

# dr. kenkel's guide to BEAUTIFUL SKIN THROUGH EDUCATION

## everything you need to know about healthy skin

Dr. Kenkel and his aesthetic team take a comprehensive, individual approach to each patient's skin care evaluation and daily maintenance. Based on your skin type and condition, as well as your lifestyle and goals, we will prescribe a tailored skin care regimen with professionally prescribed products that are right for you. Through the synergistic use of prescribed products and treatments, the vitality of the skin is restored. The first step is a skincare consultation to discover how we can improve the health of your skin.

### SKINCARE CONSULTATION

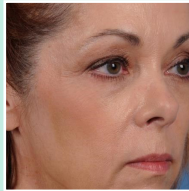
You will learn about your skin and understand how it functions as well as gain knowledge about the differences between over-the-counter and medical grade products. With guidance from Dr. Kenkel and your aesthetician, you will uncover the facts about blemishes, hyperpigmentation, and the effects of environmental damage and aging skin through a review of your health history and lifestyle habits. They will show you which products and treatments are best for the health and beauty of your skin.

### SKIN EVALUATION

Your consultation begins with a skincare evaluation which will be a thorough review of what has been done in the past and what your goals are. During this review, our specialists will determine what types of products and treatments may allow you to achieve your skincare goals for your skin type and condition. This may include both preventative and treatment protocols involving topical products, peeling agents, microneedling, and lasers and light-based treatments.

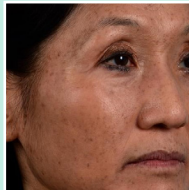
## SKIN TYPES

It's important to remember that all skin types and conditions are individual and should be discussed with your aesthetician. Each prescribed skin correction product may be increased or decreased in usage frequency and amount. Many products have active prescription-strength ingredients that require knowledgeable instruction to be both safe and effective. Communication is essential to achieving your skincare goals.



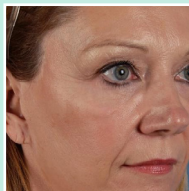
### NORMAL/COMBINATION

Normal or combination skin types fill the range between dry and oily. For instance, you could have an oily T-zone (central face) with a normal-to-dry circumference or your level of oil can depend on the time of year. Balance is the key to these skin types by choosing products that are not too strong or too mild. Patient preference plays a part in selection as well.



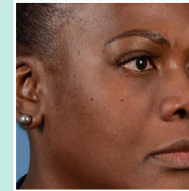
### NORMAL/COMBINATION + PHOTO-DAMAGED

Corrective treatment for normal or combination skin with photo damage should be moderate. The thickness of your skin, in addition to oil and moisture levels, will determine the proper strength of prescribed products. Staying balanced is key. Patients with this skin type often do not tolerate rapid, aggressive treatments.



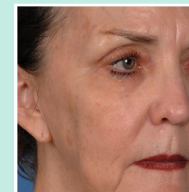
### OILY

Oily skin is characterized by overactive sebaceous glands. The skin is thicker and has large, sometimes congested pores. Due to oil on the surface, your skin will appear shiny. Oily skin also tends to fall or droop with age. It's important to use products that are strong enough to remove and help control oiliness and oil-free products are a great choice.



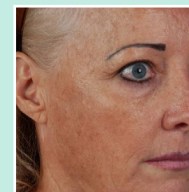
### OILY + SIGNIFICANTLY PHOTO-DAMAGED

Oily, thicker skin tends to need a more aggressive approach when treating photo damage. Fortunately, this skin type tolerates more aggressive treatments. Addressing oily skin, prominent pores and sun-damaged skin.



### DRY

In dry skin, the sebaceous glands are inactive or do not produce enough sebum for adequate moisture levels. Patients that experience dry skin usually have dehydrated skin, small pores, thin skin, and are more prone to wrinkles and fine lines. Products should be gentle and non-stripping, and provide a stronger barrier to protect and retain the skin's moisture.



