

# A Beautiful, Confident Woman!

**Comprehensive facial rejuvenation requires specialized treatment using a variety of modalities to address the many causes of an aged appearance.**

When Pat Lostetter, a seasonal resident of Hobe Sound, Florida, looked in the mirror, she wasn't happy with the image she found there.

"I was unhappy with what I saw happening to my face. I noticed some sagging around the neck and the jaws and I wanted to have that remedied."



JOHN L. PORCARO, MD, FACS, FAACS

It was Pat's good fortune to discover John L. Porcaro, MD, FACS, FAACS, of Porcaro Cosmetic Surgery, to turn to for help with her concerns about these unwanted features. The doctor is board certified by the American Board of Surgery and by the American Board of Cosmetic Surgery.

"I had a connection right away with Dr. Porcaro and the office staff," recalls Pat. "They were so friendly and outgoing. They inspired confidence. I felt a certain amount of anxiety, contemplating something like this. But at every step, the doctor and his staff really put me at ease and made me feel secure.

"Dr. Porcaro agreed with me that a lower face and neck lift were in order. But he also suggested a chin implant. At first, I was absolutely against it.

"Talking with a professional is not like asking your girlfriend. A cosmetic surgeon will tell you what you need. Typically, friends or relatives won't be honest with you and say, 'You have a weak chin.'

"When my husband commented, 'Honey, Dr. Porcaro's right,' that's when I realized a chin implant was important



**John L. Porcaro, MD, FACS, FAACS**, is a SottoPelle-trained hormone replacement physician. After receiving his medical degree from the University of Medicine and Dentistry of New Jersey (UMDNJ), he was awarded a fellowship in vascular surgery. Dr. Porcaro was Administrative Chief Surgical Resident UMDNJ, where he also completed his general surgery residency. He is a former associate and assistant professor of surgery at West Virginia University. Dr. Porcaro is a diplomate of The American Board of Surgery, American Board of Cosmetic Surgery, and American Board of Hair Restoration Surgery, and a Fellow of the American College of Surgeons and the American Academy of Cosmetic Surgery.

In addition to having a busy cosmetic surgery practice, Dr. Porcaro uses more BOTOX, JUVÉDERM, and Sculptra than any other single provider on the Treasure Coast. Visit [www.porcarosurgical.com](http://www.porcarosurgical.com) for hundreds of before and after pictures, and patient testimonials.



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to getting the results I was looking for."

## A positive spirit

"Although a little apprehensive, Pat approached her facial rejuvenation in the right spirit," says Dr. Porcaro. "During our initial consultation, I spent a lot of time talking with Pat, discovering her concerns and defining precisely what she wanted to accomplish. Her goals for rejuvenating her physical appearance were very much within reach.

"During the consultation, I help patients form realistic expectations about the outcome of their surgery. Each face has different anatomic characteristics related to the aging process, and these characteristics can have a significant impact on the choice of cosmetic procedures, and even on the results," the doctor explains.

**"I HAVE TO SAY, THE IMPROVEMENT TO MY APPEARANCE WAS SO POSITIVE THAT I EXPERIENCED A REAL BOOST TO MY SELF-CONFIDENCE," REPORTS PAT LOSTETTER.**

"Hereditary plays an important role, as does past illness, dietary habits, and lifestyle. No matter if a patient chooses laser or chemical resurfacing techniques, or surgical techniques like blepharoplasty, fat transfer, chin augmentation, or facelifts, every procedure is customized to address the patient's particular needs and maximize the potential for success at Porcaro Cosmetic Surgery.

"Pat's skin tone and bone structure, as well as her realistic expectations, were key factors contributing to a very successful outcome for her," emphasizes Dr. Porcaro.

"Sometimes people have the misconception they will endure a difficult operation followed by a lot of discomfort during recovery, but that's simply not true.

