

# Oceana

## DERMATOLOGY

**KELLY HALLORAN, M.N., R.N.C., F.N.P.**

*Family Nurse Practitioner*

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**Karl Steinberg, M.D. ~ Medical Director**

*When you look better, you feel better! Mole and skin cancer  
check ups are important for your skin and your health!*



Kelly Halloran, M.N., R.N.C., F.N.P. is a Family Nurse Practitioner. She graduated Magna cum Laude with both her bachelor's and master's degrees from UCLA, and also received honors of the UCLA Faculty Graduation Award and the UCLA Alumni Association Graduation Award. As well, she holds a B.A. in biology from UCSD-Revelle College. A longtime member of the national Dermatology Nurses Association, Kelly was voted Dermatology Nurse of the Year in 2006 by the North Coast Civic Association. She comes home to Carlsbad at Oceana Dermatology, providing her 20+ years of medical and cosmetic dermatology expertise.

Kelly is an expert in the field of cosmetic dermatology. With her clinical acumen, artistic eye, gentle TLC, and state of the art technology at her fingertips, she is able to help turn back the clock from years to decades. It continues to be her dream and passion to help

you achieve and maintain the youthful skin you desire, so that you can always put your best face forward. She can also take care of your medical dermatology needs including treatment of common skin conditions and rashes, as well as mole and skin cancer check-ups.

### **CLINICAL TREATMENTS:**

Cutting edge technology in skin care is available to you through Kelly Halloran M.N., R.N.C., F.N.P. in her Mermaid Treatment Room. There is a treatment to suit any skin care need, from acne to aging. Kelly can provide you with comprehensive cosmetic skin care.

### **INJECTABLES**

#### **Botox Cosmetic®**

By far the easiest way to take 10 years off your look is by suppressing the lines on your face with Botox! Botox Cosmetic treatment consists of simple tiny injections that can temporarily smooth moderate to severe frown lines between the brows, crow's feet, horizontal forehead lines, down-turned mouth, bunny lines on the nose, pursed-lip lines around the mouth, help to lift the lateral brow, and relax the platysmal banding in the neck. With Botox, there's a noticeable improvement in the lines within 2-10 days, which can last up to 4 months.

**BEFORE**



**AFTER**



## DERMAL FILLERS

### Juvéderm Ultra Plus XC®

Juvéderm Ultra Plus XC is an injectable gel filler made of hyaluronic acid that corrects fine and deep lines on the face. Juvéderm Ultra Plus XC is optimally formulated for filling superficial wrinkles and folds, but is also capable of volumizing and correcting deeper wrinkles and folds, and as well, **enhancing the lips.** Juvéderm is a soft, strong, and long lasting gel that produces a smooth natural look that can last 6-9 months. Juvéderm Ultra Plus XC contains a numbing agent called lidocaine for optimum comfort.



*“I wouldn’t trust my face or skin to anyone other than Kelly. When asked who does my skin I’m always confident my friends will be pleased with the professionalism and quality of her work. She is truly an artist & won’t talk you into something you either can’t afford or don’t need.”*

*~Linda Fleming*

## Radiesse®

Radiesse is a non-surgical facial contouring filler and volumizer that delivers immediate, long lasting results. Developed with safety and longevity in mind, Radiesse is made of unique calcium based microspheres, which work with your body to stimulate new collagen. It is a new generation injectable filler that offers superior versatility for both cosmetic and reconstructive use. Radiesse is primarily used to reduce the deeper smile lines around and at the corners of your mouth, but can be used to enhance the chin, cheekbones, and restore volume in the cheeks due to loss of fat. Radiesse can also be used in the backs of the hands giving them a more youthful texture. Results can last up to 11 months, although a “touch-up” may be needed at 2-3 months.



