



LASER & SKIN SURGERY NEWS

Fall 2016

Roy G. Geronemus, M.D. • Robert T. Anolik, M.D. • Leonard J. Bernstein, M.D. • Jeremy A. Brauer, M.D. • Michelle F. Henry, M.D. • Ron Shelton, M.D. • Jessica Krant, M.D. • Wilfred Brown, M.D. • Yoon-Soo Cindy Bae, M.D. • Roy Seidenberg, M.D. • Dana Stern, M.D. • Elliot T. Weiss, M.D.



A MESSAGE FROM OUR DIRECTOR: ROY G. GERONEMUS, M.D.

I remain more excited than ever about the potential and opportunities we can provide our patients utilizing the latest technology and techniques. The Laser & Skin Surgery Center of New York continues to assume a leading role in offering state-of-the-art treatments for our patients performed in the most experienced hands of board certified dermatologists only without any delegation of treatments to physician extenders. Our practice continues to add new technologies in part based upon the development of lasers, related technology and injectables in our own research division. We strive to provide our patients with the best possible care in a comfortable and professional environment. To learn more about the services we provide visit our website at www.laserskinsurgery.com

WELCOME MICHELLE F. HENRY, M.D.



Michelle F. Henry, M.D. is a Harvard trained, board certified dermatologist. She is currently a Clinical Instructor of Dermatology at Weill Cornell Medical College. She specializes in Mohs micrographic surgery, laser surgery, and cosmetic dermatology.

She attended medical school at Baylor College of Medicine in Houston, Texas and completed her residency in dermatology at Mount Sinai Hospital in New York City, where she served as Chief Resident. Following residency, she completed a fellowship in cutaneous oncology, Mohs micrographic, and reconstructive surgery with the Harvard Medical School Department of Dermatology at the Lahey Clinic in Boston, Massachusetts. She specializes in high risk skin cancer treatments, cosmetic surgery, and skin of color.

She has published numerous articles and chapters on skin cancer treatment and surgery. She is a committed research scientist, who was recognized as a Tromovitch Award finalist by the American College of Mohs Surgery. She has lectured at the Annual Meetings of the American Society for Dermatologic Surgery and the National Medical Association on the proper techniques for injecting dermal fillers, hair transplantation, body contouring, and Mohs reconstruction.

She is a fellow of the American Academy of Dermatology, American Society of Dermatologic Surgery, American Society for Laser Medicine, and American College of Mohs Surgery. She serves on the Education Committee of the American Society for Dermatologic Surgery, the Communications Committee for the Women's Dermatology Society, and the Scientific Advisory Boards for Bevel (a Walker and Company brand) and BTG International Ltd.

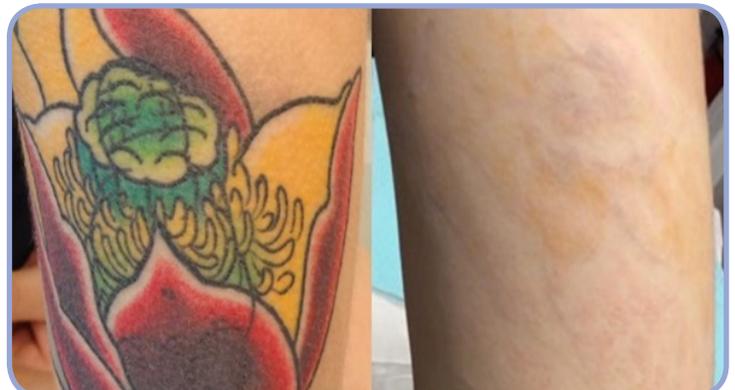
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TREATMENTS FOR MEN

Men now have many opportunities to improve their appearance non-invasively. Unwanted hair, sun damage, double chin, extra fat, hair loss, tattoo regret, facial blood vessels, redness, age spots, and acne scars can all be addressed with the our latest technology and techniques.

DID YOU KNOW?

- Many different laser treatments can be performed at the same visit.
- Fillers and Botox can be injected on the same day as a laser procedure.
- Hair transplantation is now available at our Center.
- PRP (platelet rich plasma) injections for hair loss and rejuvenation are now available at our Center.
- All procedures are performed by Board Certified Dermatologists and our Plastic Surgeon.
- Many of the new treatments currently available at our Center underwent clinical development in our research department.
- Treatment of port wine stains, hemangiomas, and Nevus of Ota can begin in very early infancy which often provides the best and fastest results.
- The addition of pulsed dye laser treatment to oral propranolol therapy for hemangiomas shortens the course of propranolol in most patients.
- Our physicians are amongst the largest users of fillers and Botox in the country.
- Tattoo Removal has gotten better with new treatments for blue, green and yellow ink.



