



# LASER & SKIN SURGERY NEWS

October 2010

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## Laser & Skin Surgery Center of New York EAST

The Laser & Skin Surgery Center of New York is pleased to announce its new year-round, full-service Southampton office. This state-of-the-art center, staffed by Elliot T. Weiss M.D., offers comprehensive dermatologic care including: dermatologic surgery, Mohs Micrographic Surgery for skin cancer, laser and cosmetic dermatology services, and general dermatology. In order to best serve the needs of our patients, LSSC is proud to offer its world class services to the East End of Long Island. 325 Meeting House Lane, Bldg 1, Ste C, Southampton, NY 11968. Call 631-287-7307 to schedule an appointment.

## SCAR TREATMENTS

BEFORE



AFTER



*Fraxel Re:pair Laser Resurfacing*

Our physicians are amongst the world's experts in the use of lasers to improve scarring of the skin. Recent published clinical trials conducted at our center have demonstrated significant clinical and quantitative improvement in the appearance of acne scars, traumatic scars, and post-surgical scarring. If your scar is thickened, red, depressed, elevated, white, discolored or painful, our physicians are leading experts in utilizing the correct combination of cutting-edge technologies to minimize the appearance of your scar. Scar procedures are performed in the office, and optimal results typically require multiple treatment sessions.

## Undoing Summer Sun Damage with the Fraxel Dual (Newest Generation Fraxel Laser System)

BEFORE



AFTER



*Fraxel Dual Laser Treatment*

The Fraxel Re:store Dual is the newest generation Fraxel laser system, and it has revolutionized the treatment of sun damage, increased pigmentation, and precancerous skin lesions. Treatments are performed in the office and are well tolerated with only topical anesthesia required. Following treatment, you may experience temporary redness and mild flaking of the skin lasting several days. The number of treatment sessions required depends on the degree of sun damage and the goals of the patient. We have been involved in the clinical development of all four Fraxel lasers: re:store, re:pair, re:pair 600 micron and the re:store Dual.

## The Laser & Skin Surgery Center of New York welcomes Elliot T. Weiss, M.D.

**Elliot T. Weiss, M.D.**, is a board certified dermatologist specializing in Mohs micrographic surgery, dermatologic surgery, cosmetic dermatology, and laser surgery. After graduating magna cum laude in Biology from Harvard University, Dr. Weiss obtained his medical degree at the Johns Hopkins School of Medicine. He completed his dermatology residency at Johns Hopkins and served as chief resident in the Department of Dermatology. He continued his training with a two year fellowship in Mohs micrographic surgery, procedural dermatology, and clinical research at the Laser & Skin Surgery Center of New York under the direction of Roy G. Geronemus, M.D.

For his innovative research in tattoo removal, he is currently a Cutting Edge Research Grant recipient from the American Society for Dermatologic Surgery. His work on 3D imaging is advancing the field of body contouring and has earned him the 2010 American Society for Lasers in Medicine & Surgery's Best Clinical Science Award nomination. He speaks regularly at national meetings and has published original studies and articles in the Journal of the American Academy of Dermatology, the Archives of Dermatology, Lasers in Surgery and Medicine, and Dermatologic Surgery, amongst others. He has also authored multiple book chapters.

Dr. Weiss is a Fellow of the American Academy of Dermatology, the American Society for Dermatologic Surgery, and the American Medical Association. He currently engages in cutting edge research on a variety of medical and cosmetic skin conditions and therapies. *Dr. Weiss is available every Monday in our Manhattan office and Tuesday-Friday in our Southampton office.*



### COMBINATION TREATMENTS FOR REJUVENATION OF THE FACE AND BODY

It is customary in our offices to offer a variety of options for facial and body rejuvenation. Each patient is unique in terms of his or her needs and our fellowship trained physicians offer a tailor made program to address each and every concern.