## DERMAL VOLUMIZER

### Sculptra Aesthetic®

Sculptra is considered a volumizer as opposed to a filler, and consists of a synthetic injectable material known as "poly-L-lactic acid" which the body converts to collagen. Sculptra restores youthful contour and volume to the aging face. It is a long lasting treatment, for up to three plus years, and may be used for restoration and/or correction of the signs of facial fat loss. Facial fat loss can result in sunken cheeks, indentations, and hollows below the eyes. Sculptra is a safe and biocompatible material that is injected below the surface of the skin in the area of fat loss. It provides a gradual and significant increase in skin thickness, improving the appearance of folds and sunken areas. Multiple vials are typically required at 4-6 week intervals until desired results are achieved.

BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



## VOLUMA® XC

Voluma by Allergan, is yet another hyaluronic filler which has unique characteristics and special uses. With Vycross technology, it is thicker than other fillers, but able to give smooth and long-lasting support. Primarily used in the mid-face for age-related volume loss, it is used to help create a more youthful appearance. Voluma helps flattened cheeks and resulting saggy cheek skin by plumping up, lifting and volumizing the cheeks. It can also be used to fill the temples, which can show wasting or indentation with time. Voluma typically lasts up to 2 years. Voluma XC contains a numbing agent called lidocaine for optimum comfort.



## **BELOTERO BALANCE®**

Belotero by Merz, is another hyaluronic acid filler like Juvederm Ultra Plus XC, however, Belotero has some special properties and uses. It is much thinner than the other like fillers, and does not show the Tyndall effect, meaning it does not show a bluish color when placed very superficially beneath the skin. Therefore, it is ideal when used to fill very superficial lines and wrinkles around the mouth and crow's feet areas. It also does a great job in filling the indented darkened circles under the eyes, or tear troughs. Excellent for thin- and light-skinned patients. Belotero typically lasts 6-9 months.



## THE POWER OF PLASMA

### Portrait® Plasma Resurfacing

Portrait Plasma Resurfacing is unlike any other anti-aging treatment available today. The innovative FDA-cleared Portrait Plasma, employs nitrogen based plasma energy that transfers heat to the skin using a non-contact technique. This revolutionary energy source makes for true skin regeneration. The result is tighter and thicker skin, which greatly diminishes the appearance of both fine lines and deep wrinkles while enhancing the skin's tone and texture. It is the only treatment proven to continue regenerating new skin – at the fundamental levels - for over a year after treatment. The results can last 4-5 years post treatment depending upon one's lifestyle. While some improvement is immediate, the "wow" effect occurs at around 90 days post treatment. The treatment can be done at high or low energy. Three low energy treatments are approximately 80% of one high energy treatment. There is merely one week of "downtime" if high energy treatment is performed. Daily visits with Kelly for post-treatment in-office after care for the week following your procedure ensure close monitoring and speedy healing. While Portrait is a natural and gradual means of dramatically turning back the clock, it is also FDA approved for the treatment of pre-cancers of the skin. Portrait can also improve acne scars and may improve the appearance of other scars as well.

### Anti-Aging



### Recluse Spider Bite Scar

## LIGHT TREATMENTS

### Lumenis® Quantum® IPL FotoFacial

Intense Pulsed Light (IPL) or FotoFacial Treatments improve the appearance of redness, rosacea, and/or flushing, broken capillaries, brown/age spots, sun damaged and photo aged skin. It also improves skin texture, mild acne scars, reduces large pores, improves dark circles around the eyes, and may reduce fine lines. IPL FotoFacials can be used to treat the full or partial face, as well as other areas of the body such as neck, chest, arms, hands and legs, for a more even skin tone and an overall radiant complexion. IPL Fotofacials provide gradual improvement typically over 5 treatments with very low risk and little or no "downtime." Prices vary per area of body, and sequential treatments over 3-4 week intervals may be necessary for optimum results. Maintenance treatments are also recommended.