FACE & BODY CONTOURING

Non-invasive face & body contouring has become increasingly popular at our practice. Our Center has continued to add new technology to provide customized options for each patient. Body contouring can result in reduction of localized areas of fat and reduce body circumference in many cases.



Dual Sculpting (treating two areas simultaneously) is available upon request.

CoolAdvantage is the newest applicator for CoolSculpting treatment. CoolAdvantage is more comfortable and takes less time; only thirty-five minutes instead of the older technology which took one hour. This applicator can treat the outer thighs, abdomen, upper arm fat, bra fat, flanks, love handles, inner thigh bulges and fat pads above the knees.

CoolMini is a CoolSculpting applicator used for submental fat (double chin)

SculpSure is now available at our Center. SculpSure safely and effectively treats unwanted fat of the abdomen and flanks using heat. This non-invasive treatment takes approximately twenty-five minutes for each site that is treated. Most

patients report no downtime and very little, if any discomfort during the treatment. Results may be seen in approximately six weeks, however, most patients see optimal results twelve weeks following the procedure. This treatment is effective for all skin types.

ThermiTight is a radiofrequency device that treats neck, thighs, knees, arms and abdomen. This procedure is a non-surgical, minimally invasive skin tightening treatment that uses a tiny probe to deliver radiofrequency energy just beneath the surface of the skin.

UltraShape is a non-invasive body shaping procedure that uses focused pulsed ultrasound for selective fat cell destruction of the abdomen. It is painless with no downtime.

Kybella is a prescription medication, FDA approved injectable treatment that destroys fat cells under the chin. This treatment will help to improve the appearance and profile of moderate to severe fat below the chin (submental fat). Most patients see an improvement after the first treatment, however, multiple treatment sessions (up to three) may be necessary for optimal results. Treatment sessions take place every four to six weeks. The most common side effects are swelling and bruising. Clinical trials with Kybella were performed at our Center.

WHAT'S NEW IN ACNE

This common ailment of teens and adults has seen some improvements in its treatment armamentarium with particular emphasis on avoiding the use of long-term antibiotics. Aczone gel, a mainstay in topical therapy, is now available in a higher 7.5% formulation which only needs daily (instead of twice a day) application. A lower-dose of the antibiotic doxycycline has been proven to be effective for many acne patients. Spironolactone (for women only) has gained wide acceptance. This (not-an-antibiotic-not-a-birth-control-pill) hormone blocker has proved to be very safe (bloodwork no longer needed) and helps oily skin and facial hair as well as acne. For those requiring isotretinoin ("Accutane"), recent articles have shown that certain side effects (liver damage, high cholesterol) are much less common than originally thought, so many patients will not need to have their blood taken as often. The newest brand of isotretinoin Absorica has better absorption so it doesn't need to be taken with fatty meals. On the near horizon is a new class of topical acne medicine that works directly on the oily gland. For those patients who have acne scars with and without active acne, we also offer a variety of laser treatments that can treat both problems.



BOTOX & FILLERS

Cosmetic injections do so much more than fix a line or fill a crease. At our Center we think more broadly about how the overall face changes with age. By addressing these changes, we not only fix lines and creases, but restore a natural, rejuvenated version of you which results in safer treatments and prevents overdone and unnatural appearances. Fillers are not intended to make you look full, but instead to contour the face for a normal-looking appearance and to restore volume. Toxins (Botox, Dysport, Xeomin) should not freeze your appearance, but instead soften the excessive lines that make you look older and stressed. We are passionate about the artful method of restoration, not just because we are one of the largest users of toxins and fillers in the world, but because we are pioneers in the field. We have been part of numerous clinical trials with the manufacturers of Botox and fillers that have led to FDA approval and new uses of their science. Our depth of resources gives us everything available to our patients, including Juvederm, Voluma, Restylane, Restylane Lyft, Restylane Silk, Belotero, Radiesse, Sculptra, Botox Cosmetic, Dysport, Xeomin. In October 2016, Volbella for augmentation and fine lines of the lips will be available. Clinical trials on Volbella took place at our Center.

PRP - PLATELET RICH PLASMA

Platelet-rich plasma (PRP) is a non-surgical treatment for hair loss and skin rejuvenation. It utilizes the body's platelets to stimulate healing in treated areas. Our platelets store a rich supply of growth factors. When activated, platelets release these growth factors that have the potential to restore many types of tissue. Many medical specialties have found applications for this treatment, particularly in injured muscles and joints. In dermatology and cosmetic surgery, PRP has found success in hair restoration and collagen stimulation for skin rejuvenation. PRP is safe and as it is made of your own body cells, causes virtually no risk of rejection or reaction. Platelet-Rich Plasma Therapy takes less than an hour. The patient's blood is drawn and placed in a centrifuge for 6-10 minutes to separate out the platelets. It is then injected into the desired treatment area to harness the body's own healing properties.