Rejuvenation may require non-invasive or mildly invasive laser resurfacing procedures for improvement of skin tone, sun damage, fine lines and wrinkles. Specific issues such as brown spots, blood vessels, redness, and elevated growths usually benefit from lasers designed specifically for that problem. Aging also is reflected through loss of volume which can be improved through the use of one or more of the many filler substances available to our physicians. Maintenance therapy through lasers and topical creams may also slow down the aging process once correction has been obtained.

Combining these treatments to address the overall needs of each patient can usually be performed as part of each patient's treatment plan. For a list of services provided by our physicians please refer to our Consultation Recommendation brochure at : [www.laserskinsurgery.com/consultation](http://www.laserskinsurgery.com/consultation).

### CLINICAL STUDIES – PARTICIPATION OPPORTUNITIES AVAILABLE

The Research Department of the Laser & Skin Surgery Center of New York is engaged in a wide range of clinical research trials. We offer patients the opportunity to participate in the development of today's new treatments and technology. We are recruiting volunteers to participate in many new and exciting clinical trials for the treatment of wrinkles, fine lines, skin rejuvenation, photodamaged skin, fat reduction/removal, tattoo removal, port wine stains, actinic keratoses and pigmented lesions. Please feel free to contact the Research Department at (212) 686-7306 for more information or to volunteer to participate in one of our clinical trials.

### BODY CONTOURING

As fall approaches, this is a great time to address those concerning areas of skin laxity or pockets of fat on the body. Even with a healthy lifestyle of diet and exercise, there are always those stubborn pockets of fat that just do not seem to budge. Along with sagging skin and cellulite, these are common problems for which several non-invasive technologies are available to help address these issues. You can achieve a reduction in size of certain body areas, increased tone in lax or redundant skin and a diminished appearance of cellulite. Based on recent clinical trials on several of these devices, some patients are experiencing a decrease in their waist by 1-2 pant sizes as well as tightening of their abdomen, arms or thighs.

Velashape™ is the first and only non-surgical FDA-cleared medical device for body reshaping/contouring. This technology uses radiofrequency, infrared light, vacuum and massage to help reduce fat cells and produce collagen for tightening. Velashape™ is a safe, comfortable, non-surgical treatment with no downtime. More recently Velashape II™ was released which allows us to achieve the same great results, but quicker. Treatments take approximately 20-30 minutes per area. Multiple treatments are required for best results.

Thermage CPT™ is a tightening device with a vibrating hand piece that enhances efficacy and greatly improves patient comfort. This improved device results in tightening of the skin with no downtime. In many patients, only a single treatment is required. The treatment can take 1-1.5 hours depending upon the area(s) treated, CoolSculpting by Zeltiq™ is a unique technology called cryolipolysis. This device uses skin cooling in a way that only affects your fat cells without harm to any other parts of your skin. This in turn causes those fat cells to dissolve over time. This is best suited for love handles, belly pouch and back fat.

For those patients looking to reduce a slightly larger pocket of fat, a newer form of liposuction, called laser assisted lipolysis is an option. In this minimally invasive procedure a laser is used to help melt fat in a more gentle way than traditional liposuction. This usually allows for less downtime and smaller incisions. You also are able to generate skin tightening as the laser is generating heat under the skin surface, stimulating new collagen to develop. In some patients, laser assisted lipolysis also allows you to treat areas that perhaps would be much harder to treat with traditional liposuction such as the upper belly or previously liposuctioned areas that have rippling. It is always best to come in first for a consultation to determine if you are an appropriate candidate.

## Leg Veins - Sclerotherapy

BEFORE



AFTER 2 TREATMENTS



Are you tired of wearing long pants to conceal the veins in your legs? Whether you suffer from unsightly spider veins or large, bulging varicose veins, your problems can be corrected. Most small spider veins are best treated with sclerotherapy – a series of essentially painless injections directly into the unwanted vessels causing them to collapse and ultimately disappear. A combination approach with lasers may sometimes be used, as well. Asclera® (polidocanol) recently received FDA clearance, and we have added this very safe and effective solution to our therapeutic devices.

