

Real Changes

What's new in helping you look as young as you feel from Dr. Earl H. Parrish and the professional staff of the Parrish Cosmetic & Plastic Surgery Center.

Enhancing your beauty... from within! Spring 2012

MEDI-SPA SPECIALS & REBATES

Spring has officially sprung and it's the perfect time to **REFRESH, RELAX and REJUVENATE!**

REFRESH

20% OFF all skin care products and makeup.

Do you need a new look in makeup? Maybe you need to refresh your skin care regimen? And you know with summer approaching that you'll definitely need to get your sunscreen. Stock up on all your favorite products with this great special, good through May 31st.

RELAX

2 FOR THE PRICE OF ONE Mother's Day Special - buy any facial certificate for Mom and receive one for yourself for FREE. You both deserve some pampering and relaxing. Ladies, tell your husbands and kids that this is a great gift idea! P.S. You can use both for yourself if you want!

REJUVENATE

We have some great rebates to help you feel rejuvenated.

\$50 OFF DYSPORT® REBATE

\$40 OFF RESTYLANE® REBATE*
* Must use 2 syringes.

\$50 OFF PERLANE® REBATE

Offers good through June 1.



Reclaim the real you.

INTRODUCING THE FIRST NON-INVASIVE TECHNIQUE THAT REMOVES FAT.

This revolutionary new body contouring treatment precisely targets the stubborn fat you want to lose. It's never been easier to sculpt the body you want – naturally, safely and without surgery or downtime. CoolSculpting is FDA-cleared with undeniable results in as little as one treatment.



Consultations are complimentary - come see what COOLSCULPTING can do for you! Want more information? Join us for our COOL NITE OUT on May 22. We'll have hourly presentations from 4 - 7 pm. RSVP is required. Call to reserve your spot!

Introductory Special | 25% OFF Through May 18!

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PARRISH & PLASTIC



COSMETIC SURGERY

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541-779-7275
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www.dr-parrish.com

701 Golf View Drive, Medford, OR 97504

Many of us have bulges of stubborn fat, like muffin tops.

Those unwanted bulges contain fat cells, often resistant to diet and exercise.

CoolSculpting uses controlled cooling to target and crystallize fat cells.

Crystallized fat cells gradually die off, then are naturally eliminated from your body.

In the weeks and months following treatment, remaining fat cells condense, reducing the fat layer.

CoolSculpting lets you say goodbye to stubborn fat.

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Q & A with Dr. Parrish

Q: Do you have any procedure that would redefine a sagging jawline?

A: Yes there are procedures to do this.

The commonest and most effective procedure is a face/necklift procedure. This surgery tightens the cheeks, jawline and neck and is very effective. The jowls are addressed specifically in the face/necklift as well as sagging of the cheeks and looseness in the neck. Other procedures would be of some value in correcting looseness along the jawline and these include the "mini lift" which is primarily a cheeklift without much neck correction. In younger patients it may be possible to get jawline improvement with a mid face deep lift. It is important for you to have a consultation to determine which procedure would be most appropriate for you.



BEFORE



AFTER



BEFORE



AFTER

Patient of Dr. Parrish, before and after Face/Neck lift, Cheeklift, Browlift and Lower eyelid surgery

Q: Is it better to have a breast reduction before or after having children?

A: In general it is better to wait until after having your children before having a breast reduction, BUT there are several exceptions. If you have truly huge breasts that limit your ability to exercise or are causing comments that embarrass you on a frequent basis, these are reasons enough to proceed with the surgery before childbearing. Also some women have very significant symptoms of neck, upper back and shoulder pain that are disabling enough to warrant proceeding with surgery at a younger age. I feel it is important for the patient to have a consultation with the surgeon and discuss her particular symptoms and situation before making a decision for an early surgery or for waiting until childbearing is finished.



BEFORE



AFTER

Patient of Dr. Parrish, before & after Breast Reduction.

Tips from our Skin Care Specialists

Patty, our Laser Specialist - "Get your body swimsuit ready with permanent hair reduction treatments. Our Sciton Laser system offers great hair reduction results. A series of treatments are needed as effective hair reduction can only be achieved during the active growth phase of the hair. Hair reduction is considered permanent when a significant amount of hair does not return for a period of time longer than the complete growth cycle. After a series of treatments most hair is permanently removed. However, if hair does regrow it will be finer and lighter than before. Make a consultation to talk with me more about this great treatment."

Chelsey, our Esthetician - "Spring is here which means sun is soon to follow! Sunscreen should be worn year round but especially in the warmer months ahead. I suggest a minimum SPF of 35. The sun is the fastest thing that ages our skin and causes the most damage. Many of us remember sunscreen as the white, greasy, thick goop our mothers would lather on us as children and cringe at the thought of putting this on our face. This is no longer the case. We carry many lightweight, tinted sunscreens that feel much like a moisturizer. So there is no longer an excuse not to add this to your daily regime. Come to our office today so we can find the right sunscreen for you!"

Debra, our Dermal Fill Specialist - "Hi guys, as for a tip from me, wear sunglasses to prevent crow's feet..if you already have a few, I can help! Prevention and maintenance is our goal."