HAIR TRANSPLANTATION

Millions of Americans suffer from hair loss. For both men and women, it can be devastating. There are two types of hair transplantation that can treat male and female pattern hair loss as well as some types of scarring hair loss. There are two types of hair transplantation: follicular unit transplantation (FUT) or strip and follicular unit extraction (FUE). With the strip technique, the surgeon removes a 6 to 10-inch strip of skin from the scalp. The scalp is closed and the scar is hidden by the hair around it. The removed strip is divided into tiny hair grafts which are placed in the treatment area. With the FUE procedure, the surgeon shaves the back the scalp and removes hair follicles individually. The area heals with small scars, which existing hair will easily cover. Both lead to permanent, discreet hair restoration.

MIRADRY FOR EXCESSIVE SWEATING

Finding yourself wearing extra layers of clothing to hide the sweat marks? Or undergoing multiple wardrobe changes a day? Excessive underarm sweating affects millions of Americans, but it doesn't have to! Known as axillary hyperhidrosis, this condition can be successfully treated in a single, one-hour session with the new miraDry protocol. Originally designed as a two or three treatment course, updates now allow for significant reduction in sweat after one relatively painless procedure. After the area is numbed, the microwave energy device is applied to cover the length of the underarm. Recovery is usually a matter of days in most cases, and many patients can return to work the next day. In addition, thanks to cutting edge research conducted at the Laser & Skin Surgery Center of New York, significant reduction in underarm hair of any color can also be achieved – something never previously possible with laser hair removal.

TREATMENTS FOR LEG VEINS

Has the appearance of your leg veins affected your style? Many men and women have unsightly leg veins that can be treated with injections. However, if you have an underlying medical problem, known as venous insufficiency, injections may not help until the venous insufficiency is addressed first. Therefore, it is recommended that an ultrasound, a painless way to look at your leg veins, be completed prior to these injections as signs of venous insufficiency can be treated with a laser (endovenous laser ablation). Once venous insufficiency is diagnosed and endovenous laser ablation completed, injections can follow which can help improve the appearance of leg veins.

ACNE SCARS

The options for acne scar treatment continue to get better and better with the latest technology. We have ablative and non ablative options that offer varying degrees of recovery and treatments can be tailored to meet the needs of all skin types. The Infini is the latest addition to our large selection of devices that include the PicoSure, Fraxel Dual, Fraxel Re:pair, YAG, and Halo lasers.

CLINICAL TRIALS AT OUR CENTER

The Laser & Skin Surgery Center of New York is proud to have a full time research division dedicated to the promotion of cutting edge technology. We are currently accepting participants for the following studies:

- Laser hair removal for light hair colors (blonde, gray, white, light brown, light red)
- Laser tattoo removal for black ink tattoos on patients with darker skin types
- New treatment for mid to lower face skin laxity
- Laser treatment for acne
- Laser treatment for melasma for patients with darker skin types

For more information and participation requirements, please visit our website at www.laserskinsurgery.com or call our Research Department at (212) 686-7306.

SUMMER SUN DAMAGE & REJUVENATION



The summer season is behind us once again, and now is the ideal time to address the various aspects of sun damaged skin. Hyperpigmentation (dark spots and darkening of the skin), redness, rough texture, and fine lines are some of the components of sun damage. We have helped to develop many of the devices utilized in the treatment of sun damage conditions.



The Fraxel laser systems offer several options for patients. The Fraxel Dual provides both excellent correction of hyperpigmentation and rough texture in addition to improving fine lines through stimulation of new collagen production in the skin. The Clear + Brilliant system helps maintain the appearance of the skin and improves some forms of hyperpigmentation while causing minimal downtime. The Fraxel Re:pair is a fractional ablative device that provides the most substantial tightening and improvement in fine lines and wrinkles. We also offer additional fractional devices including the new Halo laser, CO2RE, Active FX, and Deep FX.

Get ready to say goodbye to those stubborn brown spots on the face, neck, chest or hands. Our offices provide multiple Q-switched lasers that effectively target and remove brown spots or age spots without the need for anesthesia.

PicoSure laser has also become increasingly popular for rejuvenation particularly in those patients with darker skin and those who are seeking the least amount of downtime. Healing following the PicoSure laser usually involves mild redness for a few days or less.

The new Infini device is a fractional radiofrequency treatment that is utilized for mild to moderate skin tightening of the neck and lower third of the face. This treatment complements our other tightening devices which include Ulthera, Thermage, ThermiTight, and ThermiRF.