If you have bulging varicose veins, or leg

symptoms such as pain, aching, cramping or restless legs, you may suffer from a more serious condition called superficial venous insufficiency. For the treatment of this condition, we offer CoolTouch endovenous ablation (CTEV™), a minimally invasive, image-guided procedure that delivers laser energy inside the dysfunctional vein causing it to disappear. Blood is then rerouted to functional vessels. This procedure improves the appearance and symptoms of varicose veins, minimizing progression of venous disease. Patients may resume normal activities, including light exercise, immediately.

### DID YOU KNOW THAT???

All procedures are performed in our Center by physicians.

Our newest Fraxel (Fraxel Dual) is much more comfortable than earlier models.

The FDA recently cleared Polidocanol solution (Asclera®) for the treatment of spider veins and small varicose veins of the leg. This sclerotherapy agent has been safely and effectively used in Europe for decades and it is a welcome addition to our practice!

Many of the lasers and technology devices used in medical offices today were developed in part by our physicians.

Many new fillers are now premixed with lidocaine, so it is possible to have injections done without waiting for topical anesthetic to take effect.

Our physicians were co-presenters on seventeen abstracts at the recent American Society for Laser Medicine & Surgery Meeting in Phoenix, Arizona.

We are the only facility in the United States that offers Microskin for the cosmetic camouflage of skin conditions.

BEFORE



AFTER 1 VIAL OF SCULPTRA



### Fillers

The use of fillers to soften the appearance of fine lines and deep wrinkles continues to be very popular at our center. Most injections can be performed on the day of consultation, and there is minimal downtime after the injections. We continue to offer topical anesthesia when desired, but this year, new forms of Restylane, Juvederm and Perlane premixed with lidocaine are available to improve patient comfort. This allows us to treat patients quicker, without having to wait for topical anesthesia to take effect...Our use of Sculptra continues to expand, for patients desiring volume replacement and a non-surgical lift. Sculptra stimulates the body to produce collagen for long-lasting and natural results. Remember to stop any unnecessary blood thinners a week before your visit!

Our physicians are also available to treat any bruising that may occur post-injection with a laser technique recently developed at our Center.

### Hair Removal

Laser hair removal continues to be a very popular procedure for both women and men at our Center. Having played a major role in the development and study of lasers for hair removal, we are proud to offer the latest and best technology including the new GentleMax, Leda Epi diode, and Light Sheer Duet which allow our physicians to choose the best laser system for each patient. Over the past several years, the technological advancements have made the elimination of hair safer and faster with less discomfort for patients, regardless of skin color or location on the body.

Beyond the obvious cosmetic indications for long term hair removal in healthy individuals with a normal hair distribution, less traditional uses of these lasers have included the treatment and prevention of ingrown hairs (pseudofolliculitis), elimination of irritating hairs around pilonidal cysts, removal of unwanted hair transplant grafts, improvement of surgically transplanted skin with hair in areas that are normally devoid of hair, and the elimination of medically or chemically induced hair growth.

Laser hair removal results may vary from person to person and between different areas of the body. Many factors, such as hair color, density, coarseness and underlying medical condition, play a role in the overall success of laser hair removal.

All laser treatments are only performed by physicians at our center to provide the patient with the optimum treatment in the safest environment. Now that summer is gone and the tans will begin to fade, consider getting a jump on next summer with laser hair removal during the coming months.

# In the News / Recent Publications / Chapters / Journal Articles from our Physicians:

Tattoo Removal with Dr. Geronemus in Rolling Stone magazine.

