



Caring For Your Skin



Winter 2024-2025

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Welcome to the 34th issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Self-schedule your own aesthetic treatment appointments*
- 2) *Red-Light Therapy – Does it really work?*
- 3) *Future Prospects for the Rutland Skin Center*
- 4) *Winter Promotions*

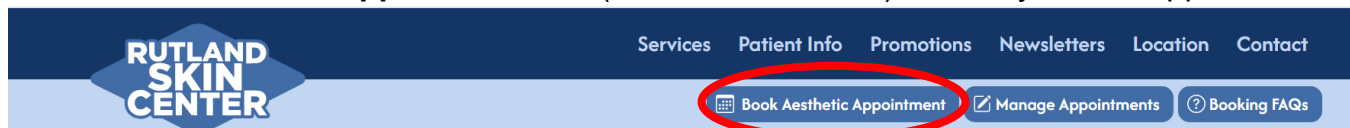
Self-schedule aesthetic treatments on our updated website

We now have a revised website that will allow you to book your own aesthetic appointments. We will currently offer self-schedule appointments limited to the Friday pm and Saturday clinics. Once any glitches are worked out we will expand it to other hours and days of the week. If you need to schedule an appointment at a different time of the week than available through self-booking, please call **773-3553** or e-mail aesthetics@RutlandSkin.com and leave a message with your name, phone number and what treatment you would like to schedule. We will call you back to schedule.

The following images and commentary will explain how to schedule an appointment at RutlandSkin.com which is currently operational.

STEP 1

Click on **Book Aesthetic Appointment tab** (circled in red below) to book your first appointment.



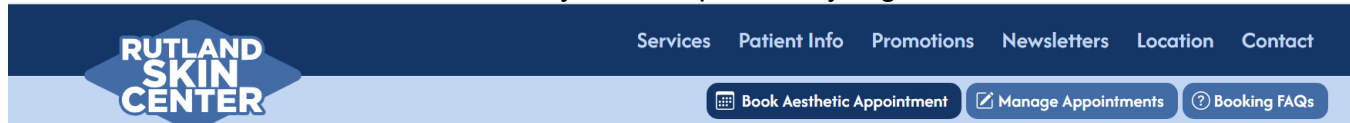
Office Hours & Policies
Services
Our Philosophy on Cosmetic Skin Treatments

RUTLAND SKIN CENTER

Although Dr. McCauliffe continues to offer aesthetic services at the Rutland Skin Center, he retired from the insurance-covered medical & surgical portion of his dermatology practice. He continues to search for a

STEP 2

Click on "Schedule as New User", unless you have previously registered.



Office Hours & Policies
Services
Our Philosophy on Cosmetic Skin Treatments
Daxify, Botox, & Dysport
Restylane, Juvederm, The RHA Collection, Radiesse & Other Fillers

BOOK AESTHETIC APPOINTMENT

Have you scheduled an online appointment before at Rutland Skin Center? If yes, please schedule an appointment as a registered user.* Otherwise, schedule an appointment as a new user.



STEP 3

The next screen that will appear (see below) allows you to select a service and the earliest date you would want to have treatment.

BOOK AESTHETIC APPOINTMENT

Schedule an Appointment

1. Service 2. Time 3. Details 4. Payment 5. Done

Please select service:

Service

Select service



I'm available on or after

Fri

Sat

Start from

Finish by

January 10, 2025



10:00 am

6:00 pm

NEXT

STEP 4

Select a service that you want from the drop down menu by clicking on the down arrow (circled in red in the image above). In this case "Filler and Botulinum treatments" was selected and more time will be allowed for the combined treatment than if only one of the two treatments was selected.

1. Service 2. Time 3. Details 4. Payment 5. Done

Please select service:

Service

Select service

Select service

New Patient Cosmetic Consultation (\$129 fee will be applied to treatment fee)

Botulinum Treatment (Botox, Dysport, or Daxxify)

Filler Treatment (Restylane, RHA, Juvederm)

Filler and Botulinum (Botox, Dysport, or Daxxify) Treatments

IPL Photo-Rejuvenation

IPL Hair Reduction Treatments

Age spot treatment with liquid nitrogen (less than 10)

Age spot treatment with liquid nitrogen (more than 10)

Cosmetic mole removal

Sclerotherapy for leg spider veins

Kybella fat reduction injections

Chemical facial peels

Medical micro-needling training

Other cosmetic services as discussed on this website

Then select the earliest date that you are available for treatment by clicking on the space below "I'm available on or after", as shown with the red arrow in the image below. In this case we selected Jan 20th. Available appointment days will only be displayed for that particular month. You will notice that we have only opened self-booking appointments for Friday and Saturday, and plan to open up other days once any glitches are worked out. Once you have selected the earliest date that you are available for treatment, be sure you have chosen a service before you click on the "NEXT" button, otherwise it won't advance to the next page.

1. Service 2. Time 3. Details 4. Payment 5. Done

Please select service:

Service

Filler and Botulinum (Botox, Dysport, or Daxxify) Treatments

I'm available on or after Fri Sat Start from Finish by

January 20, 2025 10:00 am 6:00 pm

NEXT

STEP 5

After you click "NEXT" in STEP 4, you will see days available in January. The calendar shows that the first available day after Jan 20th is the 24th (shaded in dark blue). Three of the four time slots are available. You can also check the availability on other days in Feb by clicking on the arrowhead on the top right of the calendar (circled in red), if needed. We will select the 5:15 pm on Jan 24th by clicking on the open circle (see red arrow).

