

## Novadermy...questions for Dr. T and Dr. Vargas

I've visited Dr. T's website and looked at the before and after pictures and am impressed.

1. Is this procedure done in an accredited surgical center? **Yes, since 1987. Hour Calente Complex Centro de Cirugia Cosmetica Integral. Didn't have tele # with him.**
2. Will there be an initial one-on-one health evaluation consultation with each patient? **Yes, group consultation first w/EKG & blood tests. When results in then one-on-one consultation.**
3. What is the best way to prepare physically for this procedure? Any supplements/medications which should be taken or discontinued? **Do not stop any prescription medication. There is no cutting involved.**
4. How long have you been doing this procedure? **Interned in 1975, and then began doing it alone in 1979.**
5. Did you create this procedure yourself? **No. It was developed in the 1940's in France, and then modified in 1979 for safer and better results.**
6. Please explain what exactly the chemical does to the skin. Remove top layers to promote new healthy skin/remove scars, etc? **Removes the top layer to get to the dermis which induces reorganization of the dermis. Doesn't destroy dermis like laser therefore has a longer time effect.**
7. What is the expected time frame to see full results? **7 to 9 days plus 1 extra day for each 10 years after 50 years of age.**
8. Is there any down side to this procedure? If so, has it happened to anyone? How have you handled the situation? **No down side and nothing controversial has happened to anyone. Can possibly expect the following: 1. Sometimes peeling; 2. Sometimes redness (Cortisone cream used); 3. Sometimes superficial scabs which will shed within 7 days; 4. If you go into sun prior to 4 months, skin can become blotchy. No direct sun for 4 months, then resume normal regimen.**
9. Do you guarantee your work and if needed re-do it at no expense to the patient? **Yes.**
10. What is the frequency which the patient will be visited by you? **Daily**
11. Do you only do this procedure in Tijuana? **Yes. This is where Dr. Vargas' license is held. Also the procedure should be monitored 24/7 by Dr. Vargas and a registered nurse.**
12. I understand that during the procedure the patient is put under a twilight sedative for 2 hours? **Yes. No Propofol. Uses non-toxic Fentanyl. Anesthesiologist present during the entire procedure.**
13. If a patient has a history of getting nauseous from anesthesia and throwing up, what alternatives will be available? **Must discuss with Dr. Vargas because need to be sedated for this procedure.**
14. Why are they put under a twilight sedative? **It's very painful for 2 hours. A person can only take the pain for a short period of time without wanting to be sedated or commit suicide.**

15. Who or what skin disorders are your best candidate for this procedure?  
Hyperpigmentation/Melasma/wrinkles/scar tissue/acne/Rosacea? **Caucasian, Mediterrean, Northern Italian, Greek, wrinkly/thin/dry skin, blends scar tissue and hyperpigmentation.**
16. Is there anyone who is not a candidate? Ethnicities? Age? **Arabic, Latin, Indian, Olive complexion, unstable diabetic (taking insulin), high blood pressure, glaucoma, oily, rosacea, psoriasis, vitiligo, melasma, claustrophobic, ADS, scleroderma, colitis, asthma, hepatitis, HIV positive. Other health contraindications should be discussed with Dr. Vargas. Didn't say whether men could have this procedure or not (compromise their beard growth?). Can't bring pigment back. They should look into light treatments.**
17. If a patient has a history of laser and chemical peels is she still a candidate? **The skin is thinner. Should talk to Dr. Vargas.**
18. What is the level of pain/discomfort/burning? Do we take pain medication? If so, for how long? **Maybe some for a few minutes after awakening. Pain meds through I.V. if needed.**
19. What changes would a patient expect to see after the procedure and the skin is completely healed? **Face/wrinkles softened, elasticity/plumpness restored, younger, labial fold not gone but smoothed. Not as drastic a change in the neck. But since the face will be lifted the neck will be as well.**
20. What chemical is used for the face and what chemical is used for the neck and décolletage? I understand they are different? **Face, Carbonic Acid; Neck & Décolleté, TCA (trichloric acid)**
21. Can your patient expect the same results on the neck and décolletage as the face?  
**See answer to question #19.**
22. I understand there is a mask involved. What is the chemical makeup of it? **Fabric or paper tape.**
23. Are the stem cells from bovine or plant sources? **Placenta cells from bovine to stimulate circulation. This is applied immediately after the procedure then tape applied over it.**
24. Is this a mask which is in liquid form, applied to the skin then dries to form to the skin? Or a separate mask with the product on it which can be taken off to brush teeth? **Tape mask, cannot be taken off by anyone but Dr. Vargas.**
25. Are there bandages involved to keep the mask on? Claustrophobics? **The bandages are the tape. Claustrophobics may not be a candidate.**
26. I understand the mask is worn 24/7, is that correct? **Yes, tape for 48 or so hours then a second dry mask is applied.**
27. Who removes the mask and when? **Dr. Vargas only.**
28. After the mask is removed what solutions should one use? **Not applicable to procedure.**
29. How does the patient get from the surgical site to the hotel? **Walk and or van.**
30. How long in the hotel? **8 to 10 days, depends on age of patient.**
31. Which hotel do you use? **Lucerna Hotel; tele # 011.52.664.633.6900**
32. I understand there is a licensed nurse on staff at the hotel while patients are recuperating? Is he/she there 24/7? **Yes, does 2 to 3 rounds day and night.**
33. Can the patient go home to recuperate rather than staying in the local hotel? **No!**

