



LASER & SKIN SURGERY NEWS

November 2014

Roy G. Geronemus, M.D. • Robert T. Anolik, M.D. • Leonard J. Bernstein, M.D. • Jeremy A. Brauer, M.D. • Ron Shelton, 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. • Robert Weiss, M.D.

Laser & Skin Surgery Center of New York® The Importance of Experience

The field of medicine, nationally and internationally, has experienced a dramatic increase in the number of physicians performing laser and cosmetics procedures for a variety of skin conditions. While it is generally good that these techniques become more widely available to the public at large, it is important to choose a physician who is experienced and up-to-date with the rapidly evolving changes in technology that could impact upon the level of care provided for a particular problem.

The field of laser surgery and cosmetic dermatology changes rapidly in that what may have been good for a particular skin problem six or nine months ago may or may not be the state-of-the-art procedure today. It is unfortunate but true that lasers are made available to physicians who often do not have training, knowledge or expertise in the field of laser surgery. National medical societies are making significant efforts to improve their credentialing process so that physicians will have to prove their expertise prior to performing laser procedures.

Our physicians are amongst the most experienced laser physicians in the world. For the past 31 years, we have been involved with the development of many of the devices and products on today's market.

Aside from the significant experience in the field of laser surgery we remain committed to providing our patients with the most up-to-date technology available for each and every condition and all services are provided by physicians only and not delegated to assistants.



FILLERS AND FACIAL REJUVENATION

To complement the benefit of laser treatments, we often combine Botox® and fillers to provide our patients with the optimal cosmetic. Many times these procedures can be performed on the same day as a convenience to our patients. Botox® allows us to lift and relax fine lines while fillers can be used to add volume and treat fine wrinkles as well.

We have a wide variety of injectable fillers to address each patient's needs. The newest filler available is Juvederm Voluma XC. This is a hyaluronic acid injectable gel and is the first and only filler FDA-cleared to add volume to the cheek area. It provides a subtle lift, helping to restore contour and a more youthful profile. Our physicians are amongst the largest users of Voluma XC in the country.



COSMETIC TREATMENTS FOR MEN

Cosmetic procedures are not just for women! Many men would benefit from the services we provide. We can treat a variety of common conditions such as frown lines, unsightly age spots, enlarged blood vessels on the face, unwanted tattoos, unwanted hair, razor bumps, and the battle of the bulge. Many of these procedures have minimal downtime and leave a natural appearance.

NAILS

Onychomycosis of the nails, commonly referred to as 'nail fungus,' is a frustrating and chronic problem. The gold standard to treat the yellow, thickened nails with debris has been oral medication which requires blood work. Recently, the Food and Drug Administration (FDA) approved the use of a topical medicine which has been shown in clinical trials to be effective. In addition to this new medication, we offer laser treatments, to speed up the response to treatment.



TATTOOS

We have many different devices to treat tattoos, such as the new Picosure™, Fraxel Dual™, Fraxel Re:pair™, Q-Switched Nd:YAG™, and Ruby Laser™. The results that can be achieved are dependent upon the colors of the tattoo, the age of the tattoo and the pigmentation, skin type of the patient. Our clinical investigation with the newest and best devices and techniques have allowed us to offer the best possible service available, in the most experienced hands. Our center will soon be the first in the country to offer Picosure™ at three wavelengths for more rapid removal of additional tattoo color.

We are proud to announce the addition of Yoon-Soo Cindy Bae, M.D., Ron M. Shelton, M.D., Dana Stern, M.D., Robert A. Weiss, M.D. and Wilfred Brown, M.D. to our esteemed team of highly qualified physicians. Visit our website at www.laserskinsurgery.com for more information about our new physicians and each of their specialties.



YOON-SOO CINDY BAE, M.D.
Specializing in the treatment of leg veins, skin of color, nail disorders, laser and cosmetic dermatology



RON M. SHELTON, M.D.
Specializing in Mohs surgery, laser and cosmetic dermatology



DANA STERN, M.D.
Specializing in general dermatology and the treatment of nail disorders



ROBERT A. WEISS, M.D.
World expert in the treatment of leg veins, cosmetic dermatology and lasers



WILFRED BROWN, M.D.
Specializing in plastic and reconstructive surgery

NEW ULTHERA PROTOCOLS AND BODY AREAS FOR LIFTING SKIN AND IMPROVING LINES

Technology is ever evolving; so is our approach to tightening skin. We are fortunate to be participants in clinical studies for Ulthera, one of the first ultrasound skin tightening systems, and continue to be excited by the results. We have utilized the science for face and neck tightening and now the Ulthera system has just received FDA clearance for treatment of the décolleté. New studies show efficacy for lifting skin in all of these areas. Additionally, treatments have become more comfortable.

The technology works by directing sound waves deep under the skin to the same tissues that are manipulated during face, neck, and body lift surgery. The sound waves heat the underlying skin tissue, which causes immediate tightening and triggers continued gradual tightening through new collagen production over a period of several months. Many of our patients are opting for Ulthera over surgery as benefits can be achieved with no downtime, no general anesthesia, no cutting and no scars.

