



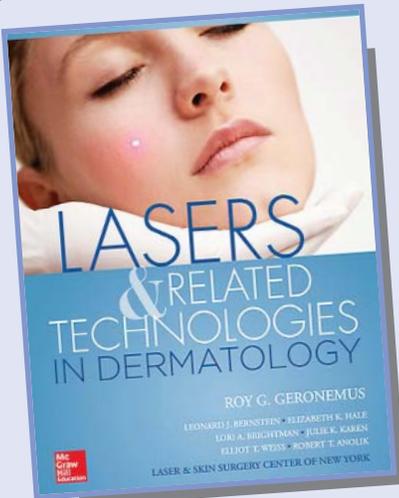
LASER & SKIN SURGERY NEWS

January 2014

Roy G. Geronemus, M.D., P.C. • Leonard J. Bernstein, M.D. • Lori A. Brightman, M.D. • Elizabeth K. Hale, M.D. • Julie K. Karen, M.D.
Elliot T. Weiss, M.D. • Robert T. Anolik, M.D. • Jeremy A. Brauer, M.D. • Roy Seidenberg, M.D. • Chris G. Adigun, M.D.

Laser & Skin Surgery Center of New York®

The LSSCNY remains committed to providing state of the art patient care with the latest techniques and technology. We continue to add new technology to our practice most of which have undergone clinical development in the research division of our center and we remain on the cutting edge as leaders in this field. As a commitment to excellence, all of our procedures are performed only by physicians who are experts in the field. We hope you find this newsletter useful and we encourage you to learn more about our services by visiting our website at www.laserskinsurgery.com.



The physicians at the Laser & Skin Surgery Center of New York® have recently published a comprehensive textbook on the use of lasers and related technologies. For more information on recent publications, see page 6.



FILLERS

A new and exciting addition to our practice is JUVÉDERM VOLUMA™ XC, which was FDA approved in November 2013. Our physicians at the Laser & Skin Surgery Center of New York were among the first in the United States to inject this new filler.

JUVÉDERM VOLUMA™ XC is a hyaluronic acid injectable gel and is the first and only filler FDA-approved to instantly add volume to the cheek area. It provides a subtle lift, helping to restore contour and a more youthful profile.

JUVÉDERM VOLUMA™ XC is a unique product which rejuvenates by restoring volume to the cheek area. Like the other hyaluronic acid products we offer, JUVÉDERM VOLUMA™ XC can be performed on the day of consultation with or without application of topical anesthetic cream. Like any other injectable procedure, you should stop any medically unnecessary blood thinners for one week prior to your appointment. These include Vitamin E, Fish Oil, and NSAIDs.

www.laserskinsurgery.com/Fillers-and-Injectables

TATTOO REMOVAL

We remain at the forefront of the latest advances in tattoo removal. Our ground-breaking work with the new PicoSure™ laser was approved by the FDA in the past year and we are seeing faster and more complete clearance of tattoos of all colors. We continue to advance the field and are expecting even further improvements in this technology in the near future.



LASER TREATMENTS IN INDIA

Dr. Geronemus and his assistant, Dr. Bae were invited to treat port wine stain and hemangioma patients at the Medicity Hospital in India. This volunteer effort was coordinated by the Vascular Birthmark Foundation. Doctors Geronemus and Bae were accompanied by Wendy Olin, R.N. and Katie Feehan, R.N. from our staff.



LSSCNY is proud to introduce Chris G. Adigun, MD

Chris G. Adigun, MD is a board certified dermatologist and a Clinical Assistant Professor of Dermatology at the New York University School of Medicine. Dr. Adigun specializes in nail disorders, general dermatology, and cosmetic dermatology. After graduating from Cornell University, Dr. Adigun was awarded an academic scholarship to attend the University of North Carolina School of Medicine. There, she earned a Doctor of Medicine with Distinction honors and was elected to Alpha Omega Alpha, the national medical honors society. While completing her residency at the UNC Medical Center, she studied closely with Dr. Richard Scher, an international leader in nail disorders. Inspired by his mentorship, she then started her career at the New York University Department of Dermatology,

specializing in nail disorders.

