

Welcome Letter



Welcome to the fall edition of McLean Clinic's semi-annual newsletter! You'll find great tidbits and information about the exciting world of cosmetic surgery, and perhaps as important, an invitation for you to join us for our Client Appreciation Night on October 22nd, 2009! See the back cover for more details!

In this edition we are emphasizing the most important of all our features: the FACE. The face we have as a baby or even as a teenager is vastly different from the one we have in our retirement. As our skin ages, it thins, losing elasticity. The fatty tissues that give us shape shift, and we lose volume in some areas and gain it in others. Gravity, genetics, hormones, the environment, stress and lots of other factors change us inevitably. Medical aesthetics and surgical procedures are available to help us all age gracefully! We can slow the rate of change, and oftentimes restore its adverse effects. Our emphasis is always on keeping you looking normal, but better!

THE MAN OF 10,000 FACES



Dr. Hugh McLean, FRCS(C)
Plastic Surgeon

Dr. Hugh A. McLean

is a plastic surgeon specializing in cosmetic surgery for over 25 years. We are pleased to announce that the McLean Clinic is currently celebrating its 20th anniversary in providing exceptional cosmetic treatments and services to men and women all over the country. Over the last 20 years at the McLean Clinic, we have had the pleasure of enhancing and improving the appearance of over 10,000 faces! Dr. McLean's revolutionary procedures allow our patients to look and feel better with ease and comfort!

Here's what our patients have to say about Dr. McLean's unique skills:

"It's amazing! I've hardly had to take pain killers at all. I can't get over this!"

Facelift & Breast Reduction Patient,
1 Week Post Surgery

"I can't believe how easy this was!"

Tummy Tuck Patient, 2 Days Post Surgery

We've followed many of our patients throughout the years, helping them maintain their desired looks as their lifestyles have changed. Dr. McLean takes great pride in his work and knows the surgical process not only affects the surface: results are felt psychologically and have a lasting impact on a person's attitude and well-being.

Dr. McLean is certified as a specialist in plastic surgery by the Royal College of Physicians & Surgeons of Canada and the American Board of Plastic Surgeons, Inc. He graduated from the Faculty of Medicine, University of Toronto and completed specialized training in plastic surgery in Toronto and cosmetic surgery in Miami. He has been on staff at the Trillium Health Centre since 1980 and is former Chief of Plastic Surgery at the Mississauga Hospital. ☺

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Your Face: Keeping Up With Your Lifestyle

With over 25 years experience in Plastic Surgery, Dr. McLean is truly the man of 10,000 faces! He has used techniques such as Botox and fillers since their discovery. He has followed the development of technology and surgical techniques, and has developed procedures to fit the needs of his clients.

YOU ONLY HAVE ONE FACE - MAKE THE BEST OF IT! How you follow this philosophy depends on your own lifestyle, values and aims for your personal success in life.

The **young face** requires maintenance, prevention and care of those annoying problems that make teens cringe when they look in the mirror. Our medical aesthetician, Miriam, can put you on the right track from your teens into old age! Teens may also benefit from surgical procedures to improve features such as the nose and ears.

The **twenties and thirties** are a time when you may be developing a career, looking after

the family, and trying to enjoy your leisure time. During these decades you may begin to notice some adverse effects of a lifestyle that involves thinking about others more than yourself, some dietary or other habits that are detrimental, hormonal changes, the effects of pregnancy, and bodily changes that just don't seem to respond to diet and exercise programs.

During these decades maintenance of good skin quality is paramount. Skin care, light therapy, microdermabrasion, chemical peels, Botox and fillers - these may all contribute to continuing your youthful look into middle age. Non-invasive skin tightening procedures, treatment of veins, skin discoloration and unwanted hair may also help. You may also be considering a breast lift, reduction or enlargement, liposuction or even a tummy tuck. Some begin to think of "maintenance" facelifts or of having procedures they've always wanted such as nose or ear reshaping.

Your lifestyle changes as decades go by. Certainly the **forties and fifties** are a period where this may be particularly noticeable. As children grow up, both family and personal priorities change. You may find opportunities to think about your own goals for success going forward. Even if you have maintained the quality of your skin, you may want to supplement your skin treatments with Botox or Juvederm for developing lines and wrinkles and for volume losses that occur in faces during these years. When you see jowls and neck looseness in the mirror, you know you are ready for a facelift! Treatment of eyelids and brows may be appropriate as well. This is also the most common time of life for tummy tucks and breast enhancement. Combining procedures such as these is oftentimes referred to as a Mommy Makeover.

As we move into our **sixties and beyond**, we begin to think of yet more lifestyle changes with retirement or even a further career.



We realize that at all ages our appearance is important! Maybe you find the mirror unfriendly or dislike your photographs. You may perceive the effects of aging more acutely and facial enhancement may become even more of a priority. We have facelift clients even into their eighties. These are often people who want their appearance to correspond with good health and a great outlook.

Although cosmetic procedures can't stop the aging process, at McLean Clinic we can slow down the rate at which it transforms your face and body with ease all the while maintaining the natural look you desire.

Book your FREE consultation with Dr. McLean to learn more!



Miriam Denham, Skin Care Specialist

FACT or FICTION? The Truth About Laser Skin Resurfacing

With thousands of skincare products and treatments available, it's easy to believe quality skin care comes in a bottle. Using a medical-grade skin care line regularly such as Obagi's NuDerm can help us maintain the look of supple skin but oftentimes, like our vehicles, a skin "tune-up" is required to achieve optimal results. The phrase "laser skin resurfacing" has become increasingly popular in the last few years with the development of innovative technologies such as ProFractional™ to combat problems such as lines, wrinkles, dark spots and acne scarring. Many people however are still frightened by the word "resurfacing" and associate procedures such as these with pain, redness, swelling and irritation. Others assume they would have to barricade themselves indoors for weeks if they ever thought of undergoing a skin resurfacing treatment.



