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# *Advanced Concepts in Plastic Surgery*

Experienced, personalized care for beautiful results • SURESH KONERU, MD



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2011 has gotten off to a great start.

We have a lot of exciting things planned for the New Year, and I look forward to sharing these with you in my newsletters.

I hope that all of you have been sticking to any resolutions you have made. Regina and Linda have made resolutions to lose weight and have been pretty successful on the [17 Day Diet](#).

They picked the diet after seeing the great results one of our patients had. I was worried they would be crabby on a restrictive diet, but so far they are still pretty pleasant to be around.

Ask them about it next time you're in the office.



On January 26th, the FDA issued a [Medical Device Safety Communication](#) regarding Anaplastic Large Cell Lymphoma (ALCL) and Breast Implants. The possible connection between the two first came to my attention in the Spring of last year when Dr. Garry Brody presented a review of 34 cases of ALCL at the American Association of Plastic Surgeons meeting here in San Antonio. [read more ...](#)



We have made significant upgrades to our Electronic Medical Record (EMR). As many of you know, we have been on the forefront of medical technology and have been using an EMR since 2003. This has allowed us to keep a thorough medical record on all of our patients. This year we have upgraded the program to include a Patient Portal and electronic prescribing. I have been geeking out this past week sending prescriptions electronically to pharmacies. At the end of your office visit if you let us know your pharmacy, and they are participating in the SureScripts system, then I can send the Rx directly rather than printing out a copy. Hopefully, you can leave the office and go right to the pharmacy and they will have your medicines waiting for you. It has been working great so far. The only problem has been that I cannot transmit a prescription for pain medicine electronically. For pain medicines I still have to print out a Rx.

The patient portal is a great interface that will give you direct access to your medical record. With it patients will be able to:

- Access their chart and review it for any inaccuracies
- Download or Print their chart to take with them when they go see their other healthcare providers
- Request refills of non-narcotic prescriptions
- Schedule, confirm or request to reschedule appointments
- Send secure messages to the office

Hopefully, you will find these improvements very convenient. I hope that it also improves the efficiency of our office. To have access to the Patient Portal, you must register at our office and sign a Portal Authorization Agreement (you have to do paperwork so that we can go paperless). You can access the portal at <https://www.gotomyclinic.com/drkoneru>



I am pleased to announce that I will be the first in San Antonio to offer the new Ulthera treatment. Ulthera is the first FDA approved device for the indication of LIFT!

After the great success of the Zeltiq CoolSculpting, I have been looking for an effective non-invasive way to perform face, brow, and neck lifts. I finally found it in Ulthera.

The device was approved by the FDA in the Fall of 2009, but the company has limited the rollout of the machine. They have focused on well respected Board Certified Plastic Surgeons, Dermatologists, and Facial Plastic Surgeons. When they asked me to be a provider I was somewhat skeptical, but after studying the science and the research, I have become a believer.

Basically, the device uses ultrasound to image the soft tissue of the face. This allows me to see the different layers of tissue and where the nerves and blood vessels are. After evaluating an area, I can then focus ultrasonic waves on the underlying muscle or in the deep dermis.

The machine then fires about twenty small bursts into the tissue that feel like little electrical shocks. The bursts tighten the tissue so that you can get a lift without any incisions. All of the effect is deep, therefore the skin is protected and there is no downtime. The shocks can be a little uncomfortable so weenies may need some pain medicine. Treatments can take anywhere from 45 minutes to 1 1/2 hours and it may take as long as 3 months to see the full effect though most patients see some improvement immediately. So far it looks like results will last at least 18 months in most patients.

For patients who have been getting Botox every 3-4 months to lift their brow this will be a nice alternative. It also looks like it will have promising results on the full neck and early jowls. I think this will also be a nice adjunct to the liquid facelift that we have been doing with Sculptra. It will allow me to tighten and lift the skin while I can add youthful fullness to the cheeks with Sculptra. It won't be effective in people that have a lot of extra skin (I will still need to do a traditional facelift for them), but for those who just desire a little rejuvenation with no downtime this is a great treatment.

We should be able to start treating patients in mid February. If you think you may want to be one of our training patients call the office and have them put your name on the waiting list.



***Be sure to check your inbox often during the next few weeks for an announcement about a special Cool Night Out with CoolSculpting. We are planning a great event to go over the CoolSculpting treatment. You will have the opportunity to ask questions, see some before and after photos and enjoy some Cool Drinks and Appetizers.***



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