



LASER & SKIN SURGERY NEWS

WINTER 2007

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Introduction

Our center is one of the most comprehensive laser, skin surgery, and cosmetic centers in the world. We continually strive to provide our patients with the best possible care utilizing the most advanced technology and treatment for our patients.

We continue to participate in the development of groundbreaking technologies and treatments that we believe will ultimately improve the care that we provide to our patients.

On the Cutting Edge

There have been many advances in the field of laser and cosmetic dermatology in the past several years. The nature of our practice has changed dramatically to reflect the improvement in the treatments that we can provide to our patients.

The most significant trend is the noninvasive approach to many skin conditions and cosmetic concerns. Many of our laser and light source treatments are now designed to minimize the signs of aging and other conditions without the need for invasive treatments causing significant downtime. These improvements have been seen in the treatment of sun damage, age spots, wrinkling, tissue volume loss, skin laxity, blood vessels of the face and legs, birthmarks, tattoos, excess hair, stretch marks, changes in skin pigmentation and precancerous growths.

Fraxel Re:pair



Before



After



Before



After

The new Fraxel Re:pair has been added to our group of four other Fraxel lasers. Clinical trials performed at our Center over the past year and a half were instrumental in approval of this device by the FDA. This laser is for rejuvenation of the skin on the face and body. The laser works well for deeper wrinkles and scars and also tightens the skin. Healing generally takes place in three to five days; however, this varies from patient to patient. For more information on this new technology, please call to schedule an appointment for evaluation and you may also visit the website of the company who manufactured the device at www.fraxel.com.

What's New In Our Research Department?

Call the Research Department to volunteer for the following trials:

- **Tattoo Removal** - Study participants will be adults ages 18-40 with a 40mm x 100mm (1½ inches x 4 inches) tattoo. Subjects must not have a suntan nor have had tattoo treatment for at least three months.
- **Basal Cell Carcinoma** - Study participants will be adults ages 30 and over with a biopsy proven basal cell carcinoma on the trunk or extremities and not have used oral retinoids or photosensitizing drugs for at least 24 months prior to the study.
- **Cellulite** - Study participants will be ages 18 and over with cellulite.
- **Fat Removal** - Study participants will be ages 18 and over with love handles.
- **Forehead Rhytides** - Study participants will be ages 18 and over with forehead wrinkles.
- **Sun Damage** - Study participants will be ages 30 and over with sun damage of the face and neck.
- **Hypertrophic Scars** - Study participants will be ages 18 and over with raised scars.

The Following Laser, Light and Radiofrequency Devices Are Available at Our Center:

Active FX

Fine lines and photodamage

Apogee Elite

Unwanted hair

Clearlight and Clear XL 100

Acne and photodynamic therapy

CoolTouch III (Nd:YAG)

Fine lines, superficial wrinkling and acne scars

Cynergy

Vascular malformations in adults, blood vessels, leg veins, port wine stains, scars and stretch marks

Erbium YAG

Epidermal nevi, syringomas, post-surgical scars, fine lines and wrinkles

Fraxel Re:pair (CO₂)

Scars, wrinkles and sun damage

Fraxel Re:store (1500)

Irregular skin pigmentation, wrinkles, fine lines of face, neck, chest, arms and legs, acne scars, melasma, stretch marks, enlarged pores, and post-surgical scars

Gemini

Broken blood vessels, leg veins, hyperpigmentation, unwanted hair, angiomas and venous lakes

Gentlelase (Long Pulsed Alexandrite)

Unwanted hair, birthmarks, leg veins and nevi

Gentlewaves™ Light Device

Rejuvenation and post-treatment healing

Gentle YAG (Long Pulsed Nd:YAG)

Unwanted hair for dark skin, skin tightening and leg veins

Isolaze

Acne

Medlite

Tattoo removal on dark skin, red tattoo colors

Q-switched Ruby

Brown spots, nevi, tattoos, traumatic tattoos, Café- au-Lait and Nevus of Ota

Q-switched Ruby Sinon

Brown spots, Nevus of Ota, tattoos (black & green) and pigmented lesions

Q-switched Nd:YAG

Tattoos (red, black & green)

Rhytec Portrait PSR3 (plasmakinetic resurfacing)

Fine lines of face and neck and scars

Smoothbeam

Acne, acne scars and sebaceous hyperplasia

Starlux IPL

Unwanted hair for all skin types, pigmented lesions and vascular lesions

ThermaCool

Skin tightening

Titan

Laxity of face, neck and abdomen

V-Beam Perfecta (Pulsed dye laser)

Capillary vascular malformations (port wine stains, hemangiomas), Poikiloderma of Civatte, red raised scars and to diffuse redness

Velashape

Body recontouring

Wavelight

Tattoos and brown spots

Sun Protection

Recently, the FDA has proposed a new regulation on sunscreen labeling to include a UVA rating. The commonly used SPF label has referred only to the ability of a sunscreen to block UVB rays. Ultraviolet A (UVA) rays are longer than UVB rays. These are the rays that can damage the skin when least expected - they penetrate through clouds, car windows and glass windows, so it is important to protect your skin every day year-round. The new FDA regulation acknowledges that ultraviolet sun exposure increased the risk of skin cancer in addition the premature aging of the skin (wrinkles, sunspots, and texture changes). The physicians at the Laser & Skin Surgery Center of New York are equipped to treat all forms of sun damage.

