

## JONATHAN H. SHERWYN, M.D., F.A.C.S CERTIFIED, AMERICAN BOARD OF PLASTIC SURGERY



**SPRING 2016 In This Issue:**

**WHAT'S NEW**

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**"BEFORE YOU CONSIDER...KNOW THE FACTS"**  
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**TIFFANY M. RICE, N.P.**  
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Hello! We hope this newsletter finds you well. Spring has sprung and so have some exciting new things at our office. Welcome to another edition of our quarterly newsletter. We like to stay in touch with our patients about the latest techniques and offerings from our office. If you misplaced an email you now have access to all our past newsletters and promotions **HERE**. We look forward to seeing you in the near future.



## BEFORE YOU CONSIDER... KNOW THE FACTS

**Lower Blepharoplasty** rejuvenation of the lower eyelid may be approached through a variety of techniques and therapeutic options largely dictated by the individual's specific needs. This is in contradistinction to the upper eyelid where the technique used is largely singular and consistent. Lower eyelid procedures include the transcutaneous, or external, approach to skin, muscle and fat pads, the transconjunctival, or internal, approach to fat pad reduction and/or reposition with/without resurfacing, and a relatively more recent technique referred to as pinch blepharoplasty. The external, or transcutaneous, approach entails the use of an incision just below the lower lashes. Through this incision, excess skin and muscle may be removed and excess fat removed or re-positioned. However, once again, a careful evaluation is required in order to determine the individual's needs.

**Upper Blepharoplasty** removes the excess fat and lax, drooping skin of the upper eyelids. Particular attention must be given to providing for clean, crisp, symmetric upper eyelid regions with an indiscernible resultant line of closure. However, a careful examination is required in order to determine an individual's need for a brow lift, upper blepharoplasty, or both.

**Jonathan Hilton Sherwyn, M.D., F.A.C.S.** is certified by the American Board of Plastic Surgery - the only board recognized by the American Board of Medical Specialists to certify plastic surgeons. Dr. Sherwyn has extensive experience in performing many aesthetic procedures. His sensitive treatment of all patients accounts for his national and international clientele.

## SKIN RESURFACING

Resurfacing is an umbrella term that encompasses a number of therapeutic modalities. Included among these are chemical peels, dermabrasion and laser resurfacing. Each may be used on the entire face, albeit with exception. These procedures, performed alone or in concert with other rejuvenative procedures, provide significant and long-lasting improvement of sun damaged, unevenly pigmented or coarsely wrinkled facial skin.

With that in mind, please select and read from the list of procedures delineated below:

- [Chemical Peels](#)
- [Dermabrasion](#)
- [Laser Resurfacing](#)

## SURGICAL SUITE

Our office maintains an on-site surgical suite for your comfort, convenience, privacy and complete safety. This facility has been fully accredited by The Joint Commission on Accreditation of Healthcare Organizations (JCAHO), an organization dedicated to raising the level of safety and quality of care in all health care settings. Since 1951, JCAHO accreditation has been recognized as the gold standard in health care.



Can't make it to the city?  
*We have a Greenwich, CT office. Dr. Sherwyn sees patients Wednesday evenings at:*  
**2 1/2 Dearfield Drive**  
**Greenwich, CT 06830**  
**Phone: 212.517.2700**

## TIFFANY M. RICE, N.P.

Always remember, as you increase your outdoor activities, you need to increase your usage of sunscreen, too. Try an SPF 30 or more and reapply throughout the day. Our goal is to help you put your best face forward. I will work with you in finding the best customized treatment plan available while understanding your skin type and specific needs. Popular treatments include:



- Botox/Dysport
- Dermal Fillers: Juvederm Ultra Juvederm, Ultra Plus, Voluma, Restylane Silk, Restylane Lyft & Radiesse
- Chemical Peels
- Microneedling
- PRP; Selphl
- Ultherapy

Tiffany M. Rice, N.P., is a licensed Nurse Practitioner and is Board Certified through the American Nurses Credentialing Center. She is a member of the American Association of Nurse Practitioners, the Nurse Practitioner Association of New York State, and the National Academy of Dermatology Nurse Practitioners. **Schedule your consultation today.**

## WHAT'S NEW

### OVERVIEW

#### Lumecca (IPL Skin Rejuvenation)

Lumecca's technology is able to treat a variety of skin types and skin rejuvenation concerns ranging from facial pigmentation, superficial vessels, skin texture and/or photo damage.

#### Fractora (Fractional Resurfacing & Rejuvenation)

Fractora delivers targeted radiofrequency energy to various selectable depths in the skin to improve both superficial skin tone problems (photo damage) and deep textural concerns (rhytids or wrinkles and laxity).

#### BodyFX (Body Contouring & Cellulite Treatment)

BodyFX represents a non-invasive solution to problematic areas of fat accumulation without the concern for leaving lax or loose skin. It also has been shown to substantially improve cellulite.

**[Learn More](#)**



Everyone at Dr. Jonathan Sherwyn's office would like to take a moment to show our gratitude to all of our wonderful patients, like you, that we have been able to develop relationships with. It has been a privilege providing for your care.



**STAY CONNECTED**



DR. JONATHAN H. SHERWYN, 50 EAST 79th STREET, NEW YORK, NY 10075

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