34. I understand there is a formula which everyone drinks. Is this because we aren't allowed to chew or does it aid toward the best interest of the skin treatment?  
**Both. No chewing allowed because can cause skin stretching. Formula is for nourishing the body/skin and also loosing weight.**
35. Are we allowed any food other than the formula? Liquid intake only for the stay?  
**Liquid diet only.**
36. What is the formula made from? Ingredients organic/vegan? **Yes, organic/vegan.**
37. I assume there will be peeling involved. How long does that usually last? **Not necessarily. Do not peel off mask even if you see/feel a little hanging. Dr Vargas will remove when time. If don't follow directions then the patient may have excess peeling later.**
38. When can makeup be worn? **Patient leaves with oil on the skin. Makeup may be worn the following day. After care directions will be sent home with patient.**
39. Will there be any need for touchups? Of so, how often? **If touchups are needed it's administered during the stay.**
40. Tell us a little about yourself. You are an Oncologist, why do you offer this service? **Became Oncologist in California in 1975. Introduced to Novadermy 1975. Modified formula in 1979 adding stem cells. Began doing it again in 1983.**
41. How long have you been offering this service? **See above.**
42. Perhaps we misunderstood but are you planning to retire from doing this procedure soon? Educating in Seoul, Korea? **Educating Oncology in Korea at this time. Will finish there soon. Perhaps go to other regions to teach as well. But lives in Escondido, CA therefore will continue to do the Novadermy procedures for a few more years.**
43. Are other physicians doing this in the states? If not, why? **No, they don't have the formula. Also, with hotel stay plus round the clock staff it's not cost effective in the states. That is why he does this procedure in Mexico.**
44. Is this procedure FDA approved? **Yes, theoretically. The principle is approved.**
45. Is it possible to visit the surgical center and hotel prior to the procedure? **Yes. Plaza Agua Caliente Grand Hotel, tele #011.52.664.681.7919 or 681.7054 or 686.8120**
46. What is the cost? **Must talk to Dr. T or Caroline Andrews for price quote.**
47. Are there any extra expenses to be prepared for? **He was unsure. One can always run up an extra tab at the hotel.**
48. When is the next procedure date? **He was unsure.**
49. How many patients does he need to do a round of procedures? **6 to 8; 3 to 4 per day. It takes a week or longer for each group.**
50. Will there be bottled water available? **There will be as much as you need as well as teeth q-tip swabs and mouthwash.**

Thanks so much for taking the time out of your already busy schedules to talk to us about the Novadermy process.

Since I don't speak Spanish I got a little confused with the name of the surgical centers and hotels and tele #'s because he uses multiple facilities and hotels. This is the information I wrote down and you can call to check on which is which:  
Hour Caliente Complex Centro de Cirugia Cosmetica Integral; no tele #  
Lucerna Hotel; #011.52.664.633.6900  
Plaza Agua Caliente, 17<sup>th</sup> floor, next to Grand Hotel; #011.52.664.681.7919 or 681.7054 or 686.8120

A few extra notes:

1. Only need to bring indoor clothes. Pajamas, etc because you won't be going outside. Can bring work out clothes if you want to use gym facilities once it's okayed by Dr. Vargas.
2. He does not remove moles but will remove sebaceous keratosis and skin tags. Need to check to see if there is any extra cost involved.
3. Can remove keloid or hypertrophic scars only above the skin, not below.

The procedure is in 4 phases:

1. Exfoliation; after 48 hours the tape mask (which protects the face from environmental contaminants) comes off removing the epidermis.
2. Placenta with powder mixture; applied to irritate the skin as well as to form a hard protein barrier.
3. Stabilization; 4 to 6 days to form new epidermis
4. Compression; oil is applied to release the powder.