Our Latest Patient Testimonials

"We loved the recent open house with great slides and lots of wonderful info from Dr. Parrish and his incredible staff of beautiful, witty, and intelligent young ladies. No one wanted to leave!!! You've reached a goal when your patients feel as if your office is a living room, where everyone can share openly and learn about the things that are so important and so personal. We're grateful to each and every one of you."

"I just wanted to say thank you for all your help. I had a million questions and called a million times which probably drove you all crazy. But thank you for working with me through my mania :o)"

"I LOVE what you did for me today. I went home and put on my make up and what a difference!!! Wow!!! Every time I look in the mirror, I am amazed! Thank you!!!"

OUR PATIENTS REALLY DO SAY IT BEST! If you have a testimonial you'd like to share we'd love to hear it. It inspires us to be the best we can be. You can send your testimonial to question@dr-parrish.com. We'll post testimonials on our internet sites. Your name will be kept confidential.

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Our 2012 Guatemala Trip

Our trip to Guatemala was in early March this year. After customs in Guatemala City we had an hour bus ride to Antigua where we unloaded to get ready for the next days unpacking at the Hospital.

Many of the team members have made several trips to Antigua and are very familiar with the protocol of unpacking, sorting and getting the operating rooms set up. The nurses are doing this while the doctors are in the clinic seeing patients and scheduling surgeries. The waiting area is filled with patients and their families who are hopeful of being seen and accepted for surgery. Our list was large but only 20 could be scheduled. We always schedule cleft lip and palate patients and other pediatric cases as our first priority. After that we schedule patients who come from long distances, usually many days away, from up in the mountainous areas. We typically spend eight hours or so seeing the clinic patients and scheduling and preparing them for surgery.

Our days started about 5am, then breakfast, followed by morning prayer by the trips spiritual leader, then a mile walk to the hospital, getting the OR set up, preparing the patients, starting the anesthesia, prepping the patients and draping them with sterile drapes, then starting the surgery. Afterwards we clean the room and instruments and start a similar routine of getting the rest of the days cases underway. Generally we finish by 5 pm or so and walk back to the Inn where we have dinner at 6pm. It's usually early to bed for me to get ready for the next days events.

This year we had a variety of plastic surgery cases to be performed. We had several patients with very difficult wide bilateral cleft lips needing repairs. In addition we had patients with very unusual facial tumors needing excised and reconstructed. There were two children with complicated syndromes depicting multiple defects such as cleft lips, blindness of one eye, and hand deformities. All the surgeries went extremely well and the patients recovered nicely. One man had a huge infected posterior neck tumor about the size of half a small football that had been present for well over ten years. We removed this and had to place a skin graft on the large defect for skin closure. To have lived with that tumor must have been extremely unpleasant and offensive for him. He was one of our most appreciative and compliant patients ever. He came to Antigua from El Salvador just in hopes of having surgery and luckily for him he was in the right place at the right time.

We were in Guatemala during the Lenten season (the forty days before Easter) this year. They celebrate this time with huge processions every Sunday down the main streets where the men, in purple robes, carry large pallets with huge statues and crosses mostly depicting the Passion of Christ. People come from EVERYWHERE to see these processions. The crowds are enormous and unfortunately in my endeavors to capture the event on my camera I had my wallet stolen from my backpack! My shopping was over before it began. I learned my lesson: never let your guard down and take nothing of value with you, or don't go, into large crowded areas.

We again visited the orphanage started and financed by our friends and previous trip leaders and staffed by two nuns from Spain. It is always the highlight of our trip. Two of this years patients came from there, both with cleft lip and palate problems. Sometimes babies and children with birth defects, and Down's syndrome are just dropped off at the front door or brought there by the police who find them. They know that the nuns will take great care of them. Unfortunately in a country with such poverty many parents are just not able to cope with children born to them with what they perceive to be significant problems. This year we met two beautiful little girls, about 6 and 9 years old that had been at the orphanage only two months. Apparently they were from the extreme north of the country, where many of the Spanish settled, as their skin tone was very light. They had been dropped at the front gate by the police. I wanted to bring them home with me as I perceived a deep sorrow in them especially the older child and I wanted to shower them with love that they obviously were needing. Of course that was not possible so I do try to keep them in my thoughts and prayers every day.

Before departing we spoke with Fr. Jose who is the hospital administrator. He showed us the plans of the new complex they are hoping to get funded this next year. They had land donated and are hoping to move all of the disabled patients there and use the hospital in Antigua for surgical patients. Fr. Jose is a man with a mission not unlike Mother Teresa. He is kind, caring and deeply moved to help the Guatemalan people. He was born in Italy and tries to go back there once each year to raise funds for his mission in Antigua. Now he is hoping to raise about 2 million dollars to build the new complex which will be complete with chapel, out patient and long term inpatient care of the disabled, kitchens, laundry and multiple other facilities needed to run the center.

For more information you can visit www.obrashermandopedro.org

The week went fast. We always look forward to our next trip and will keep you updated as we go. -Dr. Parrish and Rosemary



Left: Cleft baby girl before and after surgery. Below: Rosemary Parrish (left) and First Lady of Guatemala (right).



Left: Child with an eyebrow tumor.



Above: Baby boy after surgery in recovery. Left: Public wash-basin where women wash their clothes by hand.



Women in the village.



Right: Boy with tongue and cheek problems.

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