

## Insurance Coverage

Many of our procedures are cosmetic and insurance does not cover them. Health savings accounts can be used to cover the cost of many of our procedures. Please check with your plan before you use those funds to cover the costs at our clinic. re\*be participates in the majority of the insurance plans commonly in use in the local area. To see if your plan is covered check with us. It is very possible your plan is included so please call if you have questions. We will file your insurance on procedures that are considered medically necessary. Treatment of large symptomatic varicose veins is in almost all cases medically necessary and will usually be covered by your insurance. The best way to determine if your needs are medically necessary or cosmetic would be to set up a consultation at re\*be today.

## Photographs

We make extensive use of photographs

before during and after your treatments at our clinic. Photographs are not required for you to be treated and we will happily treat you without them if you desire. We intend to use the photographs to guide us to make adjustments in your treatment. We will never use the photographs we have for other purposes without your permission. From time to time we may request your permission to use photographs of our results with other clients, to share the results with the scientific community, to present at medical meetings, or to use in brochures like this one. We may ask to use your photographs or cropped portions of them on our web site, [www.rebeyou.com](http://www.rebeyou.com). If you give us permission to use the photographs and then change your mind we will do our best to always accommodate your wishes. Photographs are important if you are having us file your insurance. Photographs are also used to treat you cosmetically and are encouraged but not always required.



## Contacting re\*be

Please call anytime to leave your name and phone number on our answering machine or to talk to any of our friendly knowledgeable staff. Drop in to visit our busy clinic and as available we will be happy to show you around. You may email or fax us photographs of specific concerns and we can do an electronic evaluation, but nothing beats a complimentary consultation with Dr. Kolegraff or the staff at re\*be to assist you in picking the procedures that are best for you and your budget. We are located just west of Cinema 7 in Okoboji, North of the new **Harley-Davidson Dealership** and Shaw Paint and Glass, the east two units in Plaza 71.

Snail Mail goes to:

The re\*be Skin Clinic  
P. O. Box 125  
Okoboji, Iowa 51355

Email photos to [rebe@rebeyou.com](mailto:rebe@rebeyou.com) with some way to contact you back please and we will get back to you promptly.

## Physician

Dr. Ronald Kolegraff and his wife Jill are the owners and operators of this re\*be clinic. Dr.

**Kolegraff is now a Board Certified Vein Specialist** and has been practicing in this area since 1987 as a General Surgeon. Jill, the clinic manager, has her R.N. and B.S.N. She has trained with Dr. Kolegraff in aesthetics and laser treatments. Dr. Kolegraff's hospital practice is now limited to short stay and outpatient surgeries. Dr. Kolegraff is a Diplomat of the American Board of Phlebology, one of only four that currently practice in Iowa. Dr. Kolegraff is a founding member of the Iowa Academy of Phlebology and a spokesperson for Cutera Laser Corporation the manufacturer of some of the most sophisticated lasers available. re\*be has now 17 laser and light based treatments and offers over 90 procedures many we do not advertise. We are pleased to be able to continue to expand our services in the Lakes area.



# re\*be

the science of better skin

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OFFICE BASED SURGERY

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# re\*be Face

## Begin to re be yourself today

### Pro Fractional Laser Face Peel

re\*be has the only Sciton® Pro Fractional Laser in Iowa. The laser very precisely removes the uneven surface of the skin taking much of the irregular color and surface down to more healthy tissue. The healthy tissue then regrows covering the surface with new, more even



before



after

colored, and smoother skin. This can be used as an effective treatment for precancerous tissue (Actinic Keratosis). The Pro Fractional treatment then creates thousands of very tiny holes in the skin. When these heal they further smooth the uneven edges and blend the uneven colors. Eyelid can be peeled alone as can scars, stretch marks, individual wrinkles.

**Botox** Botox® is used to relax facial wrinkles and allow the surface of the face to heal during and after a procedure. The deep creases in the face soften and remodel as they heal allowing them to look smoother and less deep. "They will look more like they were made with a fine spoon instead of a pocket knife". We use genuine Botox® only from Allergan. This fragile protein molecule has a most astounding effect on the shadows left by facial wrinkles and can reduce sweating, muscle cramps, headaches. We like to use Botox to stabilize wrinkles and enhance the rejuvenation of our other procedures.



**Fillers** Fillers are the biological equivalent of caulking for the face. They are made out of the same material we are and are injected under deeper. Fillers we use are Restylane®, Juvederm Ultra®, Juvederm Plus®, and Radiesse®. They are injected to raise up the surface of the skin and reduce the shadows. It works immediately and can last 6-18 months. Botox, when appropriate, will add to the effect. Fillers are very popular and is used to enhance lips as well as correct wrinkle shadows. The results can very pleasing and it can take anywhere from 1-3 syringes to make the desired changes.