CELLULITE

Summer may be behind us, but you should strive to look your best year round – bathing suit or not! Cellulite is a common condition seen mostly in adult women, and has multiple causes including genetics and hormones. One aspect that can be directly addressed with the help of the minimally invasive Cellfina treatment is the larger dimpling often seen on the buttocks, and back and sides of the thighs. These dimples are caused by a pulling down on the skin by tight bands or cords. Once the areas are appropriately numbed, the Cellfina system is used to release these bands and with them the overlying skin – resulting in a smoothed out appearance. Depending on the number of areas of concern, this can be a very quick treatment with most recovering in up to three days. Results can be seen in a matter of days to weeks and have been shown to last for years! The Laser & Skin Surgery Center of New York is proud to be one of the first centers in the world to have worked with this device. Contact the office today for your personal consultation.

LASER & SKIN SURGERY CENTER OF NEW YORK EAST

The Laser & Skin Surgery Center of New York's year-round Southampton office is celebrating its 6th year! Our Southampton office proudly provides the newest, most effective, cutting edge cosmetic and dermatologic services to the East End of Long Island. This full-service, 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 in addition to general dermatology. Nail expert and dermatologist Dana Stern, M.D. also provides her expertise at our Southampton office with weekly clinics.

PUBLICATIONS FROM THE LSSC PHYSICIANS 2015-2016

- “Multicenter Prospective Study of Incidence of Adverse Events Associated with Cosmetic Dermatologic Procedures: Lasers, Energy Devices, and Injectable Neurotoxins Fillers”. JAMA Dermatology.
- “Use of a Picosecond Pulse Duration Laser With Specialized Optic for Treatment of Facial Acne Scarring”. JAMA Dermatology.
- “Laser Treatment of Port-Wine Stains”. Clin Cosmet Investig Dermatol.
- “Clearance of Yellow Tattoo Ink with a Novel 532-nm Picosecond Laser”. Lasers Surg Medicine.
- “Topical rapamycin combined with pulsed dye laser (PDL) in the treatment of capillary vascular malformations—Anatomical differences in response to PDL are relevant to interpretation of study results.” J Am Acad Dermatol.
- “Enhanced efficacy of a topical antioxidants regimen in conjunction with a home use non-ablative fractional diode laser in photo-damaged facial skin”. Journal of Cosmetic and Laser Therapy.
- “Treatment of pigmentary disorders in patients with skin of color with a novel 755 nm picosecond, Q-switched ruby, and Q-switched Nd:YAG nanosecond lasers: A retrospective photographic review. Lasers Surg Med.
- “Acne Scarring: A review available of Therapeutic Laser”. Lasers Surg Med.
- “Shouldn’t Propranolol be Used to Treat All Hemangiomas”. Aesthetic Plast Surg.
- “Successful Treatment of Paradoxical Darkening”. Lasers Surg Med.
- “Safety of a picosecond laser with diffractive lens array in the treatment of Ethnic Skin: a retrospective review”. J Am Acad Dermatol.
- “Treatment of Recalcitrant Port Wine Stains utilizes a combined Pulsed Dye Laser and Radiofrequency Energy Drive”. In press.
- “The Role of Elastic Fibers in Scar Formation and Treatment”. Dermatologic Surgery.
- “The effect of general anesthesia on neurodevelopment abnormalities in children undergoing treatment of vascular anomalies with laser surgery: a retrospective review”. In press.
- “Treatment of recalcitrant port wine stains utilizes a combined pulsed dye laser and radiofrequency energy drive”. In press.

AWARDS AND HONORS FOR LSSC PHYSICIANS AND STAFF

- Drs. Geronemus and Shelton named to New York Magazine’s 2016 Best Doctors. This is Dr. Geronemus’ 21st time being named to the list.
- Dr. Anolik received “Best Dermatologist” for the 2016 Beauty Awards. He was also named the Beauty Insider in the July 2016 edition of Elle Magazine, Best Cosmetic Dermatologist 2016 by Star Magazine, and is listed in the Best in Dermatology Directory 2016 by Violet Grey.
- Drs. Geronemus and Shelton named RealSelf “Top Doctors”. The Top Doctor badge is awarded to less than 10% of the RealSelf doctor community.
- Dr. Geronemus selected to America’s Top Cancer Doctors.
- Drs. Geronemus and Shelton named to Castle Connolly’s America’s Top Doctors, 2016.
- Drs. Geronemus, Krant and Shelton named New York Times Super Doctors, 2016.
- Drs. Bae, Brauer and Henry named as New York Times Rising Stars, 2016.



Instagram: @lsscnny
 Twitter: @lsscnny
 Facebook: LaserSkinSurgeryNY

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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