



# face facts

Established in 1995

SPRING/SUMMMER, 2020



From Dr. Daube ...

Relocating to Bay County, Florida was one of the finest decisions of my life. My best friend invited me to move here, and I immediately fell in love with the people, culture, and environment. Although my friend was tragically killed shortly after I opened my office, his memory is still here with me, along with the times I've enjoyed with family and friends along our lovely Gulf Coast. And, my beautiful daughter was born here as well.

It seems like just yesterday, but it was 1995 when I began my medical practice in the doctor's building adjacent to Gulf Coast Regional Medical Center. The community was so very welcoming to me; very shortly thereafter, I outgrew that space and purchased the building immediately in front of the hospital.

Along with Gulf Coast Facial Plastics, our ENT doctors are now associated with ENT and Allergy Associates of Florida, which makes our medical practice, with two local locations, the largest of its kind in Northwest Florida. This new association has allowed me to focus more of my efforts on my passion – Facial Plastic Surgery.

As always, I have endeavored to seek out the most current in technology to meet the ever-changing needs of our patients. And, as you'll see in the cover article ... WOW, have things changed over the past 25 years!

I hope you enjoy this issue of Face Facts, and if you'd like to schedule a consult, contact Kim O'Neal Guy at ext. 130. Or, for aesthetic services, contact Melissa Goodson, ext. 117.

Daniel C. Daube, M.D.

For more news:

[www.gulfcoastfacialplastics.com/ss2020news](http://www.gulfcoastfacialplastics.com/ss2020news)

## Celebrating 25 YEARS of Facial Plastic Surgery Excellence

What's changed with facial plastic surgery over the last quarter of a century? Instead of going to the Internet, I was able to simply glance over my own list of changes based on my experience.

First, the "selfie" has created more business! Also, more men are having cosmetic facial surgery. The utilization of nonsurgical techniques, such as fillers and neurotoxins to treat the aging face, has drastically increased.

Next would be the increased medical use of laser technologies, followed by an increase in minimally invasive techniques such as endoscopic approaches to minimize scarring.

3-D printing technology is an expanding and innovative field in medicine and surgery since prototype models are helpful in skull reconstruction. Facial reconstruction is a complicated procedure and by creating a 3-D replica of the individual's boney anatomy, time in the operating room is greatly reduced.

Digital imaging of the nose has made Rhinoplasty preoperative consultations an important element in the surgical outcome.

And speaking of new technology – Radio frequency with micro-needling is an old idea, but has been given a new twist. The SECRET® combines this technology inducing collagen production and tightening elastin fibers to firm the skin and reduce wrinkles.

Although there has been a trend toward "lunchtime facelifts," I maintain that sometimes "old is new again." In fact, I have always maintained the GOLD STANDARD of Facelifts provides the most

long-lasting and natural-looking results. However, vertical lifting has also become part of my procedure and seems to give much better results than in the past.

Even though people continue to get tattoos, we have seen our business expand in tattoo removal. (See the article in this newsletter for results.)

Because women are requesting bigger lips, fillers have grown in popularity. In addition, they are used to re-contour the aging face or treat scars. We offer many FDA-approved temporary fillers. In addition, we often recommend the always popular Botox—the most frequently performed cosmetic procedure in the US.

Also, we have seen a reverse in medical tourism in that more people are choosing to stay in the US for their specialized procedures. Since our practice is located on the Gulf of Mexico, we find more and more people are choosing to do their surgery at our office; then, they rest and recuperate on the World's Most Beautiful Beaches.

Finally, a significant change has been in "who" does the procedure. As a fellowship-trained and board-certified facial plastic surgeon, as well as otolaryngologist (ENT), I have seen the specialties of oral maxillary surgery, dermatology, ophthalmology, and plastic surgery embrace facial plastic surgery. However, that means more people are doing procedures with less training. So, doesn't it make sense to choose someone whose practice is faces ... and ONLY faces?

## Save The Date

TUESDAY, AUGUST 25TH 4:00 - 7:00 PM

25% OFF Specials • Doorprizes

Join us as Dr. Daniel ("Skip") Daube Celebrates 25 Years of Facial Plastics Excellence in Bay County. Vendors will be on hand to display the very latest in aesthetic options to look your very best!

