



# LASER & SKIN SURGERY NEWS

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## Fraxel Laser Treatments

The Laser & Skin Surgery Center of New York is pleased to announce that it is amongst the first facilities in the world to offer the Fraxel laser treatment. This new non-invasive laser allows for significant improvement of fine to moderate wrinkles, discoloration of the skin, sun damage and scars of various types. Aside from the significant effectiveness and safety of this device, one of its major advances is that it can be used on the neck, chest and hands which historically have been areas that have been difficult to rejuvenate.

The Fraxel treatment was developed based upon the concept of fractional photothermolysis. This laser provides microthermal zones of injury which are not visible to the naked eye and does not break the skin's surface. The term

Fraxel is used to provide the similarity of the technique to the concept of pixels in photography. The small zones of injury to the skin are microscopic and cannot be seen with the naked eye.

Typically, these treatments are performed with topical anesthesia, which includes a topical ointment and a cooling device. The treatments are generally well tolerated by the patient with minimal redness and swelling after each treatment session. Most patients are able to return to their normal activities within several



*Before Fraxel Treatment*



*After Fraxel Treatment*

hours after the treatment. Unlike laser resurfacing, the need for

post-operative care is minimal and not considered significant by those who have undergone the treatment.

The exact number of treatments required with this technique is not clear and this is dependent upon the condition being treated. Some patients see improvement within one to two treatment sessions, while others may require five to six to obtain maximum benefit.

## Thinking Ahead

Now that the temperature is falling and summer seems a fading memory, one should start planning early for next year. Many of the laser and cosmetic procedures performed at the Laser & Skin Surgery Center of New York require more than one treatment to achieve optimal results. Treatments for the removal of hair, leg veins, and tattoos are just some of the common procedures that are performed here. Planning ahead during the seasons could mean a head start on looking your best.

Hair removal at the Laser & Skin Surgery Center of New York utilizes the most up to date laser systems to eliminate unwanted hair on any body surface safely and effectively. Laser hair removal has also been shown to decrease the

development of pseudofolliculitis, or ingrown hairs, which are commonly seen in the beard and bikini areas. The elimination of hair is based on the laser light interaction on darkly pigmented hair. During the next few months, when tans are at a minimum, it is an ideal time to start or renew these treatments. A topical anesthetic cream and/ or air cooling is often used for patient comfort.

While the weather cools off and warmer and longer clothing are the norm for fashion, one should consider treating those unwanted leg veins or sunspots. Many of these treatments require post-treatment care or protection from the sun. The treatment of spider veins on the legs, either by laser surgery or traditional injection therapy, may require multiple treatments. At the Laser & Skin Surgery Center, we have the newest innovations

in the treatment of leg veins.

Sclerotherapy injections using safe and effective agents, such as glycerin, can help clear small spider veins. A new technique called foam therapy is used to treat larger, blue vessels. We also have a wide range of lasers including the CoolGlide, Gemini, Versapulse, and Polaris LV that can be used in place of or in combination with sclerotherapy, depending on the size and type of leg veins, to achieve the best overall results.

Tattoos, which at one time seemed like a fun and interesting adornment, can be lightened or removed safely and effectively by various lasers here at the Laser & Skin Surgery Center of New York. Several treatments are needed which require a short healing time between sessions. To look better for next summer, think about starting treatments soon.



## Announcing



*Dr. Karen H. Kim*

We are pleased to announce that Dr. Karen H. Kim has joined the Laser & Skin Surgery Center of New York as Director of Research and member of the clinical

staff. Dr. Kim is a Mohs surgeon and a board certified dermatologist with special training in laser surgery and cosmetic dermatology. She has published numerous articles in dermatologic and plastic surgery journals and has lectured nationally.

Dr. Kim received her B.A. and M.D. from Brown University. She completed her internship at Beth Israel Deaconess Medical Center and her dermatology residency at SUNY Downstate Medical Center, where she was Chief Resident. Dr. Kim then completed a fellowship in Mohs micrographic surgery at the Laser & Skin Surgery Center of New York.

Her ongoing interests include new filler agents, leg vein therapy, and laser and light based innovations for skin rejuvenation including laser lipolysis.

## Who's Doing Your Laser Procedure?

With the widening acceptance of laser procedures throughout the world, an increasing number of physicians and non-physicians are providing laser treatments to patients. We caution our patients to consider the qualifications of the clinician prior to starting treatment. It is our belief that laser and light source treatments are best performed by those who are board certified and well trained in the laser field.

The use of lasers, the understanding of skin, and the interactions between lasers and skin is best performed by a physician with training in all three areas. It is the policy at the Laser & Skin Surgery Center of New York that all laser procedures are performed by physicians only.

## Injectable Fillers

A growing list of options are available for the correction of deep folds of the face, depressed acne scars, and to enhance the contour of the lip. Cosmoderm and CosmoPlast are synthetic human based collagen produced in a laboratory setting which are believed to have a longer effect in the skin. Each injection contains a small amount of anesthetic to minimize injection discomfort.



*Before CosmoDerm/CosmoPlast*



*After CosmoDerm/CosmoPlast*

Restylane and Hylaform are synthetic hyaluronic acid products which are similar to the normal supporting structure hyaluronic acid found in the skin. They bind water to its surface and allow for a smooth enhancement of folds, lips and scars. Restylane and Hylaform have a longer lasting correction compared to the collagen products.



*Before Restylane*



*After Restylane*

Sculptra is a synthetic biodegradable material designed for the correction of facial fat loss. It has recently received FDA approval for this use. One should expect the need for several sessions of injections of Sculptra over a few months time to achieve the desired effect. Clinical studies have shown effects lasting up to two years. Sculptra is a tissue volumizer for larger areas such as the cheeks and temporal regions in those individuals who would otherwise be candidates for fat transfer or larger amounts of filler substances. Three to four sessions performed at 4-week intervals are recommended for full correction.