Dr. Lori Brightman featured on CBS News discussing Non-Invasive Body Sculpting Techniques [www.laserskinsurgery.com/In-the-News](http://www.laserskinsurgery.com/In-the-News)

Dr. Lori Brightman featured on CBS News discussing the advantages of Microskin [www.laserskinsurgery.com/In-the-News](http://www.laserskinsurgery.com/In-the-News)

Modern Medicine and Dermatology Times "Novel nonablative fractional laser shows promise for clearing actinic keratoses" A report on a new treatment for precancerous skin lesions developed by our physicians. <http://www.modernmedicine.com/modernmedicine/Modern+Medicine+Now/Novel-nonablative-fractional-laser-shows-promise-for-clearing-actinic-keratoses>

Modern Medicine and Dermatology Times "Dermatologist stays ahead of curve with laser technologies, techniques" A story on Dr. Geronemus' contribution to the field of Dermatology <http://www.modernmedicine.com/modernmedicine/Modern+Medicine+Now/Dermatologist-stays-ahead-of-curve-with-laser-tech>

Today Show "Radical Skin Makeovers" Dr. Chapas is interviewed about the latest rejuvenation techniques for the face and body <http://www.youtube.com/watch?v=imucoiaoa9U>

ABC "Summer Skin Safety" Dr. Chapas is interviewed about tips for protecting your skin from the sun's harmful rays. <http://abcnews.go.com/Health/video/summer-skin-safety-10668915>

CBS: Health Watch – Dr. Geronemus is interviewed about the Fraxel Dual treatment for precancerous skin lesions <http://www.laserskinsurgery.com/In-the-News>

Dr. Oz Show – Dr. Geronemus is interviewed about the use of Microskin for a disfiguring skin condition <http://www.youtube.com/watch?v=PLz-8x-UsTk>

ABC News "Tighten Up Your Tummy" – Dr. Chapas is interviewed about Thermage for skin tightening <http://abcnews.go.com/Health/video/tighten-tummy-10140062&tab=9482931&setion=1206835&playlist=3547557&page=1>

Rachel Ray "How to Stay Young for 2010" – Dr. Chapas is interviewed about the latest rejuvenation techniques for the face and body <http://www.youtube.com/watch?v=EF7fjflwRw>

Channel 11 News "Freeze Unwanted Fat Away" – Dr. Brightman is interviewed about Zeltiq™ CoolSculpting for Body Contouring <http://www.laserskinsurgery.com/In-the-News>

Gretchen Project – Dr. Geronemus is interviewed by Housewives of Orange County star, Gretchen Rossi regarding the latest in skin rejuvenation <http://vimeo.com/7063879>

"Microskin set to debut trans-Atlantic clinics" – a story about the addition of Microskin to the LSSCNy for the cosmetic camouflage of skin conditions <http://www.qbr.com.au/news/articleid/58939.aspx>

"Announcing Syneron's new e2: Combined Fractional and Sublative Rejuvenation to Attack Age Spots" – Dr. Brightman is interviewed about the new technology <http://www.americanhealthandbeauty.com/articles/?article=2636>

"Look Better Naked" – Dr. Hale gives easy tips on how to heal skin from head to toe. [http://www.lifescrypt.com/Slideshows/Beauty/7\\_Skin\\_Woes.a3px](http://www.lifescrypt.com/Slideshows/Beauty/7_Skin_Woes.a3px)

"The To-Do List: Resolutions from the Pros for A Beautiful, Healthy, and Fit New Year" – Dr. Hale discusses the importance of sunscreen to maintain healthy skin <http://origin.www.style.com/vogue/voguedaily/2010/01/the-to-do-list-resolutions-from-the-pros-for-a-beautiful-healthy-and-fit-new-year/>

### Our physicians have published the following articles in peer reviewed literature over the past year:

New Technique Using Combined Pulsed Dye Laser and Fractional Resurfacing for Treating Facial Angiofibromas in Tuberosus Sclerosis. Lasers in Surgery and Medicine 42:357-360. 2010

Treatment of Superficial Infantile Hemangiomas of the Eyelid Using the 595-nm Pulsed Dye Laser. Dermatology Surgery 36(5):590-597. 2010

Improvement in Arm Skin Laxity and Fat Deposit Using a Novel Bipolar Radiofrequency, Infrared, Vacuum and Mechanical Massage Device. Journal of the American Academy of Dermatology 62(3):AB148. 2010

Three-Dimensional Surface Imaging for Clinical Trials: Improved Precision and Reproducibility in Circumference Measurements of Thighs and Abdomens. Lasers in Surgery and Medicine 41:767-773. 2010

Successful Treatment of Atrophic Scarring with CO2 Ablative Fractional Resurfacing: Quantitative Volumetric Scar Improvement. Archives of Dermatology 146(2):133-140. 2010.