### DRY + PHOTO-DAMAGED

Dry skin is thin, anti-aging and corrective treatments should be conservative until the skin learns to tolerate many of the active ingredients we prefer to use for the sun-damaged skin. The products used are specifically selected to your degree of dryness and tolerance.

# SKINCARE PRODUCTS

Dr. Kenkel, along with our aestheticians, is dedicated to helping you make informed skincare selections in order to achieve healthy, beautiful skin. We will individualize and monitor your results in a prescribed skincare program that will meet your skin's needs and your lifestyle.

Medical-grade products combined with skincare education are essential in uncovering your skin's true potential. The following products may be included in your program and aid in the rejuvenation, improvement of function, and protection of your skin.



## RETIN-A OR TRETINOIN CREAM

A derivative of Vitamin A, Retin-A is the most effective and most studied anti-aging topical on the market today. It encourages your skin to function as it should. Retin-A comes in three strengths and is used to stimulate cellular turnover. It sheds the surface layer (stratum corneum) of the skin while thickening the epidermis. This process strengthens your skin, softens fine lines and wrinkles, and produces a youthful, healthy glow. Retin-A is also known to improve texture, elasticity, and increase blood circulation as it maintains even cell growth.

Many patients believe that they are allergic or too sensitive to use Retin-A because of normal side effects that occur. This active prescription can cause dryness, itching, redness, flaking, and photosensitivity, though the benefits largely outweigh the brief and controlled side effects. Strength and frequency of this product is determined by your skin type and level of tolerance.



## RETINOL

Retinol is a milder derivative of Vitamin A, which works well for sensitive skin. Retinol can achieve results similar to those of Retin-A, but may take longer to rejuvenate the skin. Retinol must be converted to retinoic acid before it can stimulate cell turnover and improve skin texture, dyspigmentation, dryness, and fine lines. Most retinol products are formulated with emollients and other soothing ingredients to help combat irritation.



## ALPHA HYDROXY ACIDS

Alpha Hydroxy Acids are a family of natural compounds found in fruit, sour milk, and plants. AHAs are beneficial in treating photoaging, acne, and the prevention of fine lines. Although not as effective as Retin-A, AHAs offer significant exfoliation benefits for patients ready for a skincare maintenance program, or who do not want to experience the side effects of Retin-A.



## BETA HYDROXY ACIDS

Beta Hydroxy Acids are exfoliating acids that are oil soluble. BHAs are best at treating oily and acneic skin. They help regulate oil production, have anti-inflammatory properties, and are able to deeply penetrate pores to help unclog them. The most well-known BHA is salicylic acid.



## HYDROQUINONE 4%

Hydroquinone suppresses pigment formation in your skin. Pigment, often called sunspots, age spots, liver spots or freckles, are caused by sun damage, free radicals, and hormones. Hydroquinone will not bleach your skin but will keep your skin from producing more unwanted pigment. This is why it is always important to use Retin-A in conjunction with hydroquinone. Most patients are not satisfied if they use hydroquinone by itself.

We treat both deep and superficial hyperpigmentation. Retin-A will exfoliate your established pigment and hydroquinone will prevent reoccurrence or suppress new pigment formation and assist in achieving an even skin color. Your aesthetician will monitor the strength and frequency of this product.



*Our products work together with treatments to optimize your skincare.*



## ANTIOXIDANTS

The most popular forms of antioxidants are Vitamin C and Vitamin E. These antioxidants neutralize and protect the skin from free radical stress or extrinsic aging. Free radicals are oxygen atoms that attack by attaching themselves and compromising the membrane. We come into contact with free radicals every day through pollution, sun exposure, poor diet, smoking, and alcohol. Over time, free radical damage will cause collagen collapse, loss of elastin, and hyperpigmentation.

The formulation of protective products containing antioxidants is important. Delivery of vitamins into the skin is difficult and must remain stable. L-Ascorbic Acid (Vitamin C) and Alpha Tocopherol (Vitamin E) are considered the strongest and most effective active ingredients but should come from a reputable skincare line to ensure delivery into the skin. Topical antioxidants should be included in most patients' home skincare programs and come in many strengths with stronger percentages sold only through a physician's office.