ThermiRF™ vs ThermiTight™

We are pleased to announce the addition of this new technology to our Center. In late 2013, ThermiRF™ was cleared by the FDA for tissue tightening. ThermiSmooth™ is a series of non-painful, no downtime treatments performed every two weeks. Most patients describe this treatment as a warm massage. ThermiSmooth™ heats the collagen in the dermis of the skin to stimulate more collagen production. Many patients appreciate the gradual improvement with a natural, refreshed appearance of their skin.

ThermiTight™ heats the sub-dermal tissue to a specific temperature. The procedure takes approximately one hour. This technology can be used to treat sagging jowls, cheeks and your neck. After some local anesthetic is delivered, a radiofrequency rod, as thin as the graphite in a pencil, is inserted underneath the skin and an accurate thermometer in the rod measures the exact temperature of the tissues that are being heated. At the same time, the external skin's temperature is measured for safety, using a very sophisticated infrared camera. This is not a surgical face lift, however, skin tightening and lifting can be accomplished, and even some neck fat reduction. There is some swelling that is seen and possible bruising. We can; however, treat the bruising. Most patients are able to go back to work in a couple of days.

SKIN OF COLOR

For those patients with skin of color, laser treatments are effective option; however, special care must be taken to prevent hyperpigmentation (darkening of the skin) or hypopigmentation (lightening of the skin) which can happen after a surgical or laser procedure. Treatment of brown spots, scars, unwanted tattoos, unwanted hair, vascular lesions as well as non-invasive rejuvenating lasers for the treatment of fine lines, laxity, wrinkles, sun damage, pigmentary changes, and enlarged pores is safe and effective when the procedures are performed by board certified dermatologists. Of course, treatment with fillers and toxins are also available for patients with skin of color.

COMING IN THE NEAR FUTURE

New injectable filler for lines around the mouth
New PicoSure laser for red and yellow ink colors
New device for cellulite



LEG VEINS

Did you know that the unsightly appearance of leg veins can be a sign of underlying venous insufficiency? When leg veins are associated with symptoms like leg cramps, aching, swelling, restless legs, it may indicate a medical problem. Our center offers a screening test using a duplex ultrasound to check for venous insufficiency. This problem can be easily treated with a minimally invasive, state-of-the-art laser performed at our office. Once these veins are treated, smaller spider veins which are of cosmetic concerns become smaller and more amenable to treatment with sclerotherapy. As the fall season begins, consider addressing those veins so that next summer your legs will be ready for any occasion.



AS THE LARGEST COOLSCULPTING CENTER IN NEW YORK WE OFFER DUAL SCULPTING

We have several CoolSculpting devices available at our Center, the patients may benefit from using two devices for their CoolSculpting procedure making the procedure less time consuming.

MEDICAL DERMATOLOGY UPDATE

Tick, Tick, Tick: Fall is when ticks are especially looking for a warm host. Watch out for tall grass, especially at the edge of sidewalks or paths. Wear socks and long pants with a DEET-containing bug repellent sprayed on them. Our patients have come in with ticks (sometimes unknowingly) from all directions outside NYC. Do tick checks on family members - a deer tick cannot transmit the Lyme disease bacteria if it's on you for less than 24 hours. If you find a tick during the weekend, pull it off. Forget the Vaseline or matchstick, grab it with a fine tweezer as close as possible to the skin and pull hard without twisting. Don't worry if there's a tiny part remaining. Put the tick in a container with rubbing alcohol or in a Ziploc bag and come in as soon as possible. We can send the tick to the lab for identification and to see if it is carrying the Lyme disease bacteria. A longer waiting time could also mean a longer course of antibiotics. Besides Lyme, ticks can carry several other diseases. Recently, it was discovered that a bite from the Lone Star tick, which has made its way to New York, can make you allergic to red meat. This unusual side effect may also include milk allergy. A Lone Star tick looks fairly similar to our routine deer tick. Making it more confusing, the Lone Star can cause a Lyme-like rash that is not Lyme, but may be part of another illness.

Is your Facebook status "dating"? Genital HPV infections like genital warts are extremely common. They're treated every day in our office. More importantly, certain HPV strains are carcinogenic (they can cause cancer). Fortunately, these "bumps in the road" can be treated easily in the office, and a topical numbing cream makes the removal virtually painless. Lesions can be tested to see if they are caused by a high-risk type of HPV. For patients who haven't yet settled down with that special someone, the Gardasil vaccine is recommended. It is cleared by the FDA to help prevent up to 90% of genital warts as well as 70-90% of cancers of the cervix, vulva, anus, and throat (think Michael Douglas). While the vaccine is ideally administered by puberty, it is still effective for adult men and women up until age 26 (although it doesn't work on current or prior infections). The 2-3 dose vaccine has an excellent safety profile with over 80 million doses given.