Who is holding the laser?

The physicians at the Laser & Skin Surgery Center of New York have an established policy of performing all laser and related technology procedures themselves. Our physicians are fellowship trained experts in this field and have participated in the development of many of the technology devices that are commonly used throughout the world. Unfortunately, many non-physicians and other non-medical personnel are providing laser treatments with less than optimal outcomes. We believe that our patients deserve to receive the expertise of our physicians. The dangers and risks of the non-expert use of lasers were recently outlined in the November issue of the Marie-Claire magazine. You can read this article by going to our web site (www.laserskinsurgery.com) and clicking In the News.

Recent Treatment Advances

Fillers

Fillers can provide outstanding cosmetic results without the downtime associated with traditional surgical procedures. Filler substances can be used to improve the appearance of fine lines, deeper wrinkles and folds, and acne scarring. Additionally, fillers can be used to enhance the fullness of the lips and for facial contouring. Fillers have grown in popularity among younger individuals who prefer to intervene at an earlier stage of wrinkle development, and they continue to be popular alternatives to face lifts in older women and men.

Most fillers can be administered on the day of consultation with the use of a topical anesthetic immediately prior to injection. Our list of available fillers continues to expand to better satisfy individual needs. Our physicians are currently using Restylane, Juvederm, Sculptra, Radiesse, Hylaform and Collagen. We are also now offering, Perlane, a hyaluronic acid filler with a larger gel particle size, which has been approved by the FDA this year for moderate to severe facial folds.

Skin Cancer

The incidence of skin cancer continues to rise faster than any other cancer. Fortunately, most skin cancers are completely curable when they are detected early. All physicians at the Laser & Skin Surgery Center of New York are fellowship-trained in the diagnosis and treatment of all types of skin cancer. All of our physicians are fellows of the American College of Mohs Surgery, a technique which affords the highest cure rate and best cosmetic outcomes in the treatment of basal and squamous cell carcinomas.

New Acne Treatment

The Laser & Skin Surgery Center is pleased to announce the Isolaz, the only FDA approved device that uses suction and light to treat acne. Isolaz is unique because it uses a vacuum to clean pores and then applies a light to kill acne causing bacteria. In initial studies, patients saw significant reduction in both black heads and acne postules after up to 4 weekly treatments. Treatments were well tolerated with little discomfort or side effects. For more information about Isolaz and to find out if you are a candidate for the procedure, come in for a consultation.

Tissue Tightening

The field of skin tightening is exploding as new devices are coming on the market and the older devices are continuing to improve. We currently have several tissue tightening lasers and radiofrequency in the office including the newest Thermacool NXT, Titan, Aluma, Gentle YAG and Velashape. All of these devices work in different ways to heat the underlying skin layers causing a tightening of the overlying skin. These devices can be used to lift the cheeks, jowls and neck as well as firm the skin on the abdomen, thigh, elbows and knees. Side effects are minimal and results happen gradually in the 1-4 months following the treatment. While these treatments do not replace surgery, they are helpful for people with mild to moderate laxity.

Sclerotherapy

It's not too early to be thinking about getting your legs ready for the summer! In fact, this may be the ideal time, as leg vein treatment can require several sessions and you can undergo treatments discreetly and recover comfortably in long pants during these cooler months.

Unwanted spider leg veins can be effectively treated with sclerotherapy or lasers, depending on the size of the leg veins.

Sclerotherapy involves the injection of a special substance (such as glycerin or Sotradeocol) into the blood vessel with a very fine needle, which causes destruction of the superficial blood vessels. Several treatments are typically necessary at 4-6 week intervals.

Compression dressing or compression hose is usually advised following treatment for 7-14 days. We also recommend that you refrain from exercise for 3-5 days after each treatment. Bruising at the site of injection can occur and may last for 7 to 14 days.

Lasers can also be effective for small, superficial leg veins. Using either the KTP or the Nd:YAG laser, these vessels can be safely eliminated. Multiple treatments are typically necessary for the best results. People should avoid tanning prior to laser treatment. Come in and visit with one of our experienced physicians for a consultation to see which treatment would be the most appropriate for your unwanted leg veins.

