

MEDICAL SPA

tools for maximizing medical wellness



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The luxe waiting area at Aesthetic Institute of Edina and Kovanda Plastic Surgery Center gives clients a pleasant place to relax before services. For more, turn to page 84.

Combining elements of 19th-century Parisian design with a modern vision, **Aesthetic Institute of Edina and Kovanda Plastic Surgery** (MN) provides a luxurious place for clients to regain their youthful appearance. The 4,000-square-foot medical spa opened last year after a close collaboration between architect Nicole Migeon and owner Christopher Kovanda, M.D., and offers a complete menu of spa treatments, minimally invasive procedures, plastic surgery, and cancer and chronic condition care. “The institute addresses all aspects of aesthetics and aging, including shape and form,” says Kovanda. “I was determined to offer patients all aspects of aesthetic care in one physical location.” The facility does just that with dedicated spaces. The three spa treatment rooms feature white millwork cabinets to keep the



The medical spa’s high-end minimalist aesthetic carries through to the pre-op room (pictured) and treatment room (below).

space tidy and hygienic wallpaper. The west wing, which features two pre-op rooms, an operating room, a recovery room, and a waiting room, is dedicated to cosmetic surgery and provides a reassuring environment for patients. “Minnesota has a vibrant and growing medical spa scene,” says lead esthetician Haley Durchslag. “Minnesotans expect high quality and customer service, and the institute’s services need to be the highest quality to meet the needs of our consumers.” —JENNIFER NIED



fda approves new implant

In January, the U.S. Food and Drug Administration (FDA) approved Allergan’s Natrelle Inspira SoftTouch breast implants, which provide a medium-firm gel option for women undergoing breast reconstruction, augmentation, or revision surgery. With this addition, the Natrelle line of breast implants is the only implant line with three levels of cohesive gel. “Adding Natrelle Inspira SoftTouch breast implants to our already robust line of offerings gives Allergan the most extensive variety of implants in the industry and provides doctors with a wide range of options,” says David Nicholson, chief research and development officer of Allergan. “Now, the Inspira line of breast implants helps physicians to better meet diverse, patient-specific needs based on available breast tissue and desired outcomes. We’re delighted to have this offering available in the U.S. since they are so popular with doctors and patients internationally.” —J.N.

VAPE VETO

American Society of Plastic Surgeons (ASPS) members reviewed available research on the possible risks of e-cigarette use in a recent issue of *Plastic and Reconstructive Surgery* to bring clarity to this hazy area. E-cigarette use, or vaping, has become a popular, and many believe safer, alternative to traditional cigarettes. Still, e-cigarettes have potentially harmful health effects similar to cigarettes and can lead to complications for plastic surgery patients. The biggest concern stems from nicotine, which is a component of many e-cigarettes and reduces blood flow, leading to skin flap complications. Though the team fell short of finding direct evidence connecting e-cigarette vapor with surgical complications, they recommend patients stop vaping at least four weeks before a procedure. Plastic surgeons should also be aware of the possible increase in risk and advise their patients accordingly. —AMY MACARTHUR

