

WITH
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RN, CANS & FOUNDER OF "BEAUTY BY TIFFANY RN" IN BEVERLY HILLS



“ MY AGE RANGE OF PATIENTS IS 18-76, AND AS I AM ABLE TO IDENTIFY WHERE EACH ONE IS IN THE AGING OR PREVENTION PROCESS, I HAVE BEEN HAPPILY ACHIEVING THE VASTLY DIFFERENT RESULTS EACH ONE DESIRES. ”

Q: Can you briefly describe how you came to be an aesthetic Nurse?

A: I grew up surrounded by very feminine women. My Grandmothers always prided themselves on their beauty regimens, and my mother always had the latest and greatest makeup and tricks. At the same time, my step-brother and step-father are both doctors so I was exposed to and intrigued by medicine at a very young age. After moving to Los Angeles, I worked with a very prestigious plastic surgeon. As soon as I entered the operation room, I was hooked. I wasn't sure at what capacity, but I was mesmerized by the precision, skill and craft. After a few years, non-invasive procedures started gaining popularity, and I realized I had a lot of model girlfriends that were big fans of these new revolutionary anti-aging options. I was originally pursuing Kinesiology, but the switch to aesthetic nursing came as an "Aha moment" and I never looked back.

Q: People often wonder if their skin will look worse after a treatment of Botox/ Dysport or dermal fillers. Is that possible? How long can one expect either treatment to last?

A: People often start these treatments as a preventative measure. By beginning before it is fully needed, we have seen monumental results in preventing the normal genetic and age related rhytid formation (wrinkles). Treatments with dermal fillers have the added benefit of stimulating your own collagen production. This is often observed as the patient finds they need fewer products less frequently. Regular treatments with Botox or Dysport can reduce the strength and size of the muscle that is injected. This has been well studied and documented, and I have spoken to numerous patients who attest they look much smoother and softer today than they did years ago. I would say that patients certainly love their treatments, and once they get accustomed to their new "refreshed" look, they usually are hesitant to stop treatments. Results from your treatment with Botox/Dysport should last anywhere from three to four months. Dermal filler results will last between six to twelve months, depending on the type of filler selected.

Q: What are your favorite procedures, what age group do you treat most frequently and what would you like to tell your patients before they arrive?

A: I really love augmenting the lips and cheeks, and I pride myself in doing it in such a way that is notably gentler than the common injections. I find with this gentle approach I am achieving not only high patient satisfaction, but fewer traumas to the tissue are producing superior results. My age range of patients is 18-76, and as I am able to identify where each one is in the aging or prevention process, I have been happily achieving the vastly different results each one desires. I am a huge advocate of patient education, and I would like my patients to be aware of the things that are in their system prior to their appointments. Much like surgery, we need patients to abstain from alcohol, Advil, aspirin and a list of herbs (we can provide upon request) in order to obtain the best results. The most common side effect of injections is bruising, and these items contribute to thinning the blood and therefore bruising. I also would recommend not going straight from the gym to your appointment. In my opinion, it is better to give your blood pressure and heart rate some time to cool down before injecting. Ultimately it is the patient's choice, but knowledge is power, and I want all my patients fully empowered.

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