Hair Today, Gone Tomorrow

Laser hair removal is one of many laser techniques which was developed and studied at the Laser & Skin Surgery Center of New York. It is a very popular and successful means to eliminate unwanted hair from any body location. Unlike traditional electrolysis which removes one hair at a time, laser hair removal affects many hairs with each pulse. Beyond the obvious benefit of having less hair, laser hair removal has been useful in the elimination of ingrown hairs, or pseudofolliculitis, and minimizing the shadow effect caused by coarse hair on the face of both men and women, even after a close shave. In the past few years, requests for hair removal have gone beyond the typical locations of the back, chest, bikini, underarms, legs, and face. We are very successful at eliminating unwanted hair transplant plugs, nasal and ear hair, to mention only a few, with our laser systems.

The physicians at the Laser & Skin Surgery Center of New York have the latest technologies available in the area of laser hair removal. We are able to treat all skin types, from very fair to darker skin colors without difficulty. The treatments are best done when there is no tan present to insure an optimum effect of the laser light and minimize risks. Each patient is examined prior to a treatment which is performed only by physicians in our office. Now that the warm days of summer have faded away, along with any possible tan, it is a good time to think ahead for next year and eliminate the unwanted hair soon.

Hours of Operation

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.

Recent Publications From Our Physicians

2007

08.2007 - Efficacy of Early Treatment of Facial Port Wine Stains in Newborns: A Review of 49 Cases. *Laser Surg Med.* (39)7:563-68

06.2007 - Redarkening of Port Wine Stains 10 Years after Laser Treatment. *N Engl J Med* 2007 356;26:2745-46

02.2007 - Treatment of Radiation-Induced Dermatitis with Light Emitting Diode Photomodulation. *Laser Surg Med* 2007 (39)2:164-68

2006

11.2006 - Rapid growth of basal cell carcinoma in a multigestational pregnancy. *Dermatol Surg.* 32(11):1418-20

07.2006 - Improvement of Familial Benign Pemphigus After Treatment with Pulsed Dye Lasers: A Case Report. *Dermatol Surg* 32:966-968

06.2006 - Treatment of Multiple Familial Trichoepitheliomas with a Combination of Aspirin and a Neutralizing Antibody to Tumor Necrosis Factor Alpha: A Case Report and Hypothesis of Mechanism. *Arch Dermatol.* 142(6):782-3

04.2006 - Long Pulsed Neodymium:Yttrium-Aluminum-Garnet Laser Treatment for Port Wine Stains. *Journal of the American Academy of Dermatology.* (54) 5:923

04.2006 - Fractional Photothermolysis: Current and Future Applications. *Lasers Surg Med* 38:169-176

02.2006 - Repair Conundrum; defect involving both the cutaneous and vermillion lip. *Dermatol Surg* 32:287-285

02.2006 - Laser Lipolysis Utilizing a Novel Nd:Yag Laser. *Dermatol Surg*32(2):241-248

04.2006 - Fractional Photothermolysis for Treatment of Surgical Scars: A Case Report. *J Cosmet Laser Therapy* 8:35-38

Articles In Press

The Vitamin D Dilemma

Correction of Q-switched Ruby Laser Induced Hypopigmentation Through Fractional Resurfacing

Basal Cell Carcinoma Arising 57 Years After Interstitial Radiotherapy of Nasal Hemangioma.

Imiquimod Recurrence Treatment With Mohs Surgery - Intraoperative Frozen Section Appearance of Recurrent Basal Cell Carcinoma: Lessons for the Clinician.

Reversal of Laser-Induced Hypopigmentation with a Narrow Band UVB Light Source in a Patient with Skin Type VI.

Topical Methyl Aminolevulinate Photodynamic Therapy in Patients with Multiple Actinic

Keratosis: A Randomized, Double-blind, Placebo-controlled Study.

Eyelid Tightening and Improved Eyelid Aperture through Fractional Resurfacing Face for Rejuvenation

Thermage: Non-Ablative Radio-Frequency for Rejuvenation

Fraxel Repair treatment of fine lines on the face

Fraxel Repair treatment of acne scars

Fraxel Repair Treatment of surgical scars

Fraxel Repair Treatment induced neck lifting

Case report of Fraxel repair acne scars in the beard areas

Chapters

Seamless Scars In Mohs Micrographic Surgery. 2nd Edition. (Editors). University of Wisconsin Press, 2006 (pp 225-232)

Mohs Micrographic Surgery in Grabb and Smith's Plastic Surgery. (Editor). Lippincott, Williams and Wilkins, 2007 (pp 115-119)

Cosmetic Applications in Lasers and Other Light Sources in Fitzpatrick's Dermatology in General Medicine, 7th Edition. McGraw Hill (Publisher) 2007

Laser Clinical and Practice Pearls. Lasers in Dermatology and medicine. Springer Publishing (In Press)

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SURGERY NEWS



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