Dr. Adigun teaches residents as the Attending Physician in the Nail Clinic at the NYU Skin and Cancer Unit. Dr. Adigun also devotes much of her time to increasing public awareness on the importance of diligent skin and nail care, and its effect on general well-being. Dr. Adigun is an active member and speaker for the Council for Nail Disorders. She has also been a featured speaker at the Nail Symposium at the American Academy of Dermatology annual conference. Dr. Adigun has been an invited speaker by University programs across the country and has published numerous articles in medical journals and textbook chapters in the field of dermatology.

DID YOU KNOW?

- All laser procedures at our center are performed by physicians only.
- Fraxel Dual treatments can often be performed on the same days as injectable fillers and Botox.
- We are open some Saturdays and Sundays as scheduled.
- Our Center is one of the largest users of fillers and Botox in the country.
- Laser treatment of birthmarks can begin as early as several days of age in most cases.
- Blue and green tattoo inks are now the easiest colors to remove.
- Many of the lasers and devices available today underwent clinical development at our Center.



LEG VEINS

For the many individuals who suffer from unsightly leg veins, the end of summer and shorts season may come as a relief. The cooler months of fall are the perfect time to begin treating your leg veins and help you achieve the confidence to expose your legs when the warmer weather returns.

Most spider veins can be treated with sclerotherapy. Sclerotherapy involves a series of painless injections of a sclerosant solution directly into the unwanted vein leading it to collapse and then eventually disappear. At our center, we use only the most gentle, safe and effective sclerosants. A typical treatment session takes approximately 20 to 30 minutes. Depending upon the severity of your disease, you may require several treatments to achieve optimal results. In certain instances, we may combine injections with a laser to achieve optimal results.



If you suffer from bulging varicose veins or such symptoms as leg heaviness, fatigue, cramping, swelling or restless legs, you may suffer from an underlying condition, superficial venous insufficiency (SVI). SVI results when one or more of the veins in your legs cease to function properly. Duplex imaging will be used to confirm the presence of this disease and if you are a candidate for endovenous laser ablation. This is a minimally invasive, state-of-the-art procedure performed under local anesthesia in our office. This treatment is over 95% effective and will lead to almost immediate improvement in the appearance of your legs and associated symptoms. Most of these treatments require at least a short course of wearing compression stockings, so come in now to get evaluated.



Before

After

BODY CONTOURING

Body contouring and shaping includes different devices and techniques to help reshape and rejuvenate almost any area of the body. In the past, plastic surgery has been the only answer to these issues. Now, we are able to use non-invasive technology to help achieve a reduction in size, increased tone in lax or redundant skin and a diminished appearance of cellulite.

There are times it may require a combination of treatments to achieve your shapely goal. That may

include first reducing the volume with CoolSculpting® or Liposonix® and then tightening the skin with body Thermage® or VelaShape™. Or, it may require first tightening the skin followed by Fraxel® treatments for crepe like skin on the body. Upon consultation an exact treatment plan will be created specifically for your trouble area. Even on the same person, different body parts may be in need of different treatments. With the many body contouring devices we have, this allows a personalized treatment regimen to be created to meet your needs and maximize results.

STRETCH MARKS

As technology and treatments continue to improve, the Laser & Skin Surgery Center of New York and its dedicated Research Department remain at the cutting edge of the field. We have recently completed a clinical trial using a new Picosecond laser for stretch marks with promising results, and have also developed new treatments for enhanced effectiveness in improving their appearance and texture.