*Before Sculptra*



*After Sculptra*

**New Hope For Melasma.** Melasma is a common condition affecting many women and some men. This condition is commonly seen during and after pregnancy and amongst women taking birth control pills. Our Fraxel laser is a safe new method of improving melasma in most patients.



## Lasers vs. IPL

Many of our patients have asked about the differences between lasers and IPL (intense pulsed light) treatments. The physicians of the Laser & Skin Surgery Center of New York have been involved with the development of many different laser devices as well as the IPL. Lasers and IPLs are not the same. Lasers deliver one wavelength of light and IPLs are capable of delivering multiple wavelengths of light over a broad portion of the electromagnetic spectrum.

We believe that this increased selectivity from laser treatments generally provides a more rapid and effective result with fewer side effects compared to IPL. While IPLs play an important role in the management of a variety of skin conditions including discoloration of the face as well as redness, their lack of "specificity" in terms of removal of the designated skin target, leads to results that are not as effective as laser treatment. The bottom line is that in our hands we believe laser treatments are more effective and generally require fewer treatments compared to treating comparable conditions with the IPL. The IPLs play a more significant role in clinical practices where different laser systems are not available. We prefer to provide our patients with treatments that offer the greatest results with the fewest side effects and in most cases we will use different lasers for select purposes.

## Port Wine Stain and Hemangioma Treatment

Many patients and parents have asked for clarification on our methods of treating port wine stains and hemangiomas,



*Before Treatment*

particularly in children. We offer a wide variety of different laser systems depending upon the condition that is being treated. Our laser treatments for vascular conditions include the high powered V-Beam laser with dynamic cooling, (which is unique to our center), KTP Versapulse laser, Q-switched Nd:YAG laser and the millisecond Nd:YAG laser.



*After Treatment*

The choice of laser is tailored to the individual's condition to optimize the ultimate outcome.

Most of our procedures are done in

the office setting without the need for anesthesia or with topical anesthesia. On occasion, a patient will require local anesthesia including a nerve block, however, there are instances where general anesthesia may be required on a same-day-surgery basis at the New York Eye & Ear Infirmary with a team of experienced anesthesiologists.

## Our Research department is recruiting patients for the following studies:

**Hair Loss Study**— Recruiting healthy adults with active thinning scalp hair between the ages of 18 and 70.

**Telangiectases Study**— 10 healthy adult subjects needed with facial blood vessels. There are four treatment sessions and several follow-up visits.

**Tattoo Removal Study**— We are recruiting 10 healthy subjects ages 18 and over with tattoos of color. The tattoos cannot have had any type of previous laser treatment. This is a 26 week study, with four treatment sessions and several follow-up visits. Photographs will be taken at every visit.

**Full Face Laser Rejuvenation Procedure**— Recruiting 12 healthy subjects, ages 18 and over with photodamaged facial skin or facial wrinkles for a six month study.

**Laser and Toning Study**— 20 healthy adult subjects needed for fine lines and wrinkles study.

## Tri-Active LaserDermology for Cellulite and Therapeutic Massage

Tri-Active LaserDermology treatment is the result of the newest technology for restoring a normal balance to the skin and outer layers, including smoothing and tightening. The LaserDermology procedure provides a deep therapeutic massaging action to the tissue below your skin.

This procedure is performed by a licensed aesthetician and is

not painful. Most individuals report that it is not even as strenuous as a traditional massage.

Besides the thighs and buttocks for cellulite, your face can be treated with LaserDermology. Thanks to the mechanical massage, facial tissue will appear more relaxed and balanced with a fresh glow.

Visit our website at [www.laserskinsurgery.com](http://www.laserskinsurgery.com)  
for more information about our Center



## Recent Papers Published By Our Physicians

*Clinical Trial of A Novel, Non-Thermal LED Array for Reversal of Photoaging: Clinical, Histologic and Surface Profilometric Results in Lasers in Surgery and Medicine.* 2005.

*Laser Surgery of Vascular Lesions in Procedures in Cosmetic Dermatology.* 2005.

*The Seamless Scar in Mohs Micrographic Surgery Textbook.* 2004.

*Treatment of Atropic Facial and Acne Scars with the 1064nm Q-switched Nd:Yag Laser in Archives of Dermatology.* 2004, 140: 1337-1341.

*The Safety and Efficacy of the 308nm Excimer Laser for Pigment Correction of Hypopigmented Scars and Striae Alba in Archives of Dermatology.* 2004, 140: 955-962.

*A Novel Non-Thermal Non-Ablative LED Photomodulation Device for Reversal of Photoaging in Journal of Drugs in Dermatology.* 2004, 3(6): 605-10.

*Treatment of Photoaging Associated Pigmentary Changes in Photoaging.* 2004, pp 329-334.

*Laser Surgery for Skin Cancer Therapy in Cancer of the Skin.* 2004, pp 527-537.

*A New Look at Photodynamic Therapy in The Skin Cancer Foundation Journal.* 2004, 20: 46-90.

*Laser-Mediated Photodynamic Therapy of Actinic Cheilitis in The Journal of Drugs in Dermatology.* 2004, 3(5): 548-551.

*Non-Ablative Laser and Light Therapies for Skin Rejuvenation in Archives of Facial Plastic Surgery.* 2004, 6(6): 398-409.

*The Utility of Punch Excision in Auricular Repairs in Plastic and Reconstructive Surgery.* 2004, pp 278-279.

*Techniques for Tattoo Removal in The Medical Letter.* 2003.

*Mohs Micrographic Surgery in Grabb and Smith's Plastic Surgery Textbook.*

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SURGERY NEWS



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