Our doctors will also teach your teen how to wash their face, and will discuss over-the-counter medications for acne -- what is good, what is bad, and most especially how to care for their skin.

Sign up Now and Join in on the Fun!

Please make an appointment with Alyssia at our front desk, 415-933-8490. New patients are welcome, but please first check with us about insurance. Acne office visits are usually covered by insurance, but the peels and facials are not.

How Can I Be Gorgeous When Springtime Rolls Around?!

First -- continue to use sunscreen at all times. No reason to let up, because there is still skin-damaging ultraviolet light out there. Fall and Winter is a great time of year for laser work and/or some of our more aggressive lightening medications.



IPL before and after

Take your hands as an example: are you seeing brown spots you don't like? Come in and we will zap them for you using IPL (intense pulsed light). Note that your hands cannot be tan during an IPL treatment. The charge for IPL starts at \$150 (on average \$200) for both hands, and we can typically treat as many spots as you have. Please plan carefully before your IPL treatment because you will typically get

crusting and peeling for up to a week following! Please call Alyssia at our front desk for an appointment, 415-933-8490.

Now -- about your face.

We can also do IPL on brown spots on your face. Just as with hands, the separate charge for a facial IPL starts at \$150 (on average \$225-\$250). If you want the effects of IPL to last, it's very important to use really good sun protection all winter and beyond.

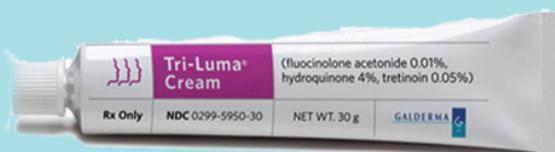


Before IPL

After IPL

Lightening medications are also an option. Many times we also place people on lightening medications for the brown spots *in addition* to doing the IPL.

Want to do something, but not IPL? We carry Tri-Luma here, which is a cream that does lighten spots. It takes several months to get a result (vs. one week with IPL), but it is often very effective. Note that Tri-Luma can be irritating and hard to use over the whole face, which is why Tri-Luma works best when you have specific spots that need treatment.



Our price for a big tube of Tri-luma is \$140, and that size should last you all winter. Stop by our office to purchase a tube, or call Alyssia if you have questions, 415-933-8490.

Spread the Word About Presidio Dermatology!

Please spread the word about our new teen skincare clinic. If it is successful we will try and keep it up after November 19. And if you show up on a Wednesday night and it seems more casual than usual, don't be surprised!

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