1. Service 2. Time 3. Details 4. Done

Below you can find a list of available time slots for **Filler and Botulinum (Botox, Dysport, or Daxxify) Treatments by Dr. McCauliffe**. Click on a time slot to proceed with booking.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Fri, Jan 24

- 3:00 pm
- 3:45 pm
- 4:30 pm
- 5:15 pm

STEP 6

After you have chosen a day and time slot, you have to register with the scheduling program to link your appointment to your name, e-mail address and phone number and other contact information in the “Notes” section. After you complete the following form and click on the “NEXT” button, a small window will appear prompting you to enter a **verification code** that was just sent to your e-mail address. Once you enter the code, you will become registered and an email with your booking details will be sent to you. The e-mail will also contain a **password** that will allow you to log in and make and manage (cancel or reschedule) your appointments, now that you are a registered user.

1. Service

2. Time

3. Details

4. Done

You selected a booking for **Filler and Botulinum (Botox, Dysport, or Daxxify) Treatments** by **Dr. McCauliffe** at **5:15 pm** on **January 24, 2025**. The price for the service is listed on the website.

Please provide your details in the form below to proceed with booking.

First name

Last name


joe

Doe

Phone

Email

Confirm email

 (202) 777-2345

jd@gmail.com

jd@gmail.com

Notes

NOTE: If you get "This email is already in use" error message, you already have an online account for previous scheduled online appointments, please login by clicking here.

BOOK AESTHETIC APPOINTMENT

Schedule an Appointment

1. Service

2. Time

3. Details

4. Done

Thank you! Your booking is complete. An email with details of your booking has been sent to you.

Please note the “[Booking FAQs](#)” button at the top of the web-page in the step 1 image above. Click on it to read frequently asked questions about self-booking an appointment. E-mail any other questions you may have to aesthetics@RutlandSkin.com for help.

Red-light treatment – Does it work?



There are many claims that Red-light therapy provides health benefits including lessening of various types of pain, speeding up wound healing, inducing weight loss, and improving dementia. A number of dermatologic benefits have also been reported including lessening of acne, wrinkles and hair loss. Although there is some evidence that it may be beneficial, Red-light therapy is an example where the hype gets ahead of the science. In the age of TikTok, Facebook, Instagram and other social media platforms many of the claims of Red-light therapy have not yet been fully supported through well-designed clinical trials. The reality is that Red-light therapy may have some benefit for certain conditions but better supporting evidence is needed before the beneficial claims can be fully verified.

There may be some risks associated with Red-light therapy as some cases of skin and eye injury have been reported. It is highly recommended to use appropriate eye protection when using Red-light devices.

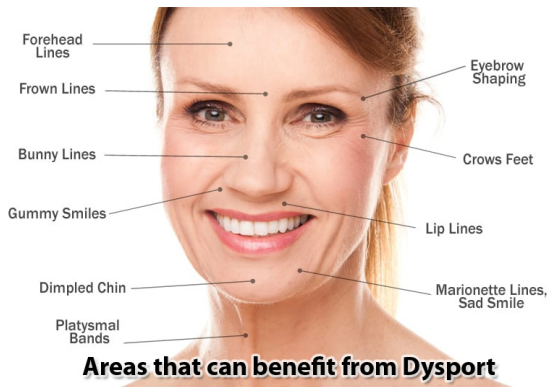
For more info on Red-Light therapy for skin and hair benefits see:
<https://www.aad.org/public/cosmetic/safety/red-light-therapy>

Future Prospects for the Rutland Skin Center

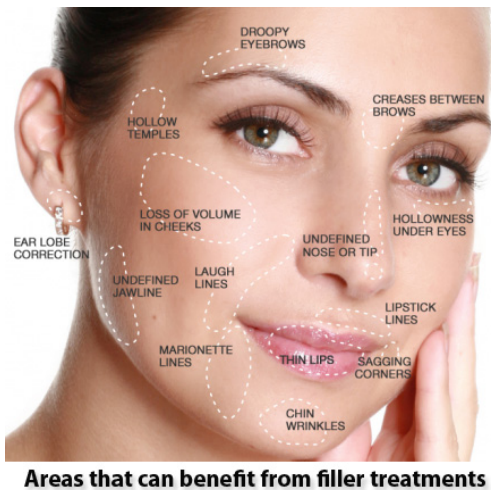
WE ARE RECRUITING !

I currently have two parties interested in resuming the medical insurance part of our dermatology practice. I am hopeful that in the next few months I will be able to make an announcement that this will be accomplished. I plan to stay on part time to continue providing aesthetic treatments, if I am unable to find a replacement, or if my replacement does not offer aesthetic services. For the benefit of my patients and staff we are hopeful that we will be able to recruit a dermatologist to meet the dermatologic needs of south-central Vermont. We will keep people updated on this process via our website, answering machine, newsletter and other means.

Winter Promotions



If you have **not** yet signed up for the Aspire Rewards Program, **sign up by January 31, 2025** and get \$50 off your next Dysport treatment, or \$20 off one syringe of Restylane Eyelight filler for under eye hollows. **Treatment must be received within 30 days of signing up.** Only one offer per person. Learn more and sign up at www.aspirepracticerewards.com. Learn more about Restylane Eyelight at https://rutlandskin.com/Newsletter-Summer_2023.pdf Dr. McCauliffe will have to assess your eye hollows to decide if you are a good candidate. It is best for patients with shallow hollows. Patients with deep hollows should start with a thicker filler.



RHA Filler Promotion: Buy one syringe of an RHA filler and get \$50 off a second syringe of any RHA filler. Both syringes must be used during the same appointment. Treatment must be received by February 14, 2025. Limited to one offer per person. Learn more about the RHA filler collection at https://www.rutlandskin.com/Newsletter-Summer_2022.pdf



In the next newsletter I hope to have info on a new dermatologist who will be taking over my practice.
Stay well, DM