



## Winter Newsletter February 2022



Hello Friend,

"Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

-Helen Keller

### *What's New at Enzer & Associates, PC?*

The end of 2021 was a busy session for Enzer & Associates, P.C. with so many of you requested treatments to look nice for the holidays! Dr. Enzer was also busy with educational meetings and teaching. In November he attended the five-day seminar called the Global Aesthetic Conference in Miami Beach. "What I enjoy most about this conference is the cross-pollination of ideas between the various medical specialties that deliver cosmetic care to patients" says Dr. Enzer. Two weeks later he "virtually attended" the three-day international Oculofacial Plastic Surgery meeting. "Even though I have been in practice for almost 30 years, I am always learning new ideas and techniques to bring back to our patients," says Dr. Enzer.



Did you know that Dr. Enzer is one of the most sought out professors at Brown University Medical School? Here are some fun facts:

- Did you know Dr. Enzer has received "Teacher of the Year" award EIGHT times in his career, and from two different departments?
- Residents from Brown University's departments of Plastic Surgery, Dermatology, and Ophthalmology regularly visit our office to learn aesthetic and laser procedures from Dr. Enzer.
- Dr. Enzer actively participates in the Dermatologic Surgery fellowship training program at Roger Williams Hospital and Boston University.
- Dr. Enzer runs a regular monthly cosmetic clinic for the Dermatology program at Brown University as well as special evening teaching sessions to make sure these young doctors are able to provide high-level care for their patients when they start their own medical practices.
- Dr. Enzer's latest research publication, in collaboration with several residents and physicians from the Department of Dermatology, presents the findings of a rare eyelid tumor.

- In January was asked to present a lecture to Brown University's Department of Ophthalmology entitled "Aesthetic Oculofacial Plastic Surgery".

On a personal note, Dr. Enzer became a grandfather again. Charlotte, better known as "Charlie," was born in September and lives in Newton, MA. That makes four children, and three grandchildren now, plus lots of grand-dogs!

Our nurse practitioner, Ashley Wright, FNP, has also been extremely busy. Her schedule is filling more and more, and we keep adding more days as her patient following seems to be exploding. When she is not with us, she is either busy raising her two lovely daughters, or helping to run the Neurology/Neurosurgery Intensive Care Unit at Rhode Island Hospital as part of her continuous critical care experience. We are proud to say she is now one of the most popular and respected aesthetic nurse injectors in the area!

## "Tech Neck" say NO MORE!

### What is 'Tech Neck'?

In the era of smartphones and iPads, and especially now in the midst of Coronavirus, we are spending more time than ever looking at these devices with our heads bent downward. As a result, we are seeing the emergence of "tech neck" the characteristic neck folds, wrinkles, and double chin(s) that we develop from the constant head-down posture. While surgery has been the traditional method to address the aging neck, we would like to highlight our favorite and most effective non- and minimally invasive treatment options for tech neck:



**Neuromodulators:** We know that Botox and Dysport work to relax wrinkles on the face. Well, it can also be used on the neck (platysma) muscle to help reduce vertical bands. Furthermore, by weakening the action of the platysma muscle (it pulls the face down), one is essentially getting a discounted budget facelift.

**Fillers:** Did you ever notice the horizontal bands that develop on your neck when you look downwards? Sometimes they stay there permanently, even with your head upright. For those persistent lines Dr. Enzer recommends treatment with hyaluronic acid fillers such as Juvéderm or Restylane. These synthetic gel fillers are placed under the lines to smooth the neck skin, and typically last for one-two years. \*Warning: this is an "off label" use of these products, meaning they are approved by the FDA, but not in this area of the body. This is permissible by the FDA and is commonly performed by our providers.

**Kybella vs. Neck Liposuction:** There are multiple procedures for getting rid of excess neck fat, and Kybella and liposuction are the most effective. Both procedures can be comfortably performed in the office setting, or with sedation in our surgicenter. Kybella is an injectable product that permanently and naturally dissolves fat, similar to what is produced by our gallbladder. We typically recommend 2-3 treatments. Both procedures have about a one-week recovery period. There are advantages and disadvantages to each method, and Dr. Enzer will fully discuss this with you at your consultation.

**Fraxel® Laser:** This revolutionary skin laser delivers noticeable results with far less downtime than other skin lasers. Its secret is in the fractionated laser technology, laying down microscopic columns of laser energy into the skin while leaving the surrounding areas intact for faster healing time. The treated areas then begin the healing process and produce more collagen, which in turn helps to improve skin tone and texture while diminishing wrinkles, sun damage, irregular pigmentation, and other signs of aging.

A Fraxel® treatment takes less than an hour and is performed right here in our office. The result is skin that looks younger and more refreshed, without having to take a lot of time out of work or your social life.

To learn more about the different ways Enzer & Associates, PC can help resolve lines and wrinkles on your neck, call us to schedule a consultation.

## Product Spotlight: Epionce Intensive Nourishing Cream

Epionce Intensive Nourishing Cream is the ultimate hydrating face, neck, and décolleté cream to use this winter! Epionce Intensive Nourishing Cream is an anti-aging face cream that strengthens while it repairs.

As we age, our skin becomes weaker and more susceptible to dryness and damage. As a nourishing moisturizer, this cream works on dry and damaged mature skin to restore health and vitality. By strengthening and rebuilding the skin barrier, this cream improves your skin's ability to retain moisture while smoothing out fine lines and wrinkles. Hydrated cells remain strong so your complexion looks younger and healthier every time you use this cream. The Epionce Intensive Nourishing Cream, along with the



complete line of Epionce products, regenerates collagen and elastin to resist damage and signs of aging. Inquire with our staff for a personalized skin care regimen today!

#### Key Benefits

- Intense hydration for damaged, photoaged skin.
- Clinically proven anti-aging results without irritation.
- Helps smooth and refine texture.

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Thank you for reading our newsletter, we hope you enjoy all the festive activities in New England this winter! Stay tuned for more news and updates soon.

#### **YOASH R. ENZER, MD, FACS**

*Cosmetic, Laser, & Oculofacial Plastic Surgery*

#### **ASHLEY L. WRIGHT, FNP**

*Aesthetic Nurse Practitioner*

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**Are you interested in learning about a particular treatment or product?  
Let us know! [Chat with our office staff!](#)**

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