

Dr. Andrew Coundouriotis, M.D., F.A.C.S.



Americans are always on the go! Blackberries and ipods keep us in touch and help us plan the most into our busy schedules! So when it's finally time for that two-week vacation, it's no wonder that many people plan a little more than rest and relaxation.

We found that it is quite common to add some extra time to freshen up the face. According to Dr. Andrew Coundouriotis, well known facial plastic surgeon in St Petersburg, many patients plan both surgical and no-downtime procedures around vacations. Patients frequently schedule surgical procedures during time off so they will have extra time to recover, and they plan non-surgical procedures before vacations so they'll look great while on vacation. "I have several patients who live in Florida for only a few months out of the year," says Dr Coundouriotis. "Frequently they'll arrive a week or so ahead of schedule, we'll do a small procedure or laser treatment; they look refreshed and rested, and no one is the wiser that anything has been done."

Dr. Coundouriotis explains that facial aging involves several basic elements: loss of volume, sagging tissue, and changes in skin clarity, texture and tone. It's always nice if a patient is able to address everything, but when this is not feasible, "Dr. C", as he is referred to by his patients, recommends a

step-by-step approach starting with what concerns the patient most.

"Patients are often overwhelmed by all the treatments and options available for facial rejuvenation," says Dr. Coundouriotis. "It is important to understand not only the improvement my patients want to accomplish but also their lifestyle, timeframe, and budget. This way I'm able to combine different technology and treatments to give patients the most natural and beautiful results."

Sun damage is a common complaint with many of Dr. Coundouriotis' patients. Even though many patients have been very careful to avoid sun exposure since adulthood, the damage that occurred during their teen years becomes obvious as the skin matures. The changes from sun damage include deep lines, loss of elasticity, as well as pigmentation changes such as sun spots and spider veins. "Frequently I use a combined approach to treat this type of skin," Dr. C

explains. "I may use a superficial laser treatment such as Pearl or Portrait Skin Regeneration to treat fine lines and pigment changes and then add dermal fillers such as Restylane or Juvederm to plump up deeper folds or lines. I frequently combine Botox where I use fillers to prevent recurrent movement of the muscles that created the lines in the first place."

"I also emphasize to my patients that they should defocus from specific lines and focus more on the overall appearance. For example, once sun damage is repaired, patients may still have a line, but the way the light reflects off their face is different; less make-up is usually used, and even though that one line may still be visible, the overall look of their skin has dramatically improved," explains Dr. C.

The latest addition to Dr. C's procedures is the Pearl family of lasers by Cutera. These lasers employ a new laser wavelength that creates an optimal balance of vaporization and coagulation of the target tissues. "There are two versions of this laser; one is called Pearl and the other Pearl Fractional. I use the Pearl laser to treat the entire surface of the epidermis. Through a combination of vaporization of sun damaged epidermis and a controlled amount of thermal damage to the upper layers of the dermis, the Pearl eliminates old unhealthy skin and the body replaces it with healthier and more vibrant tissue.

The Pearl works well for fine lines and pigmentation changes of the skin." Dr. Coundouriotis continues, "The Pearl Fractional laser device uses the same wavelength but delivers it to only a fraction of the skin surface area, thus the name "fractional" laser. A specialized scanner delivers multiple, evenly spaced, high energy laser pulses that penetrate into the deep layers of the skin stimulating a significant buildup of fresh new collagen which fills in deeper lines and wrinkles. Using both laser modes during the same treatment gives us the best of both worlds, replacing the sun damaged surface with fresh healthy skin and building up the tired deeper layers with fresh collagen."

About Dr. Coundouriotis:

Dr. Coundouriotis is one of only a few surgeons in the Southeastern United States who is both board certified and fellowship trained in facial cosmetic surgery. After graduating Suma Cum Laude from Duke University,

Dr. Coundouriotis was invited into Phi Beta Kappa. He then enrolled in the Duke University School of Medicine for his medical degree.

His interest in the marvelous and intricate complexities of the face led Dr. Coundouriotis to pursue a career in this surgical specialty. With this goal in mind, Dr. Coundouriotis completed a general surgery internship and residency with distinction in the field of head and neck surgery at Duke University Medical Center. He followed this with a Fellowship with Dr. Ferdinand Becker in the relatively new subspecialty area of Facial Plastic and Reconstructive Surgery.

When Dr. Coundouriotis completed his training in 1993, he became one of a select group of surgical specialists in the country equipped with this special surgical background.

Today Dr. Coundouriotis is a Fellow of both the American Academy of Facial Plastic Surgeons and the American College of Surgeons. He is board certified by both the American Board of Facial Plastic and Reconstructive Surgery, and the American Board of Otolaryngology, Head & Neck Surgery. He is a member of the American Academy of Facial Plastic and Reconstructive Surgery, the American Academy of Cosmetic Surgery, the American Medical Association, and the Florida Society of Facial Plastic and Reconstructive Surgery. *

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