"Bacne": Acne on the back or chest has always been annoying to treat topically, but new foam vehicle technology has made applying topical therapy much easier. Also inquire about chemical peels for acne.

LASER HAIR REMOVAL

The physicians at the Laser & Skin Surgery Center of New York utilize the most state of the art laser systems for laser hair removal including the Vectus™, GentleMax Pro™, GentleYAG® and GentleLase®. The novel technology incorporated into the Vectus™ diode laser allows for the largest spot size available for hair removal, making the treatment of large areas faster and more comfortable. In addition, this 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 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.

The fall and winter months are 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.

AWARDS AND HONORS FOR LSSC PHYSICIANS AND STAFF

Robert Anolik, M.D. has been selected for the 2015 Edition of Who's Who in America!

The Vascular Birthmark Foundation will be establishing the Roy G. Geronemus, M.D. Humanitarian Scholarship

Robert Anolik, M.D.- New York Times Super Doctors - Rising Stars edition - 2014.

Roy Geronemus, M.D. is once again listed in New York Magazine's Best Doctors for 2014 and in New York Super Doctors 2014

Roy Geronemus, M.D. was inducted into the Alumni Association, Hall of Fame at the University of Miami School of Medicine

Roy Geronemus, M.D. - America's Top Physicians 2014 with the "Top Physicians Making a Difference" award

Wendy Olin, RN- Service Award, Vascular Birthmark Foundation – October 2014

Roy Geronemus, M.D. - Humanitarian award vascular birthmark foundation 2014

DEVICES AVAILABLE AT OUR CENTER

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, eTwo™, Eprime™, Excel V™ KTP+ Nd:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, GeminiKTP®, Gentlelase®, GentleMax™, GentleMaxPro™, ThermiRF™, GentleYAG®, Gentlewaves®, Isolaz®, LipoLite™, Liposonix®, Icon™, MiraDry®, Omnilux™ Red & Blue light, Picosure™, PulsedDye laser, Rhytec Portrait, Ruby Laser, SmoothBeam™, Thermage® CPT, Ulthera®, V-Beam Perfecta™, VelaShape II™, III™, Vectus™, Aluma™, CO2RE, Infini Cellfina

PUBLICATIONS FROM THE LSSC PHYSICIANS 2013-2014

Treatment of Port-Wine Stains With a Short Pulse Width 532-nm Nd: YAG laser. J Drugs Dermatol. 2013 Jan 1;12(1):66-71.

"Ablative Fractional Resurfacing in Topical Drug Delivery: An update and Outlook". Dermatol Surg. 2013; 39: 839-848

"Special Dermatology/Plastic Surgery Issue 2013" Lasers Surg Med. 2013 Feb;45(2):61. No abstract available.

"Topical perfluorodecalin resolves immediate whitening reactions and allows rapid effective multiple pass treatment of tattoos". Lasers Surg Med. 2013 Feb;45(2):76-80.

"Retrospective Study of the Treatment of Infantile Hemangiomas Using a Combination of Propranolol and Pulsed Dye Laser". Dermatol Surg. 2013 Mar 4. 39: 923-933.

"Laser treatment in the management of infantile hemangiomas and capillary vascular malformations". Tech Vasc Interv Radiol. 2013 Mar; 16(1):51-4

"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.

Rapid resolution of post-facelift ecchymoses. Plast Recon Surg. 2013 132(6) 108e-5e

"Atypical (dysplastic) nevi: outcomes of surgical excision and association with melanoma." JAMA Dermatol. 2013 Aug; 149(8):928-34.

"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.

"Laser Therapy in the Treatment of Connective Tissue Diseases: A Review." Dermatol Surg. 2013 Oct 24.

"Treatment with the Clear + Brilliant Permea Laser System: combined experience of 9 laser centres" Prime. 2013 September/October 21-31.

"Targeted topical and combination laser surgery for the treatment of angiofibromas" Lasers Surg Med. 2013 Nov; 45(9):555-7.

"High-intensity focused ultrasound for the reduction of subcutaneous adipose tissue using multiple treatment techniques." Dermatol Surg. 2014 Jun;40(6):641-51.

"Utilization of a picosecond pulse duration laser with specialized optic for treatment of facial acne scarring." Accepted for publication in JAMA Dermatology.

"Convergence of anatomy, technology and therapeutics: a review of laser assisted drug delivery." Accepted for publication in Seminars in Dermatology.

"Nonablative 1927nm fractional resurfacing for the treatment of facial photopigmentation." Accepted for publication in Journal of Drugs in Dermatology.

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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The Laser & Skin Surgery Center of New York's Southampton office is celebrating its 4-year anniversary. Our Southampton center provides year-round, full-service dermatologic care. This state-of-the-art facility, staffed full-time by Elliot T. Weiss M.D., offers Mohs Micrographic Surgery for skin cancer, dermatologic surgery, laser and cosmetic dermatology services, and general dermatology. We are excited to announce the arrival of Dr. Dana Stern M.D. to our Southampton practice. Dr. Stern is available Thursdays in Southampton.

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