Stretch marks are very common and can occur at all ages. They may at first be raised purple or red lines that often become depressed and lighter over time. These marks can occur anywhere on the body, most commonly seen on the abdomen, breasts, under the arms, back of the arms, buttocks and thighs usually in a symmetrical distribution. The underlying cause is not entirely understood, however genetics, hormones, rapid or excessive gain or loss of weight – such as in puberty and pregnancy, as well as certain medical conditions, medications and surgery can all play a role.

Currently there are no proven interventions to prevent the formation of stretch marks, nor to remove these areas completely. Depending on what your stretch marks look like we do have treatment options to improve the overall texture and appearance. Several different types of lasers can be used to treat stretch marks. These include vascular lasers – those used to treat broken blood vessels and Port Wine Stains; resurfacing lasers – those used to improve texture and appearance of fine lines and scars, lasers designed to aid in the return of color, and the newest laser – the picosecond laser.

If you are concerned about your stretch marks and want to see if the physicians at the Laser & Skin Surgery Center can help, please call to set up a consultation.

TREATMENT OF SUN DAMAGED SKIN

Sun exposure over time can generate skin roughness, wrinkling, dullness, and discrete areas of hyperpigmentation or more diffuse mottling of pigmentation. Fortunately, all of these components of sun damage can be significantly improved with laser treatments. The physicians at the Laser & Skin Surgery Center of New York® are amongst the world's experts in the laser treatment of sun damaged skin, and our two offices provide the most cutting-edge technology to treat sun damaged skin. Our physicians can provide expert evaluations and treatment plans tailored to your specific needs and concerns. We may utilize or combine several laser systems during treatment.

The Fraxel Re:store Dual® system is a non-invasive treatment that allows our physicians to effectively target and improve rough skin texture, uneven pigmentation, sun spots and fine lines.

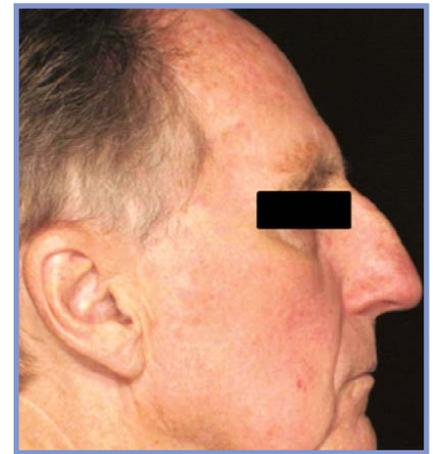
The Fraxel Clear+Brilliant® Perméa, is a gentle, non-invasive treatment that can gradually improve some types of skin hyperpigmentation.

The Fraxel Re:pair® 600micron system enables very superficial fractional ablative resurfacing of sun damaged face, neck or chest skin with minimized downtime. Q-switched lasers (Q-switched Ruby) effectively target and eliminate individual brown spots or sunspots on the face or body, and these treatments can be combined with any Fraxel laser treatment.

With treatment, sun damaged skin can be transformed into smoother, more uniformly pigmented skin that appears fresh and natural. All laser treatments are performed in office by our physicians.



Before



After

CUTTING-EDGE THERAPY FOR SCARS

Did you know that the physicians of the Laser and Skin Surgery of New York are world experts in the treatment of scars? Traumatic, surgical, burn and acne scarring can all be significantly improved with laser treatment. Our expert physicians can evaluate your scar and determine the best method of improving the appearance, depending on the location, age, appearance or color of the scar. Whether your scar looks raised, depressed, contracted, red or brown, the appropriate laser treatment can effectively address your specific concerns. To generate the optimal improvement in appearance, multiple treatment sessions are often required and several treatment modalities may be combined at a single session. For red or elevated scars, we frequently utilize the V-Beam Perfecta™ pulsed-dye laser or the Excel V™ KTP laser. The Fraxel Re:store Dual® and the Fraxel Re:pair® are also frequently used for depressed or elevated scars on the body or face. These lasers in combination with Q-switched laser treatment can also dramatically improve the appearance of darkened, or hyperpigmented scars.



