The Laser & Skin Surgery Center of New York remains fully committed to providing our patients with the highest quality care. As the world’s most comprehensive and experienced cosmetic and laser private practice, we continue to add state-of-the-art technology to our therapeutic armamentarium. As leaders in our field, we are often involved with the development of new technologies and techniques that we can subsequently offer our patients. We have several new devices such as the ePrime™, Ulthera®, Excel V™, Clear + Brilliant™, and CoolSculpting®; this year’s latest additions to our existing collection of over 55 lasers and related devices. This newsletter includes a review of our new and existing treatment options.

**Undone Summer Sun Damage**

Did you know that many components of sun damage can be significantly improved with laser treatments? The physicians at our center are amongst the world’s experts in the laser treatment of sun damaged skin. The Fraxel Re:store Dual® is the newest generation Fraxel laser system, and it effectively treats rough skin texture, uneven pigmentation, fine lines and precancerous skin lesions. Treatments are performed in office by the physician and require only topical anesthesia. We can also effectively target individual brown spots or sun spots on the face or body with one of our Q-switched lasers.

**Injectable Fillers**

The use of injectable fillers to minimize the appearance of wrinkles and lost volume continues to be very popular at our center. Patients regularly express a desire for minimally invasive procedures that rejuvenate skin without the downtime associated with plastic surgery. Additionally, they realize that surgery does not address the volume loss and surface changes that are so characteristic of aging.

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 newer 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® and Radiesse®, both also premixed with lidocaine, give us even more alternatives for volume replacement and non-surgical lifting. These fillers stimulate the body to produce collagen for sustainable, natural results.

On the forefront of injectable strategies is La Viv, new to our Center this Fall. La Viv is a cutting-edge filler, which is made up of your own skin cells. Small biopsies can be performed from hidden areas (e.g. behind the ear or buttock), and these biopsied cells are cultured for reinjection. This cutting edge filler is one of our newest and exciting ways to produce natural, younger looking skin.

**ePrime™**

ePrime™ by Candela® is the first minimally invasive aesthetic device to precisely deliver radiofrequency energy directly into the skin. This energy stimulates your body to naturally produce collagen and elastin. This creates natural volume and skin tightening on the face in a single treatment. This is an ideal treatment for patients who would like to get that nice rounded cheek volume back and decrease the mid or lower face laxity and jowls.

Follow us on Twitter @LaserSkinSurgNY      www.laserskinsurgery.com      Laser & Skin Surgery Center of New York®
The Laser & Skin Surgery Center Of New York Welcomes Dr. Robert Anolik

Robert Anolik, MD is a board certified dermatologist who specializes in laser surgery, cosmetic dermatology, and Mohs micrographic surgery for the treatment of skin cancer. Dr. Anolik graduated cum laude with a degree in molecular biology from Princeton University, where he was president of his class. He went on to graduate magna cum laude from Thomas Jefferson University, earning his medical degree and induction into the Alpha Omega Alpha Honor Medical Society. Dr. Anolik completed his residency training in dermatology at the New York University (NYU) School of Medicine, and his specialized fellowship training in laser and skin surgery at the Laser & Skin Surgery Center of New York.

Dr. Anolik has authored numerous publications and speaks nationally. His work has appeared in the Journal of the American Academy of Dermatology, Seminars in Cutaneous Medicine and Surgery, and in texts published by, among others, Cambridge University Press. Additionally, Dr. Anolik is on the medical editorial staff of the Journal of Drugs in Dermatology. He has lectured at the Annual Meetings of the American Academy of Dermatology and the American Society for Laser Medicine & Surgery, and has appeared several times as a guest on Sirius/XM Doctor Radio. Dr. Anolik’s efforts have been recognized by the American Society for Dermatologic Surgery and the American Dermatological Association through funding and study grants. He has also been the recipient of the Dr. Richard E. Fitzpatrick Clinical Research and Innovations Award given by the American Society for Laser Medicine & Surgery.

Leg Veins

The fall is the perfect time to treat your unwanted leg veins. We offer a variety of highly effective, minimally invasive procedures. Small, unsightly spider veins are best treated with sclerotherapy, a series of injections directly into the unwanted vessels which cause them to disappear. We have a number of different sclerant solutions available, including the newest agent to receive FDA approval, Asclera®. Sometimes, a combination approach utilizing lasers is necessary to achieve optimal outcomes.

We offer CoolTouch endovenous ablation (CTEV™) for the treatment of superficial venous insufficiency. Patients with this condition typically have bulging, varicose veins, as well as symptoms such as pain, cramping or restless legs. This minimally invasive procedure delivers laser energy directly into the damaged vein causing it to disappear. This procedure is over 95% successful at improving the way your leg veins look and feel.

Tattoo removal

Our physicians offer the most cutting-edge laser treatments for unwanted tattoos. Our selection of Q-switched lasers can safely target the different colors of tattoo ink. Some tattoos may also receive a combination treatment with one of our Fraxel laser systems. We continue to provide and perform ongoing clinical trials with the most state-of-the-art laser technology for removing tattoos.

Ulthera™ - (Ultra) sound approaches to skin tightening

Ulthera™ is the first and only non-invasive ultrasound device that creates new collagen in the skin. Ulthera™ delivers controlled energy directly to the targeted tissues in the face and neck. This energy stimulates new collagen production, which has a “lifting” effect on the skin. Ulthera™ can be used to treat a variety of conditions, including wrinkles, fine lines, and sagging skin.