**Use MyChart or call 214-645-2353 to schedule your skincare consultation.**

# SKINCARE PRODUCTS

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## GROWTH FACTORS

Growth Factors found in skincare products are derived from human or plant sources. As we age, our natural growth factors reduce significantly. Finding the right delivery system to restore growth factors can play a major role in healing damaged skin. By stimulating the body's natural cell regeneration, growth factors can rejuvenate your skin's collagen and elastin. This helps your skin heal efficiently and achieve lasting results.



## PROBIOTICS

Probiotics are living micro-organisms that can provide incredible health benefits to the skin when used topically. Probiotics accelerate the skin's renewal process, coaxing fresh cells for healing to the surface and boost the skin's immunity protecting it from harmful bacteria.



Individualized treatment is based on your skin's specific needs.



## HYALURONIC ACID

Hyaluronic acid (HA) is a sugar found naturally in our skin that holds water and helps keep skin hydrated and plump. The amount of natural HA in our bodies decreases as we get older. HA is the key to instantly plumping fine lines and adding glow to the skin's appearance. This lightweight serum is a great hydrator for combination and oily skins. HAs are also found in serums and even injectables.



## SUNBLOCK

The majority of premature aging is caused by overexposure to the sun. Only a broad spectrum sunblock will provide sufficient protection from both UVA (aging) and UVB (burning) rays. Active ingredients such as titanium dioxide and zinc oxide provide protection from both UVA and UVB rays. Sun Protection Factor (SPF) is a rating given by the Food and Drug Administration but only applies to the burning rays, not the aging rays. You should use a broad spectrum sunblock with SPF 30 or greater every morning. Sunblock is only active for three hours, so reapplication is crucial to protecting your skin.



## MOISTURIZERS

Moisturizers are rated on their ability to attract water and provide a barrier to keep moisture in. Our moisturizers are carefully formulated with multi-functional ingredients that nourish and protect all skin types.



## CLEANSERS AND TONERS

Cleansers and toners prepare the skin for treatment products with a variety of active ingredients to remove makeup, lift impurities, gently exfoliate, and balance our natural pH. Also, patient preference and individual lipid levels (oiliness or dryness) are taken into consideration when choosing a cleanser or a toner.



Our medical aestheticians are experts in skin care.

## our promise

Dr. Kenkel, along with our medical aestheticians, is dedicated to helping you make knowledgeable, informed skincare product selections in order to achieve your healthiest, most beautiful skin.

We carry a wide variety of clinically researched skincare lines to treat your individual skin care needs, such as

- ZO Skin Health
- SkinCeuticals
- Elta MD
- Senté
- Globiotics
- Neocutis

We individualize your medical-grade skincare program to meet your skin's needs and fit your lifestyle and monitor your skin's rejuvenation results. We plan a comprehensive, unique approach to each patient's skincare evaluation and daily maintenance.

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to schedule your skincare consultation.**



# The Clinical Center for Cosmetic Laser Treatment integrates skincare with advancements in ablative and non-ablative treatments for skin rejuvenation.

Enjoy freedom from unsightly skin conditions with a non-invasive treatment that's tailored just for you. Whether it's depilation, red or brown pigmentation reduction, leg vein removal, or facial rejuvenation, consultation with one of our certified medical aestheticians will help you make an informed decision.

## LASER TREATMENTS

Ablative techniques are more aggressive and address deeper pigmentation and wrinkles. The downside is prolonged recovery time.

### MICROLASER PEEL

The "Erbium Weekend" is an ablative restoration treatment that promotes skin cell growth while removing superficial damaged layers. Laser light removes the skin's tough, dull outer layer to reveal newer skin beneath. You'll see a healthier, more youthful glow as damage inflicted by the sun, aging, and biological factors softens. A Microlaser Peel improves the quality of the skin, some pigmentation, and fine lines. The peeling process lasts three to five days.