Before



After

Laser & Skin Surgery Center of New York EAST

The Laser & Skin Surgery Center of New York's Southampton office is celebrating its *third* anniversary. Our Southampton center provides year-round, full-service dermatologic care. This state-of-the-art facility, staffed by **Elliot T. Weiss M.D.**, offers Mohs Micrographic Surgery for skin cancer, dermatologic surgery, laser and cosmetic dermatology services, and general dermatology. Our Southampton office is also now offering CoolSculpting® in addition to many other devices and technologies for the treatment of various skin conditions.

LASER HAIR REMOVAL

The Laser & Skin Surgery Center of New York is happy to announce the addition of the Vectus™ laser for hair removal to our current laser systems, including the GentleMax Pro™, GentleYAG® and GentleLase®. The novel technology incorporated into this diode laser allows for the largest spot size available for hair removal, making the treatment of large areas faster and more comfortable. In addition, the Vectus™ laser utilizes the Skintel™ pigment meter to help calculate the optimal treatment parameters for each patient based on their individual skin color.

The Laser & Skin Surgery Center of New York continues to provide the most innovative and effective laser hair removal treatments to our patients. In comparison to non-medical establishments, which offer laser hair removal by technicians, all the laser treatments at our center are performed by fellowship trained physicians utilizing state of the art laser systems allowing for the use of higher energy parameters to provide a more effective and safe treatment.

Now is a good time to get a jump on next summer by starting the hair removal process. Successful long-term laser hair removal requires multiple sessions spanning several months. 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 FOR PSORIASIS

Psoriasis is a common inflammatory skin condition. When mild to moderate cases don't improve with topical medications, treatment with an Excimer Laser is an excellent alternative. Psoriasis is an inflammatory condition. Ultraviolet light treatments have been improved over the last few decades to suppress this inflammation. Delivering this specific form of light (narrow band ultraviolet B 308nm) with a laser only to the affected areas allows for faster treatments and fewer treatment sessions. Side effects are diminished as normal skin is spared (unlike full body treatments). Treatments take 5-10 minutes, are pain free, and optimally are performed 2 or 3 times a week. Many patients have significant improvement in several weeks with remissions lasting several months or more. To find out more about this state-of-the-art treatment, call our office to schedule a consultation.

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

308 Excimer Laser, Active FX/Deep FX™, Clear & Brilliant® 1440, Clear & Brilliant® Permea, CoolSculpting®, Cool Touch III®, Cool Touch CTEV™, Cynergy™, Dusa-Blu-U®, eTwo (EMatrix & Sublime) Erbium YAG, Erbium: YAG, eTwo™, Evolastin™, Excel V™ KTP+ Nd:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, GeminiKTP®, GentleLASE®, GentleMax™, GentleMaxPro™, Gentle YAG®, Gentlewaves®, Isolaz®, LipoLite™, Liposonix®, MaxG™, miraDry®, Omnilux™ Red & Blue light, PicoSure™, Pulsed Dye laser, Ruby Laser, SmoothBeam™, Thermage® CPT, Ulthera®, V-Beam Perfecta™, VelaShape II™