Research Department

The Research Department of the Laser & Skin Surgery Center of New York is actively involved in many cutting edge research trials involving laser, light devices and injectable agents for the treatment of:

- fat reduction
- facial rejuvenation / skin tightening
- tattoo removal
- pigmented lesions
- birthmarks
- photodamaged skin

Results from these and previous studies have been widely presented and published, reshaping the landscape of dermatologic and laser surgery on an international scale. The Laser & Skin Surgery Center of New York acknowledges that these studies would not be possible without the high level of participation by our patients and volunteers. We are in the process of recruiting volunteers for several of these studies, so please feel free to call the Research Department at 212 686 7306 or visit our website at www.laserskinsurgery.com/Clinical-Trials.
**Lower Body Rejuvenation**

As the summer has now faded away, it is an ideal time to begin focusing on rejuvenating the lower body. Whether it is treating the brown spots that have accumulated with time and sun exposure or diminishing spider and varicose veins with sclerotherapy injections, the cooler weather is a convenient time to start these treatments. This is also an opportune time to begin or continue with laser hair removal to the bikini or leg areas to be swimsuit ready for next season.

Perhaps you would like to start tightening the slightly loose skin of your buttocks, saddle bags or thighs with Thermage™ or Velashape™. It takes 3 months for new collagen to develop after these skin tightening treatments, therefore beginning now is ideal to be ready for holiday breaks.

Stretch marks and crepe like skin which can also appear on your hips, thighs or buttocks can be improved with Fraxel Dual® or eMatrix™ treatments. These treatments will help minimize the texture changes in the skin and develop new collagen over time.

**CoolSculpting® - The cool way to body shape**

Give your fat the cold shoulder. Or let us. We’ve been working with Zeltiq® to help develop optimal treatment strategies for shaping the body using low temperatures with a technique called CoolSculpting®. Our research has shown that lowering the temperatures of fatty areas, i.e. the belly, love handles, upper arms and inner thighs, triggers a reaction that reduces fat cells. Best of all, these lowered temperatures are harmless as far as the surrounding structures go, including the overlying skin. Without having to endure cutting, scars, or downtime, patients are finding a marked reduction in fat volume. Reduction of fat typically becomes noticeable within 8 weeks after treatment, and this reduction continues over the next several months.

**Treatment of Scars**

Our physicians have helped develop novel treatments for the management of a variety of different types of scarring. We are using lasers alone or in combination with injectable or topical treatments. The scars that we often treat successfully include:

- Surgical scars
- Acne scars
- Burn scars
- Red scars
- Dark scars
- Breast surgery scars
- Some hypopigmented scars

These treatments are often performed in the office setting with no anesthesia, topical or local anesthesia.

**Laser & Skin Surgery Center of New York EAST**

Our Southampton office 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®.
Recent and Upcoming Publications from the Laser & Skin Surgery Center Physicians


“Analysis of Side Effects of Noninvasive Cryolipolysis for Subcutaneous Fat Layer Reduction – Interim Report from Controlled Clinical Trials”. (Submitted for Publication)


“Complications of Fractional Lasers (Ablative and Nonablative)." Treatment. Informa Healthcare. (in press)

Robert Anolik, M.D. received the Dr. Richard E. Fitzpatrick Clinical Research and Innovations Award for the presentation entitled “Investigation of the Effectiveness of Non-Coherent Blue Light in Intraleisional Photodynamic Therapy of Basal Cell Carcinoma” at the 2011 American Society for Laser Medicine and Surgery conference.

Elizabeth K. Hale, M.D. received the 2011 Alpha Omega Alpha Voluntary Teaching Award from NYU.

One of our most recent papers was featured on the cover of the Archives of Dermatology, “Successful Treatment of Atrophic Postoperative and Traumatic Scarring With Carbon Dioxide Ablative Fractional Resurfacing”.

Dr. Elliot Weiss was presented with an award for best paper "3-Dimensional Surface Imaging for Measuring Skin Tightening and Body Circumference" at the recent American Society for Laser Medicine and Surgery meeting.

Elizabeth K. Hale, M.D. has been appointed Vice President of the Skin Cancer Foundation.

DID YOU KNOW THAT???

Our physicians are all fellowship trained in Mohs Micrographic Surgery for the removal of skin cancer, dermatologic and laser surgery.

Lasers procedures can often be performed on the same day as Botox and fillers.

We offer evening and weekend hours as scheduled.

In the interest of optimal outcomes and safety for our patients all laser and advanced technology procedures are performed by physicians. We believe that the sophisticated procedures that are presently available to our patients require the specialized skill and expertise that we offer.

Many of the commonly used devices in dermatology/plastic surgery offices underwent clinical development at our center.

Hours of Operation
For the convenience of our patients, we are open Monday through Friday, several weekend days as scheduled.

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


Honors/Awards

Roy Geronemus, M.D. is listed amongst New York Magazine’s Best Doctors for 2011 for the 16th time as one of New York’s top dermatologists.

Both Roy Geronemus, M.D and Elizabeth K. Hale, M.D. have been selected by the New York Times magazine list as “Super Doctors”. 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.

The Laser & Skin Surgery Center of New York received the annual Service Award from the Vascular Birthmarks Foundation.

Robert Anolik, M.D. received the Dr. Richard E. Fitzpatrick Clinical Research and Innovations Award for the presentation entitled “Investigation of the Effectiveness of Non-Coherent Blue Light in Intraleisional Photodynamic Therapy of Basal Cell Carcinoma” at the 2011 American Society for Laser Medicine and Surgery conference.

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