### FRACTIONAL RESURFACING

This laser treatment improves skin texture, tone, and in some cases, acne scarring. Recovery is variable, depending on how aggressive a treatment is recommended. Recuperation time varies from a few days to a week.

### FULL ABLATIVE RESURFACING

This procedure aggressively addresses pigmentation, texture, and wrinkles. It is not a skin tightening procedure. The laser creates a controlled skin injury, which stimulates collagen production and improves skin quality. Up to ten days are needed for skin to completely peel and mild redness may take as long as two to three months to disappear. This is our preferred treatment for moderate depth wrinkles due to sun damage and aging.

### HALO®

Halo is a hybrid laser that combines non-ablative and ablative laser wavelengths. This customized fractional laser treatment improves fine lines, pore size and texture and restores a healthy glow and skin appearance. Halo vaporizes aged tissue with less thermal injury and downtime. Recovery time varies between five to seven days.

### LEG VEINS/TELANGECTASIAS

Laser technology and sclerotherapy help eliminate the appearance of spider veins: prominent blood vessels on the legs. They are not broken blood vessels as is commonly believed. It is thought that heredity, excessive standing, weight gain, hormonal changes, and pregnancy may be some of the causes. Lasers can help clear unsightly blood vessels on the nose, cheek, and chin.

### LASER HAIR REDUCTION

Hair reduction technology has improved dramatically and allows for the safe and effective treatment of all hair-bearing skin types, from the very fair to the deeply pigmented. The number and success of treatments depends on which body area is addressed and the color and hair growth pattern. We can help determine if you are a candidate for hair reduction.

## THERAPIES

Non-ablative therapies preserve the epidermis, the outer layer of the skin, and focus on the deeper dermal structures to create more youthful skin without prolonged healing. These non-invasive treatments are for the removal of red or brown pigmentation, skin tightening, or facial rejuvenation.

### LEVULAN PHOTODYNAMIC THERAPY (PDT)

Photodynamic therapy uses light to treat actinic keratosis, or rough patches of skin caused by excessive sun exposure that can develop into squamous cell carcinomas. A topical solution is first applied to the skin, and then the area is exposed to a bright light, which destroys the actinic keratosis. Some anti-aging protection may be provided by photodynamic therapy.

### PHOTOREJUVENATION

Photorejuvenation uses light to erase the damage caused by the sun, aging, and biological factors. This non-laser technology applies a broad spectrum of light that reaches down within the skin, targeting pigment and vascular imperfections due to expanded blood vessels or rosacea on the face as well as the neck, chest, and hands. Photorejuvenation treatments may also improve skin texture and reduce pore size.

Photorejuvenation therapy requires minimal downtime and is the only therapy that targets both red and brown discoloration within the skin. Most patients undergo a series of three to five treatments to achieve their goal. Maintenance treatments twice a year may be required.

### SKIN TIGHTENING

We currently use two different technologies to achieve skin tightening:

**FaceTite®/Morpheus®** uses an internal application of radiofrequency energy and an external application of radiofrequency through energy-assisted microneedling. This treatment creates small areas of injury throughout the skin that optimize collagen and elastin deposition.

**Profound®** is radio frequency through a microneedling temperature-controlled device. Delivering RF energy to a precise depth creates injury which can improve skin laxity by stimulating elastin, collagen, and hyaluronic acid production.

It is important to recognize that these treatments are not a replacement for surgery and will not achieve the results that surgical procedures can. Not every patient is a candidate for these procedures. We will help you determine whether you are a candidate and what your expectations for treatment success may be. Because of the knowledge and experience of our team, you can be certain that we will only recommend treatments that will best meet your individual needs.