### Photodynamic Therapy (PDT)

PDT is a specialized treatment performed with a topical photosensitizing agent called Levulan® (5-aminolevulinic acid or ALA) or the trade name Kerastick® which is activated with the correct wavelength of light. Levulan is used in conjunction with IPL FotoFacial treatments to enhance the effects of the light. These treatments remove sun damaged pre-cancerous areas called actinic keratoses. This treatment also has the unique ability to minimize pores and reduce oil glands effectively treating stubborn acne vulgaris, acne rosacea, and improve the appearance of some acne scars. 1-4 treatments are required which entail a week of "downtime." Cost is dependent on area and number of Kerasticks used. Medicare insurance may cover partial cost for treatment of pre-cancers.



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*“Want to be freckle-free? Kelly can help in one FotoFacial!”*

*~ C.G.*

### **GentleWaves® LED Therapy**

Low intensity light-emitting diodes (LED) constitutes GentleWaves. GentleWaves® uses a carefully timed sequence of light emissions to activate the skin's natural rejuvenation process. This novel technique to skin rejuvenation has absolutely no discomfort, side effects, or downtime. It is extremely fast, lasting only a few minutes. The treatment is collagen-rejuvenating, collagen-sustaining, and anti-inflammatory. GentleWaves can even relieve sunburn in a single treatment! It can be helpful for rosacea. It can be used as a stand-alone treatment - but it is most effective as a package of 8-12 (the "Skin Fitness" package) or in conjunction with other treatments to speed the healing process and reduce redness and swelling post-procedure. Treatments should be done twice a week for optimum results, but can be done as you wish.



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*“Kelly has an instinctual awareness of how to get her patients the results they desire. As a dermatology clinician with broad talent and experience, she excels in transmitting her abilities to others.”*

*~Erin B.*

## **FACIALS & PEELS**

### **Kelly's "Once in a Blue Moon" Medical Facial**

Kelly's "Once in a Blue Moon" Medical Facial is a once or twice a year deep cleanse for your skin. Offered by no other, this "down-to-business" treatment includes cleansing, exfoliating, toning, moisturizing, three masks, freezing keratoses, heat cautery to sebaceous hyperplasia, extraction of milia, blackheads and whiteheads, two GentleWaves LED light therapy and a lymphatic massage of face. The goal is to get your skin texture to be as smooth as possible. Kelly helps you to look your best in a quick time frame by combining medical and cosmetic techniques into one effective treatment.

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### **DermaSweep® Microdermabrasion**

DermaSweep is the newest and best in crystal-free microdermabrasion utilizing Micro Resurfacing Technology (MRT). Using silk & nylon brushes with a variable level vacuum pump, dead skin cells are swept and sucked away resulting in a deeper peel and polish of your skin. A dry pass of the wand is done first, and then a second, wet pass which is Epi-Infused with a selection of solutions to customize treatment to target anti-aging, brown spots, acne, dry skin, combination skin & even the most sensitive skin including rosacea. No "downtime" & results will improve with continued treatments. Can be applied to face, neck, décolleté, hands, back, arms and legs.

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### **PCA Smoothing Body Peel®**

Improves the appearance and texture of the skin with a combination of exfoliating, smoothing, and brightening ingredients. This treatment is an excellent choice for promoting an even skin tone and clear complexion on arms, legs, back, chest, hands and feet! Using a Pre-Peel Accelerator Mask with Urea and Malic Acid (naturally found in apples!) to first hydrate & soften the skin, the Peeling Solution is then applied, containing four acids – lactic, salicylic, trichloroacetic, and kojic, plus Arbutin, an antioxidant that promotes even skin tone. No downtime.

## **SKIN MEDICA® CHEMICAL PEELS**

### **Illuminate® Peel**

A quick pre-party pick-me-up. A great way to get glowing is with an Illuminate Peel! This non-invasive, very superficial peel utilizes a novel approach to chemical peeling with a newer generation of alpha hydroxy acids to maximize skin rejuvenating effects with low irritation. Ideal for photo-damaged skin, fine lines & wrinkles, and pigmentary irregularities. This gentle yet effective peel is appropriate for 1st time chemical peel patients or those looking for a gentle peel. One can expect an 80% improvement in skin texture after 2 treatments at 2 week intervals but with no peeling, or “downtime.”