# Take Control & LOVE YOUR SKIN AGAIN!



There are so many ways our skin changes over time. Isn't it time to regain control to own your look? Melissa at Gulf Coast Facial Plastics can help! Her specialties include, but are not limited to:

CoolSculpting®/Cooltone™  
Tattoo Removal  
Laser Treatments

She has the knowledge and expertise you need to say "Goodbye!" to the skin concerns that may be holding you back.



**MELISSA**  
(850) 784-7722 ext 117  
[Melissa@GulfCoastFacialPlastics.com](mailto:Melissa@GulfCoastFacialPlastics.com)

## Permanent TATTOOs don't have to be PERMANENT

Even though tattoos have become somewhat more accepted within our culture, all too often employers are requiring that tattoos not be visible within the work environment. Or, people may decide their tattoo no longer fits their new image or relationship.

With today's advanced laser technology (our YAG laser being the most current in eradication tools), light wavelengths are used to obliterate the ink in the tattoo without damaging the skin. The light energy vaporizes, or fragments, the ink particles. The body then absorbs these ink fragments naturally, and the color fades over the next couple of weeks.

Laser tattoo removal is the safest, quickest, and most likely process to leave your skin intact as opposed to other removal options that can often result in scarring. Laser treatments may cause some redness and tenderness, with possible itching, but the laser treatment can be done during a lunch hour with no downtime!

The size, color, location, as well as the age of the tattoo determines the number of treatments necessary to effectively complete the removal of the tattoo. The results, and the number of treatments needed, vary from patient to patient. Multiple treatments are scheduled four to eight weeks apart.

(Note: These photos are after only two sessions of tattoo removal. Numerous treatments are often necessary to fully remove a tattoo.)



# WANT TO TAKE YOURSELF FURTHER?

Many of us have stubborn fat that simply won't go away, regardless of how much we have dieted and exercised. Perhaps that's because the total number of fat cells we have increases in childhood and adolescence, but levels off and remains somewhat constant in adulthood.

That's why this new technology is so truly extraordinary, because it eliminates fat cells for good!

Eliminate fat with  
 **coolsculpting**<sup>®</sup>



Tone muscle with  
**cooltone**<sup>™</sup>



**TRY THIS "DYNAMIC DUO" WITH A SPECIAL INTRODUCTORY DISCOUNT!**  
Mention code: "Coolbody" and receive 20% off your 1st treatment!

CoolSculpting is an innovative, nonsurgical way to contour your body by safely, and effectively, freezing stubborn fat away.

Areas of the body treated include the chin and jawline area; waist and abdomen; as well as the thighs. The bra area, to include the arms and back can be greatly reduced, in addition to the area underneath the buttocks. More important, results can last up to 9 years!

Once you've had your CoolSculpting treatments, it's time to tone those muscles with Cooltone magnetic muscle stimulation. This is an FDA-cleared, nonsurgical way to tone and strengthen your abs, glutes, and thighs.

# What Our Clients Are Saying



*"My experiences have been fantastic. The office staff is very welcoming, and I didn't have to wait past my appointment time that's a bonus! Dr. Daube has a calm energy, and is very knowledgeable and experienced. The problem areas I stressed about were a simple fix. I used to have anxiety about needles, but Dr. Daube is so skillful and gentle and focused, I felt no pain, another bonus! I am extremely pleased that I made the decision to go to Gulf Coast Facial Plastics & ENT Center. They are a caring group of professionals, who want you to be happy and satisfied. Thank you so much!!" – Lisa B-K*

*"My treatment went amazingly well! Kim and Melissa are outstanding and answered every question with expertise. Dr. Daube popped his head in each day to check on me and it was just a fantastic experience! He hires very well! I will definitely keep all of my 'maintenance' business with him, as he is one to be trusted with my health!" - Marie W.*

## "Celebrating 25 Years of Facial Plastic Surgery Excellence"

### Gulf Coast Facial Plastics

200 Doctors Drive

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Directly in front of Gulf Coast Regional Medical Center



**(850) 784-7722**

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