**Use MyChart or call 214-645-2353 to schedule your skincare consultation.**

# CLINICAL TREATMENTS

## CHEMICAL PEELS

We offer several intensive chemical treatments designed to support and stimulate elastin and collagen development. Cellular turnover aides the skin in the removal of uneven pigmentation, wrinkles, and active acne. Pores appear more refined and the overall texture of your skin will improve, revealing your beautiful skin. A pre-treatment consultation is necessary for all chemical peel treatments.

## MICROPEEL

The Micropeel procedure is a three-step clinical procedure combining dermaplaning or exfoliation, chemical peel, and cryogenic therapy to reduce the appearance of fine lines, wrinkles, hyper-pigmentation, laxity, and skin imperfections. For optimal results, a series of four to six treatments is recommended.

## PERI- & POST-OPERATIVE SKIN CARE

Skincare becomes even more important before and after cosmetic and reconstructive surgery. Whether you are having face or body surgery, your skin will absorb stress. Facials, massage, and physician-directed skincare products work together to produce skin that is stronger and more resilient when faced with the challenge of surgery. Your aesthetician can help provide you with guidance on how to care for your skin during this time.

## DERMAPLANING

Exfoliating treatment that involves gently scraping the skin's surface with a sterile surgical scalpel to remove outer most layer of dead skin cells, along with "peach fuzz." Skin instantly appears smoother and brighter.

## SKINPEN® MICRONEEDLING

The first FDA-approved microneedling device clinically proven to treat acne scarring, texture, and fine lines by creating controlled micro-injuries which stimulate the production of new collagen. For optimal results, we recommend a series of three treatments.

# BODY OPTIONS

## COOLSCULPTING®

Coolsculpting® is a non-surgical technique used to reduce fat in targeted areas using cold temperatures to freeze and destroy fat cells.

# FINISHING TOUCHES

## WAXING SERVICES

Depilatory wax is used to remove unwanted face and body hair from the root for up to a month free from tweezing or shaving. Future growth may become lighter and finer with consistent waxing. Products are used to reduce redness and condition the skin after waxing. Facial exfoliants and acne medications should not be used the week prior to waxing.

## TINTING

Tinted eye lashes and eyebrows can free you from applying mascara and eyebrow makeup for several weeks. A patch test is required prior to your first appointment to ensure an allergy-free treatment.



*Enjoy your aesthetic treatment in a relaxing spa-like atmosphere.*

## a unique treatment plan for you

Dr. Kenkel works together with licensed medical aestheticians to tailor a treatment plan for each client. At your initial consultation, you'll discover how we can help improve the health of your skin.

Dr. Kenkel is devoted not only to providing the latest in cosmetic medicine, but is also involved in age-management research to evaluate the most effective state-of-the-art treatments. Our team is dedicated to providing you with the highest level of personal attention and care in a comfortable and convenient setting.

## OUR PLASTIC SURGERY CLINICS

Dr. Kenkel's Dallas and Frisco clinics are open Monday through Friday 8:00 a.m. until 5:00 p.m.

For appointments or information, please schedule via MyChart or call

# 214-645-2353

## DALLAS CLINIC

1801 Inwood Rd., Outpatient Building, 5th floor  
Dallas, Texas 75390

Direct clinic phone: 214-645-2353

## FRISCO CLINIC

12500 N. Dallas Pkwy, Outpatient Building, 3rd Floor  
Frisco, Texas 75033

Direct clinic phone: 469-604-9120

## ON THE WEB

[www.drkenkel.com](http://www.drkenkel.com)

[www.facebook.com/drkenkel](https://www.facebook.com/drkenkel)

[www.utswned.org/plasticsurgery](http://www.utswned.org/plasticsurgery)

## ACCESSIBILITY

We want to ensure that your visit to our clinics are as convenient and comfortable as possible. Patient services representatives are available in our building lobbies for help with a wheelchair or other special assistance.

# PRICELIST

## DEEP DERMAL TREATMENTS

price varies by individual treatment goal

### IPL PHOTOREJUVENATION

Intense Pulsed Light (IPL) is a non-invasive procedure that removes sun damage, reduces redness, and creates a smoother, brighter complexion with minimum downtime.