Find the right treatment for you

Acne	DUSA Blu-U®, Isolaz®, Omnilux™ Red and Blue Light Therapy, Photodynamic Therapy, Smoothbeam™	Facial Fine Lines	ActiveFX™, DeepFX™, Clear + Brilliant™, CoolTouch III®, Erbium:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, nd:YAG, Smootbeam™, eMatrix™	Skin Laxity	ActiveFX™, DeepFX™, Evolastin™, Fraxel Re:pair®, LipoLite™, Ruby, Slim Lipo™, Thermage CPT®, Ulthera®
Acne Scarring	ActiveFX™, DeepFX™, CoolTouch III®, Erbium:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, Smoothbeam™, Clear & Brilliant®, Fillers	Folliculitis	GentleLASE®, GentleYAG™, V-Beam Perfecta™	Stretch Marks	Fraxel Re:pair®, V-Beam Perfecta™
Actinic Chelitis	Erbium:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, Omnilux™ Red and Blue Light Therapy, Photodynamic Therapy	Hemangiomas	Cynergy™, Excel V™, Fraxel Re:pair®, Fraxel Re:store Dual®, Gemini KTP®, GentleLASE®, Pulsed Dye Laser, V-Beam Perfecta™	Syringomas	Erbium:YAG, Fraxel Re:pair®
Actinic Keratosis	DUSA Blu-U®, Fraxel Re:pair®, Fraxel Re:store Dual®, Omnilux™ Red and Blue Light Therapy, Photodynamic Therapy	Hypopigmentation	Excimer, Fraxel Re:pair®, Fraxel Re:store Dual®, eMatrix™	Tattoos	Q-switched nd:YAG, Q-switched Ruby, PicoSure™
Age Spots	Clear & Brilliant®, Elite MPX, Fraxel Re:store Dual®, Q-switched nd:YAG™, Q-switched Ruby, eMatrix™,	Junctional Flat Nevi	GentleLASE®, Nd:YAG, Ruby	Telangiectases	Elite MPX™, Excel V™, Gemini®, Pulsed Dye Laser, V-Beam Perfecta™, MaxG
Angiomas	Excel V™, Gemini®, Pulsed Dye Laser, V-Beam Perfecta™	Leg Veins	CoolTouch CTEV™, Elite MPX™, Excel V™, Nd:YAG, V-Beam Perfecta™	Tuberous Sclerosis	Erbium:YAG, Fraxel Re:pair®, V-Beam Perfecta™
Birthmarks	Q-switched nd:YAG™, Erbium:YAG, Fraxel Re:store Dual®, Q-switched Ruby, V-Beam Perfecta™	Melasma	Clear + Brilliant®, Fraxel Re:store Dual®, Nd:YAG	Unwanted Hair	GentleLASE®, GentleYAG™, GentleMax™, Vectus™
Broken Blood Vessels:	Excel V™, Gemini®, V-Beam Perfecta™	Nevus of Ota	GentleLASE®, Q-switched nd:YAG, Q-switched Ruby, PicSure™	Venous Lake	Excel V™, Gemini®, Pulsed Dye Laser, V-Beam Perfecta™
Cellulite	Thermage CPT®, VelaShape II™, Liposonix®	Poikiloderma of Civatte:	Fraxel Re:pair®, Nd:YAG, V-Beam Perfecta™, MaxG	Vitiligo	Excimer, Fraxel Re:pair®, Microskin
Crows Feet	Cool Touch III®, Erbium:YAG, Fraxel re-store Dual®, Fraxel Re:pair®, Botox	Port Wine Stains	Excel V™, Fraxel Re:pair®, Fraxel Re:store Dual®, GentleLASE®, Pulsed Dye Laser, V-Beam Perfecta™	Wrinkles	ActiveFX™, DeepFX™, Fraxel Re:pair®, eMatrix™
Epidermal Nevus	Erbium:YAG, Fraxel Re:pair®, GentleLASE®, Nd:YAG, Active FX/Deep FX™	Redness	Excel V™, Gemini®, MaxG, V-Beam Perfecta™	Xanthelasma	ActiveFX™, DeepFX™, Erbium:YAG, Fraxel Re:pair®
Excessive Sweating	miraDry®	Rhinophyma	Fraxel Re:pair®		
Facial Redness	Cynergy™, Excel V™ KTP, Nd:YAG, Gemini KTP®, V-Beam, Perfecta™	Sagging Skin	LipoLite™, SlimLipo™, Thermage CPT®, Ulthera®, VelaShape II™		
		Scar Removal	Erbium:YAG, Fraxel Re:pair®, Pulsed Dye Laser, eMatrix™, V-Beam Perfecta™		
		Skin Cancer	Photodynamic Therapy, Mohs micrographic surgery		

RECENT PUBLICATIONS FROM OUR PHYSICIANS 2013

Lasers and Related technologies in dermatology (textbook)

McGraw-Hill Publisher 2013

Laser Therapy in the Treatment of Connective Tissue Diseases: A Review.