At McLean Clinic we welcome the opportunity to dispel some of the laser skin resurfacing myths you may have fallen for and offer you a treatment program that is not only comfortable but can also dramatically improve wrinkles, scars and sun-damaged skin with little-to-no downtime!

MYTH: Wrinkles are a result of dry skin.

The lines and wrinkles that develop over the years and cause you great aggravation when you look in the mirror each morning are a result of a number of factors including stress, sun damage, smoking and the aging process. Laser skin resurfacing such as ProFractional™ stimulates production of new collagen, plumping up the skin and smoothing out wrinkles, lines, scars and other irregularities.

MYTH: Laser resurfacing is excruciatingly painful and I won't be able to return to work for several days.

This may have been true in the past but breakthroughs in technology have resulted in treatments that are quick and comfortable. ProFractional™ uses a laser microbeam to treat thousands of pinpoint areas of your skin. And because only a fraction of the skin is directly treated with the laser, healing time is quick and downtime is short. Immediately following the procedure you may experience a light sunburn sensation. Complete healing takes only about 1 to 3 days and most patients can get back to work and apply makeup within 1 to 2 days after the treatment.

MYTH: Laser Resurfacing procedures are one-time treatment sessions.

Although some improvement may be seen after just one laser skin resurfacing session, most people require ongoing visits for maximum results. ProFractional™ is typically done in a series of 1 to 4 treatments spaced 3 to 6 weeks apart. Treatment plans are personalized and based on the level of improvement you desire.

MYTH: Only fair-skinned people can be treated using laser skin resurfacing.

Most skin types can be safely treated. Studies show that ProFractional™ can treat darker skin types without pigment changes. It is recommended that a test spot be performed on darker skin type patients first.

To learn more about laser skin resurfacing and ProFractional™, book your **FREE** consultation today with our Skin Care Specialist, Miriam. Hurry in to take advantage of our sale below!



Dear Ann:

I have been seeing a lot of magazine advertisements lately about the Soft Lift™. Can you tell me more about this procedure?

Q: What is the Soft Lift™?

A: Soft Lift™ is a new treatment that combines the benefits of BOTOX® along with the dermal filler Juvederm to address multiple signs of aging at the same time, for an overall refreshed look that is subtle and natural looking.



Q: What can a Soft Lift™ do for me?

- Can give you a gentle lift of your overall facial features.
- Can reduce your wrinkles, lines or the appearance of folds.
- Can restore the natural contours of your face.
- Can give you a more rested, energetic look.
- Can give you a friendlier smile.

Q: Am I a good candidate for a Soft Lift™?

A: Over the years the skin tends to lose collagen and elastin, which can contribute to sagging features. The loss of the skin's volume and elasticity can cause wrinkles, lines and folds. Botox is used to treat the lines around the eyes and forehead that tend to make us look tired and angry. Juvederm is used to treat lines around the mouth and to restore the loss of fullness that can occur with aging in the cheeks, lips and chin. If you feel that your skin has lost volume and elasticity, then you are a good candidate for a Soft Lift™.

Q: Is there a cost-savings if I have a Soft Lift™?

A: Yes, most definitely! When compared to individual Botox and filler treatments, savings with the Soft Lift™ can range from \$1200 to \$1800. The initial consultation is free and follow up treatments are included. Call McLean Clinic at 905-273-4888 to find out more and book your **FREE** consultation with me!

POST PREGNANCY POUCH?

At the McLean Clinic, Dr. McLean has perfected **The Mommy Makeover**, a surgical approach which treats the breasts and tummy areas to address the problems arising from pregnancy, nursing and the physical toll of motherhood.

4 Months Post Op Breast Augmentation, Breast Lift & Tummy Tuck

Dr. Hugh A. McLean, FRCS(C) Plastic Surgeon

MCLEAN CLINIC COSMETIC SURGERY

www.themommymakeover.ca

SPECIAL NEWSLETTER OFFER!

\$200 OFF*

YOUR PROFRACENTIAL TREATMENT

*Offer expires November 30th, 2009
Not to be used in conjunction with any other offer. 1 coupon per client.

event



Man of Faces
10,000
Dr. Hugh McLean



We are inviting you to

THE MCLEAN CLINIC ANNUAL CLIENT APPRECIATION NIGHT

Thursday October 22nd, 2009

Location | Novotel Mississauga, Paris Ballroom,
3670 Hurontario St. (adjacent to McLean Clinic)

From 5 p.m. to 9 p.m.

RSVP by
October 5th at
905 273 4888 or
info@mcleanclinic.com

**FIRST 500
ARRIVING GUESTS
RECEIVE A FREE
MCLEAN CLINIC
GIFT BAG!**

Bring a friend or relative who is not already a client and you will both receive a discount certificate* for all non-surgical, medical aesthetic treatments, including Botox and/or dermal fillers.

*You must be medically suitable for these treatments as determined in a free consultation; not to be combined with other discounts, promotions and/or specials.

GUEST EXPERTS

Federico & Joseph Bumbaca
Rico of Italy Hair Design

Dr. Dale Schisler
Cosmetic Dentistry Expert
Hopedale Dental Clinic

Gerri Yarde & Richard Jones
Fitnique Wellness Centre

SPECIAL FEATURE



Korby Banner
Celebrity makeup artist as seen on TV's *Style By Jury*

MCLEAN CLINIC
COSMETIC SURGERY &
MEDICAL AESTHETICS

CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Addressed Admail		Médiaposte avec adresse
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