Pulsed Dye Laser Treatment of Ecchymosis. Archives of Dermatology 2010;146(1):94-95

Imiquimod Recurrence Treatment with Mohs Surgery – Intraoperative Frozen Section Appearance of Recurrent Basal Cell Carcinoma: Lessons for the Clinician. Dermatologic Surgery 35:1831-1834. 2009

Fractionated CO2 Laser Resurfacing: Our Experience with Over 2,000 Treatments. Aesthetic Surgery Journal 29(4):317-322. 2009.

Improvement in Arm and Post-Partum Abdominal and Flank Subcutaneous Fat Deposits and Skin Laxity Using a Bipolar Radiofrequency, Infrared, Vacuum and Mechanical Massage Device. Lasers in Surgery and Medicine 41:791-798. 2009

3-Dimensional Surface Imaging for Clinical Trials: Improved Precision and Reproducibility in Circumference Measurements of Thighs and Abdomens. Lasers in Surgery and Medicine 41:767-773. 2009

Physiologic changes in vascular birthmarks during early infancy: Mechanisms and clinical implications. Journal of the American Academy of Dermatology 61(6): 1081-1082. 2009

Ablative and Fractional Ablative Lasers, Cosmetic Dermatology. Dermatology Clinics 27(4):479-489. 2009.

Outcomes of Childhood Hemangiomas Treated with the Pulsed-Dye Laser with Dynamic Cooling: A Retrospective Chart Analysis. Dermatologic Surgery 35(12): 1947-1954. 2009

Port Wine Stain Progression: A Potential Consequence of Delayed and Inadequate Treatment. Lasers in Surgery and Medicine 41:423-426.

## Lasers, Light Devices & Radiofrequency Devices available at our Center:

Active FX/Deep FX™, AccuSculpt™, Apogee® Elite, Blue U®, BodyTite™, ClearLight™, Cool Touch III®, Cool Touch CTEV™, Cynergy™, eMatrix™, eMax™, Erbium YAG, Excimer, Fraxel Dual®, Fraxel Re:pair®, Fraxel Re:store®, Fraxel 600 micron®, Gemini®, GentleLase®, GentleMax™, GentleWaves™, Isolaz, LipiLite™, Nd:YAG Medlite 4®, Nd:YAG Medlite 6®, Omnilux™, Q-switched Ruby RD1200™, Q YAG 5™, Q-switched Ruby (Wavelight), ReLume™, SlimLipo™, SmoothBeam™, Spectra VRM, Thermage CPT™, Titan™, V, Beam Perfecta™, VelaShape™, VelaShape II™, Zeltiq™ CoolSculpting

For more information about the practice and our services, please visit our website at [www.laserskinsurgery.com](http://www.laserskinsurgery.com)

For the convenience of our patients, we are open Monday through Friday, several weekend days a month (with the exception of July and August) and we offer evening appointments on Tuesday, Wednesday and Thursday.

Laser & Skin Surgery Center of New York®

Hours of Operation

Roy Geronemus M.D. and the Laser & Skin Surgery Center of New York were presented with awards at the recent gala event in NYC featuring "Wanda's World" a play about a child with a birthmark. Dr. Geronemus and the Center were recognized for their contributions in the field of vascular birthmarks and malformations. Dr. Geronemus hosted a medical conference with leading physicians from around the world at our offices on Saturday, October 9, 2010 where many patients received complimentary consultations with physicians from many different specialties. The conference focused on children and adults with vascular malformations including port wine stains, hemangiomas and venous malformations.

Vascular Birthmark Foundation

317 East 34th Street  
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