The changes from these injections can be very pleasing and

**Titan** Skin tightening with the Cutera® Titan procedure is a subtle way to firm up loose skin without a surgical procedure. The treatment is light based and involves deep dermal heating. There may be 3-4 hours of redness but really no 'down time'. It can be used in combination with many of our other treatments. It can assist in reducing a double chin and jowls. This is currently one of the best technology advances to reduce excess skin short of a surgical face lift. The process can be done over tan skin, takes about 2 hours. This is the treatment often done by the 'stars' two to three days before they hit the red carpet. Generally two or three treatments are used to obtain its benefit. The process takes time and the benefits will continue to occur for months after the treatment is completed. The Titan procedure is often compared to Thermage®. We feel the Titan is superior, giving smoother results. The re\*be Skin Clinic proudly chooses to offer Cutera's Titan.



**Consultation** for cosmetic purposes are complimentary.

## Lipo Dissolve

The re\*be Clinic is the original and the first local Lipo Dissolve center. Lower eyelid puffiness a fatty double chin can be reduced with between one and three treatments. Lipo Dissolve works well on other areas of the body as well. We are happy to be able to offer Lipo Dissolve. Our clinic uses the body contouring model as we were originally trained by the people from Kansas City and also used in Saint Louis. It can will take 5 treatments or less to make a meaningful change. There is some discomfort after each injection session and initially quite a bit of swelling. Generally, the more initial swelling the better the results. The changes should be permanent and can take the place after two or three treatments.



## Photofacials

Photofacials are light based treatments that will reduce color in your skin but do not address the surface irregularities. The target of the treatments is the brown pigment from sun freckles and the excess redness in the skin due to the presence of blood vessels that are too close to the surface. Rosacea will be less noticeable also with this treatment. The usual target for treatment is the face neck and décolleté however the entire body can look better with these techniques. The results are lasting and can be dramatic. A sun tan will also be removed with this treatment so it is best to do this when not tanning.



## Acne

Acne treatments at re\*be can take many forms. We have the Omnilux technology and will use the red and blue lights to reduce the bacterial counts in your skin and to reduce the surface inflammation. We have Levulon, a topical treatment that assists in reducing the activity of the bacteria on the surface. Our laser peels will reduce the scarring shadow from old burnt out acne and Laser Genesis does something similar. Our Skinceuticals acne kits will assist in controlling outbreaks and reducing them when they do occur. Acne extractions are done to remove stubborn follicles and clean up chronic problems.



Laser resurfacing for acne scars.

## Hair Removal

We do facial hair removal at re\*be and have 5 separate machines to do this. We now are taking names to be on a waiting list for hair removal. Priority will be given to our current customers.

## Office Based Surgery

The re\*be Clinic is an office based surgery practice. Most procedures commonly done under local anesthesia in an office setting are available there. Mole removal, scar revision, excision of lumps or birthmarks can usually be done in the office. We have a surgical microscope and use it to assist us in evaluating problems and to assist with the surgical procedures. Dr. Kolegraff is a General Surgeon with privileges at 5 area hospitals. His hospital practice is limited to short stay and outpatient procedures. Excision of moles, scar revision and minor adjustments in the surface of the face can be made under local anesthesia in an office setting to make significant improvements. Many procedures may be covered by insurance.

## Laser Genesis

Pores  
Fine Lines

- Wrinkles
- Dark Shadows
- Sun Freckles
- Man Veins
- Rosacea
- Acne
- Scars

The changes in the skin are subtle and take place gradually but are really quite refreshing. It can remove color from sun damage, tiny red spots of rosacea, and reduce pore size. It is used in preparation for laser peels and as a stand alone rejuvenation treatment. Laser Genesis and Titan are a combination of rejuvenation treatments that enhance the effect of the other. Laser Genesis is likely the most popular laser cosmetic procedure we do at re\*be. The procedure takes about 35 minutes. It gently peppers the skin of the face and neck with thousands of tiny laser pulses. Sun freckles lighten, the shadows cast by deep pores get lighter, redness in the cheeks reduces, dark circles under the eyes get less noticeable. A package is five treatments generally done a month apart. There is no down time, you can put your makeup on immediately, and is an excellent preparation for laser peel which can be done anytime after Laser Genesis.



## Laser Face Veins

re\*be is one of very few full service vein treatment centers in Iowa. We use primarily a Cutera 1064 laser to treat the tiny surface blood vessels that cast odd color hues into your skin from below the surface. The noticeable blood vessels on the side of the nose 'man veins' are quickly and easily treated using this tool. Dr. Kolegraff is Board Certified Vein Specialist and treats many vein conditions.