### LASER HAIR REDUCTION

Laser hair reduction is a medical procedure that uses laser light to target unwanted hair on the face and body. Usually requires six treatments completed four to six weeks apart.

### LASER VEIN REDUCTION

Laser vein treatment used for the removal of unwanted, unsightly veins on the face and body using a focused beam of light that damages the vessel causing it to fade. One to three treatments may be needed.

### HALO® LASER RESURFACING

Halo laser reverses the appearance of aged skin, smooths wrinkles, and reduces the appearance of acne scars. Halo is a non-ablative hybrid fractional laser treatment that vaporizes aged tissue with less thermal injury and downtime. \*\*

### COOLSCULPTING®

Coolsculpting® is a non-surgical technique used to reduce fat in targeted areas using cold temperatures to freeze and destroy fat cells. \* \*\*

## TINTING AND WAXING

LASH TINTING	\$35
BROW TINTING	\$25
BROW WAXING	\$20
UPPER LIP WAXING	\$15
FULL FACE WAXING	\$45

## FACIALS

### SKIN CONSULTATION \$65

After discussing your skin care concerns and examining your skin, our medical aestheticians will customize a skin care treatment plan to help you reach your goals. At this time, an at-home regimen will be recommended to prepare your skin for treatment to help optimize your results.

### MEDICAL SIGNATURE FACIAL \$100

This facial treatment is tailored to your skin's specific needs, using only high-quality medical-grade products to give your skin a healthy, radiant glow.

### HYDRATING OXYGEN FACIAL \$195

This relaxing treatment utilizes Hyperbaric Oxygen to promote the delivery of professional strength serums into the skin. When these serums are professionally administered in conjunction with oxygen, skin is visibly plumped and hydrated, reducing the appearance of fine lines and wrinkles. \*\*

### DERMAPLANING \$55

Exfoliating treatment that involves gently scraping the skin's surface with a sterile surgical scalpel to remove outer most layer of dead skin cells, along with "peach fuzz". Skin instantly appears smoother and brighter.

### DERMAPLANING FACIAL \$150

This treatment combines our medical signature facial and dermaplaning which provides deeper product penetration, amplifying your results.

### SKINPEN® MICRONEEDLING \$350

The first FDA-approved microneedling device clinically proven to treat acne scarring, texture, and fine lines by creating controlled micro-injuries to stimulate the production of new collagen. For optimal results, we recommend a series of three treatments. \*

## PEELS

### MINI PEEL \$75

This superficial peel uses alpha-hydroxy acids and beta-hydroxy acids to gently exfoliate the skin with no downtime, making it the perfect lunchtime treatment.

### SKINCEUTICALS® MICROPEEL \$125

This three-step clinical treatment combines dermaplaning, physical exfoliation, chemical exfoliation, and cryogenic therapy to reduce signs of photoaging including fine lines, dullness, and visible skin imperfections.

### JESSNERS PEEL \$150

This medium depth peel uses multiple exfoliating agents (lactic acid, salicylic acid, and resorcinol) to reduce fine lines, correct uneven skin tone, smooth texture and reduce blemishes. \*\*\*

### TCA PEEL begins at \$175

This peel uses trichloroacetic acid to exfoliate the skin at a deeper depth, removing the top layers to effectively reduce brown pigmentation, improve the texture of the skin and reduce fine lines and wrinkles. This treatment can be done at varying concentrations, dependent on what result you are trying to achieve and downtime that fits your lifestyle. \*\*\*

### ZO® 3-STEP PEEL \$175

This innovative peel utilizes a blend of exfoliants, retinol and at home treatment products to help improve skin health and treat multiple signs of aging with little downtime. \*

\* Physician consultation required.

\*\* Only available in our Dallas clinic.

\*\*\* Requires skin consultation and skin preparation.

All services by appointment only and subject to change.