"In most cases," he assures, "my

## Look good, feel good

Dr. Porcaro and his experienced staff look forward to working with you to help you feel better, look better, and live longer! Call them today at **(772) 337-1717**. The office is located at **1943 SE Port St. Lucie Blvd.** in Port St. Lucie.

patients experience some discomfort, and approximately a week of recovery time during which I encourage them to stay home and relax after a lower face and neck lift procedure."

## Comprehensive facial rejuvenation

Porcaro Cosmetic Surgery offers comprehensive facial rejuvenation, including facelift and eyelid surgery to address loose, hanging skin; volume addition with one's own fat, or Sculptra, which stimulates your own body to produce collagen to replace lost volume; JUVÉDERM for fine lines; BOTOX to relax muscles that cause certain wrinkles; medical-grade, prescription-strength skin care products and physician-administered chemical peels for repair of damaged skin; and natural, bio-identical hormone replacement to restore youthful skin.

"For patients who have been in Florida for some time, their skin may suffer from accumulative damage related to ultraviolet light. We recommend using a skin care regimen with quality pharmaceutical-grade products like Obagi to maximize the effects of surgery.

"As skin ages, the dermis slowly loses collagen, elastin, and hyaluronic acid," explains Dr. Porcaro, "and this loss takes away from the full, firm look of youthful skin. Dermal fillers such as JUVÉDERM and Sculptra provide excellent solutions for eliminating or reducing scar depressions and wrinkles, adding volume to the lips, and for replacing volume loss in the face."

"Typically, by the time most people reach forty, their hormone levels are suboptimal," reports Dr. Porcaro. "Correct hormone levels are critical for optimal skin health. The skin is very responsive to the effects of estrogen and testosterone and adversely affected when there are deficiencies in either hormone. Skin aging accelerates when hormone levels start to wane.

"Natural, bio-identical pellet hormone replacement therapy [BHRT] can balance hormones back to their normal levels," explains the doctor. "BHRT is delivered via pellets during a simple, in-office procedure that takes just a few minutes.

"It only takes about five minutes to do the insertion and we never see any complications related to pellet placement," assures Dr. Porcaro. "The pellets that we use are completely natural and typically last up to four months for women and five to six months for men. They are bio-identical to what men and women have in their systems. We base the dosages on the initial blood work and periodic follow-up blood work, coupled with the patient's symptoms."

## A happy ending

"The surgery went very well," recalls Pat. "Dr. Porcaro met with me the next day to answer my questions and review the results. You wonder about every little thing: *Are the stitches all right? Is there any bleeding?* I thought the follow-up in general by the doctor and the staff was exceptional. To me, it was comforting to talk with the doctor and to know he and his staff were available throughout the recovery period.

"I have to say, the improvement to my appearance was so positive that I experienced a real boost to my self-confidence. At the beginning and during the entire process, I never felt pressured. I always felt Dr. Porcaro had my best interest in mind."

Pat is very clear about the results: "I trusted his professional judgment and I'm glad I did!" **FHCN**

## About BOTOX & Fillers

BOTOX injections are the most frequent cosmetic procedure performed throughout the world. BOTOX relaxes muscles, which results in improvement and even disappearance of some wrinkles and lasts three to four months. JUVÉDERM is a filler that can erase or diminish fine lines, wrinkles, folds or creases, and lasts from nine to twelve months. Sculptra, the celebrities' cosmetic filler of choice, works by stimulating your own body to produce collagen, which is broken down as you age. Sculptra restores lost volume gradually and naturally, making Sculptra popular with celebrities. Sculptra requires a series of treatments, typically three sessions are required for most patients, and the results last from two to five years! Fat transfer is another option to replace lost volume in the face. Dr. Porcaro removes your own fat, concentrates the fat, and then strategically injects your fat into the areas where volume has been lost. Typically, about half the fat will be absorbed and most patients will require two sessions, with the effect lasting for years!

For more information on bio-identical hormone replacement therapy, visit [www.porcarosurgical.com](http://www.porcarosurgical.com).