Dermatol Surg. 2014 Jan;40(1):1-13.

Targeted topical and combination laser surgery for the treatment of angiofibromas.

Lasers Surg Med. 2013 Nov;45(9):555-7.

Atypical (dysplastic) nevi: outcomes of surgical excision and association with melanoma.

JAMA Dermatol. 2013 Aug;149(8):928-34.

Single-treatment resolution of vascular blebs within port wine stains using a novel 1,064-nm neodymium-doped yttrium aluminum garnet laser.

Dermatol Surg. 2013 Jul;39(7):1113-5.

Laser treatment in the management of infantile hemangiomas and capillary vascular malformations.

Tech Vasc Interv Radiol. 2013 Mar;16(1):51-4.

Retrospective study of the treatment of infantile hemangiomas using a combination of propranolol and pulsed dye laser.

Dermatol Surg. 2013 Jun;39(6):923-33.

Special Dermatology/Plastic Surgery Issue 2013.

Lasers Surg Med. 2013 Feb;45(2):61.

Treatment of port-wine stains with a short pulse width 532-nm Nd:YAG laser.

J Drugs Dermatol. 2013 Jan;12(1):66-71.

Ablative fractional resurfacing in topical drug delivery: an update and outlook.

Dermatol Surg. 2013 Jun;39(6):839-48.

Topical perfluorodecalin resolves immediate whitening reactions and allows rapid effective multiple pass treatment of tattoos.

Lasers Surg Med. 2013 Feb;45(2):76-80.

1927-nm fractional resurfacing of facial actinic keratoses: a promising new therapeutic option.

J Am Acad Dermatol. 2013 Jan;68(1):98-102.

RECENT AWARDS AND HONORS FOR OUR PHYSICIANS AND STAFF

- Roy G. Geronemus M.D., received prestigious Samuel J. Stegman, M.D. Award from the American Society for Dermatologic Surgery.
- Roy G. Geronemus M.D. listed amongst New York Magazine's Best Doctors for 2013
- Dr. Elizabeth K. Hale has been appointed to the NYU School of Medicine Alumni Association Board of Governors.
- Laser & Skin Surgery Center of New York laser nurse, Tracy Ovtcharov, received the Best Clinical Nursing/Allied Health Award at the annual American Society for Laser Medicine and Surgery meeting in Boston, MA on April 5, 2013.
- Roy G. Geronemus M.D., has been named this year's Hall of Fame Award recipient by the University of Miami Miller School of Medicine and the Medical alumni association
- Roy G. Geronemus M.D. has been selected to appear on the 2013 Castle Connolly list of America's Top Doctors. Castle Connolly Medical Ltd. utilizes detailed surveys and a rigorous screening process to identify outstanding physicians across the United States, providing consumers with a comprehensive list of specialists.
- Roy G. Geronemus M.D. has been selected as the Allure Magazine "Influencer" in the field of cosmetic dermatology for 2013.
- Drs. Roy G. Geronemus and Elizabeth K. Hale have been selected by New York Times magazine as "Super Doctors" for 2013. Their selection was based on a survey of other physicians in the New York area as to whom they would choose for their own medical care.
- Lori A. Brightman and Robert T. Anolik have received the Patients' Choice Award for 2012.
- Roy G. Geronemus M.D. has been listed among the Nation's top 1% of physicians by US News and World Report.
- Robert Anolik MD was awarded NYU Department of Dermatology's Surgery Attending of the Year

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. For more information about the practice and our services, please visit our website at www.laserskinsurgery.com

Laser & Skin Surgery Center of New York®

Hours of Operation

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LASER & SKIN
SURGERY NEWS

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