

MARCH 2014 | Plano/Frisco Edition

GET TO KNOW SUPER DOCS NEAR YOU!

**SUPER DOCS**

# LIVING

THE LOOK TO A VIBRANT LIFE.

## All About the Wright Time Machine!

Fiona Wright, M.D.

Retreats A Short Drive  
Away, A Southern Getaway  
*...and more*

**HOW TO GLAM IT UP**  
with friends for an  
evening out on the town



# All About the WRight Time Machine!

“It’s Not about Vanity- It’s About Loving Yourself”

AN INTERVIEW WITH FIONA WRIGHT MD, BY RACHAEL VEENSTRA PHOTOGRAPHY BY AIMEELOUISE PHOTOGRAPHY



“With Our Time Machine Program, You Can Always Look Your Best at Any Age, and All Without Surgery” FIONA WRIGHT MD

**A**t different ages and stages of life, we all have varying skincare and aging concerns. For many of us, choosing the right skincare products and procedures can be confusing. So I sat down with Fiona Wright M.D., or Dr. Fiona, as she is better known to her patients—who runs a successful aesthetic practice in Plano, that serves a long list of A-List Texans.

With her extraordinary combination of state-of-the-art technologies and many years of experience, the “Time Machine Q and A” with Dr. Fiona Wright answers many of the age related concerns that we all face when choosing a doctor. Dr. Wright conducts laser studies and skincare research in her own practice and combines her extensive expertise in the field of dermatology and skincare to produce the perfect aesthetic solutions for her patients. Dr. Wright remarks, “With the great technology that we have, you never have to look old and you never have to deteriorate. Aesthetics not

only makes us look good on the outside, but truly affects the way we feel on the inside.”

## What is the classic “Time Machine Program” you offer to your Patients?

Classic treatments of the aging face should always involve tried-and-true nonsurgical procedures with known and predictable outcomes. To rejuvenate the forehead and brow we elevate and reposition the eyebrows with Botox or Dysport to create a more youthful, natural and anatomical position.

As years go by we lose volume in terms of fat and collagen, so our faces become flat and we develop nasal folds and marionette lines. Having surgery does not replace the need for injectables, which generally are recommended for volume loss. For this, we use fillers to soften expression lines and work as a scaffold for collagen, making the results of this multi-step program very natural.

Aging and sun exposure also cause the mid-face, cheeks, and the jawline to droop and

become more wrinkled. This leaves my patients looking worn, tired, or older than they feel. Superficial skin tightening devices using radiofrequency are very helpful in this area. Thanks to non-invasive 3DEEP and ThermiAesthetics radiofrequency machines, patients can achieve reliable results for the face, neck and even the eyelids, and have absolutely no downtime!

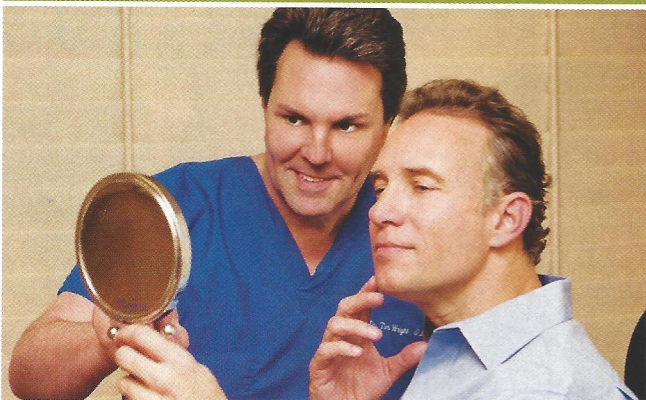
The last factor is skin care. Everyone should consider using effective skin care products daily and have routine resurfacing procedures to include glycolic peels, microdermabrasions or lasers.

## Recently the Texas Medical Board mandated New Regulations for Cosmetic Procedures. How do you maintain this Quality of Care?

In November 2013, the Texas Medical Board ruled that all aesthetic procedures, which include injections, lasers, and light procedures being performed by nurses and aestheticians, must first be evaluated by a physician, physi-



Her namesake skincare line aims to empower her patients by addressing common skin issues and sensitivities through medically effective products.



cian assistant or nurse practitioner prior to any procedures. In our clinic, we have always practiced these strict protocols. In an effort to maintain high standards in patient care, our patients have always been reviewed personally by me to ensure the appropriateness of their procedure and outcome. As well, each employee has a rigorous training and testing schedule, and must excel in our clinic prior to treating patients.

#### What Treatments do you Recommend for Men?

Although women remain the majority of my clientele, men are requesting cosmetic procedures now more than ever! Recent Consumer Studies have shown that 47% of spa-goers are male, as men want to look good, too. Men feel increasingly pressured to maintain a more attractive and youthful look in a highly competitive job market so many are choosing non-surgical aesthetic procedures to maintain their vital appearance, feel better about themselves and gain a career advantage. The most common procedure we perform for men are:

**Facial Contouring with Injectables** to achieve a refreshed appearance that looks natural and not frozen. Fillers are utilized to enhance facial contours and provide balance to their face and features. They can be used to fill out sunken areas, reshape the nose, strengthen the jaw line and enhance cheekbones, as well as provide other attractive benefits.

#### Intense Pulsed Light (IPL) / PhotoFacials

Gentle IPL treatments not only diminish age spots and broken blood vessels of the skin, but they also improve fine lines and wrinkles through the production of new collagen.

#### Laser Hair Reduction for Face and Body

By heating the hair shaft and causing the follicle to go dormant, hair is safely removed with a laser device. Treatments are highly targeted for small areas or performed over larger areas in a series of treatments.

#### Microdermabrasion

Dead surface cells are removed with precision exfoliation and vacuum pressure. These treatments stimulate new cell and collagen growth, smooth texture, refine pores, and reduce fine lines and age spots. ///

### What do you think is the most Exciting Aesthetic Procedure Innovation on the Horizon?

ThermiTIGHT skin tightening is arguably the most exciting new tool to emerge in the aesthetic medicine field in the last few years. Although the technology itself is not new, the application of this new device allows physicians to use radiofrequency energy in a variety of innovative new ways.

As we age our skin loses the elasticity that it had in our younger years, and this causes it to become loose and appear saggy. Traditionally, the only sure way to tighten this loose facial and neck skin has been to go in for time-consuming and invasive face and neck lift surgery. A full-on surgical lift is an aggressive surgery with increased risks of nerve damage, numbness and blood clots, not to mention the three months needed to recuperate.

To find an alternative solution, my patients today are demanding faster, less invasive procedures with little, if any, downtime—to tighten loose sagging skin and reduce those pockets of unwanted fat that don't respond to diet and exercise. And now I am excited to offer them the newest advancement in tissue tightening and minimally invasive fat reduction for face, neck and body contouring — **ThermiTight**, using exclusive **ThermiRF** technology.

The biggest distinction between the **ThermiTIGHT** device and previously available treatments is that instead of delivering the energy on top of the skin, the radiofrequency energy is delivered directly under the skin, effectively reaching the deep dermal skin. When the deeper skin is heated, the body senses this as an injury and the healing response is triggered. *An intense production of collagen helps generate new collagen resulting in new elastin and firmer, tighter skin.*



Fiona Wright M.D.  
Tim Wright O.D.

This wife and husband team combined their training, experience and compassion to grow their practice to one of the most comprehensive aesthetic practices in the Dallas-Fort Worth Metroplex.

For more information visit:  
[www.SkinMDandBeyond.com](http://www.SkinMDandBeyond.com)  
or call 972-608-0808 today.

6517 Preston Rd. • Plano, TX 75024