

med spa mysteries revealed

WRITTEN BY KEVIN M. JOHNSON, M.D., F.A.C.S

"A MED SPA? WHAT'S THAT?" my 7-year-old daughter asked one night at dinner, wondering if I had a new job giving pedicures (which she loves). I had to assure her that while daddy wasn't doing nails, he was helping patients feel better, and feel better about themselves.

A Med Spa, is a medical practice that provides a relaxed and comfortable setting for a variety of diagnostic and interventional aesthetic services, services that generally require the expertise and licensure of a physician to perform.

What Services Does a Med Spa Offer?

Intense Pulsed Light

Intense Pulsed Light (IPL) is a light-based treatment used to treat superficial skin discolorations. An IPL is used in conjunction with medical-grade skin care products to treat skin pigment changes, or dyschromias that occur with aging or due to sun damage.

Genesis™

Laser treatments used to be uncomfortable, and in some cases, unsafe. The technologically advanced Laser Genesis has revolutionized photo rejuvenation to allow safe treatment of all skin types. This gentle warming laser energy stimulates the intermediate layers of skin to form new collagen, which results in improved skin texture, smaller pore size, and decreased redness. Patients who suffer from Rosacea and Poikiloderma of Civatte (blotchy red-brown appearance on the neck) are particularly well-suited for Genesis treatment.

Titan™

As we age, our skin slowly loses elasticity due to diminishing amounts of collagen. It happens to all men and women, and gravity will eventually win. Patients used to resort to painful and even dan-

gerous invasive surgery to lift sagging skin. Today, Titan is a noninvasive alternative to combating the aging process. It delivers a safe, uniform light energy into the deep dermis, creating collagen contraction and stimulating the production of new collagen. Results include immediate skin tightening and a gradual persistent deposition of new collagen.

Varicose Vein Treatment

Nearly 50% of American adults suffer from some form of varicose vein disorder. Varicose veins vary in size and severity, requiring specific therapy solutions. Each patient is individually evaluated by a surgeon through a physical exam, and occasionally, an in-office ultrasound. One of four approaches is then used to eradicate painful or unsightly varicose veins; the most recent is a minimally invasive laser and surgical technology. Some of these treatments are even covered by Medicare, Medicaid, and private insur-

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ers. Because treatments are performed in the office by vascular surgeons, patients experience very little to no downtime and are ambulatory immediately after their procedures.

Laser Hair Removal

Unwanted hair grows in a variety of places, in all kinds of people. The unique versatility of lasers allows treatment even to the most sensitive skin. Upper lip, underarm, bikini line, and back hair are areas most commonly requested. Because fine blond, white, and gray hair are particularly difficult to treat using any laser or IPL technology, it is important to discuss options openly with the physician or other practitioner providing laser services.



Dr. Kevin M. Johnson

Medical Massage

Few things in life relax us more than a massage. A licensed Massage Therapist offers a medical massage treatment in a comfortable and relaxed setting.

Follow-up

Follow-up is essential in any form of patient care and treatment. Because the people who are seen in the clinic are patients, not clients, they see a physician when they come in for evaluation, for their laser treatments and interventions, and for their follow-up. During the complimentary follow-up visits, patients are given plenty of time to ask questions, evaluate their results, and adjust their treatment plans if necessary.

Many clinics and providers perform these or similar services. Often, many different types of lasers and equipment are touted to accomplish results no others can duplicate. The goal is not to discredit or diminish others but to deliver excellent

patient care by teaching patients how to take care of themselves in order to look and feel better, by teaching other providers about these technologies, and by promoting safety in the delivery of these cutting-edge aesthetic services.

Kevin M. Johnson M.D., F.A.C.S., is a General and Vascular surgeon and has recently opened a surgical practice, Lake City Surgeons in Coeur d'Alene, ID with Dr. John Lundeby. Dr. Johnson and Dr. Lundeby are graduates of the University of Washington School of Medicine, are Fellows of the American College of Surgeons and are the newest attending surgeons at Kootenai Medical Center.