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### **Vitalize® Peel**

The Vitalize Peel is a deeper peel using a unique blend of retinoic acid & alpha hydroxy acids with resorcinol. Clinically proven to effectively help your skin’s texture and tone as well as reduce acne, age spots, melasma, acne and fine lines. Suitable for all skin types & has a quick application technique — less than 30 minutes. It can be administered every 3-6 weeks until desired results are achieved, or can be used as an adjunct to other skin treatments. It offers little or no “downtime,” other than a transient yellow tinge to the skin until washed off the following morning, and then flaking on days 3-5 post-peel, usually. Microscopically, this peel also significantly induces collagen production & increases skin thickness.

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### **Rejuvenize® Peel**

The Rejuvenize Peel is a stronger version of the Vitalize® Peel. It is an advanced formulation of peeling agents, including retinoic acid, with a built-in anti-irritant and penetration enhancer that provides controlled exfoliation of the uppermost damaged layers of the skin to reveal fresher, healthier skin. Great for help with anti-aging, acne, brown spots and fine lines. You could expect a bit more minor “downtime” with this treatment (3-7 days), in terms of flaking and peeling, since it is the strongest of the three peels. It also has a quick application technique, and can be done easily on your lunch hour.

## LEG VEIN TREATMENT

### Sclerotherapy for Spider Leg Veins

The treatment of choice for non-painful cosmetic spider leg veins whereby a solution is injected into the veins with a very tiny needle. The solution displaces the blood within the vein which causes the vein to swell shut and eventually disappear. Use of compression

hose for a week post-treatment is recommended for best results. Multiple treatments may be necessary, as well as maintenance.

BEFORE



AFTER



## ADDITIONAL SKIN CARE

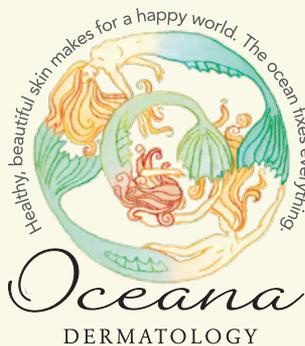
Easily remove unsightly benign skin growths like skin tags, cherry angiomas and seborrheic keratoses on the face and body. Those unnecessary teardrop pieces of skin around the neck or under your arms, or the little red spots on your torso, and what about those warty looking growths/barnacles on your skin that have been bugging you for years? Let Kelly treat them for you in a matter of minutes.

## MEDICAL DERMATOLOGY

Kelly can take care of your medical dermatology needs including treatment of common skin conditions and rashes, acne cyst injections, as well as mole and skin cancer check-ups. Low cost cash-pay prices available.

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*Kelly is no less than a miracle worker.  
I never could have imagined the results I have  
received from the Portrait treatment I received  
from Kelly. It has taken at least 30 years off the  
way I look now. ~ P.H.*



### **INJECTABLES**

Botox® • Juvéderm® • Radiesse® • Sculptra® • Belotero® • Voluma®

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### **Portrait® Plasma Resurfacing**

Revolutionary restoration and regeneration of the skin

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### **Facial & Peels**

Kelly's Once in a Blue Moon Medical Facial

Dermasweep® Microresurfacing

Chemical Peels by Skin Medica®

PCA Smoothing Body Peel®

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### **PHOTO REJUVENATION**

Lumenis IPL FotoFacials®

For brown spots, broken capillaries and pore size reduction

Gentle Waves® LED light for skin fitness, collagen production, and redness relief

Photodynamic Therapy with Levulan®

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### **SKIN HEALTH**

Acne and Rosacea Treatments

Medical treatment of common skin conditions and rashes

Skin cancer and mole checkups

Sclerotherapy for cosmetic Spider Leg Veins

Removal of unwanted benign skin growths

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