



LASER & SKIN SURGERY NEWS

September 2012

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Our physicians and staff are committed to providing the highest quality, state-of-the-art care to our patients. We are continually advancing the services we offer our patients through the development and acquisition of new technologies. In the past year alone we added several new lasers and related devices to our facility making us the most comprehensive facility in the world. Our physicians continue to be recognized as leaders in the field through publication of hundreds of articles in peer reviewed medical journals as well as multiple lectures at national and international medical conferences. At the last meeting of the American Society for Laser Medicine and Surgery our physicians presented a record seventeen (17) presentations. Our goal is to translate our specialized knowledge and skills to excellent patient care by ensuring our patients that all procedures are performed by physicians only.

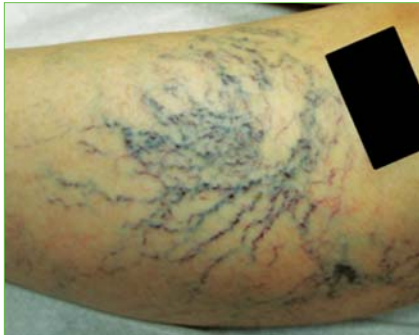
Leg Veins

Did you spend the summer avoiding short shorts and dresses? You deserve the confidence that comes with flawless legs and now is the perfect time of year to begin to attain them. Spider veins of the lower extremities are a common problem that can be easily eradicated. Sclerotherapy – a virtually painless procedure whereby a solution is injected into the unwanted vein causing it to collapse and eventually disappear – is the treatment of choice for the majority of unwanted leg veins. Combination therapy utilizing one of our lasers may sometimes be appropriate to achieve best results. Oftentimes, compression stockings are worn following treatment, and so the fall is a perfect time for treatment.

If you have bulging varicose veins or experience leg heaviness, swelling, aching or restless legs, you may suffer from a condition called superficial venous insufficiency due to failure of one-way valves within your leg veins. This condition can be corrected with endovenous laser ablation (EVLA), a minimally invasive procedure performed in our office. Performed using local anesthesia, EVLA delivers laser energy directly to the inner wall of the enlarged or dysfunctional vein gently causing it to seal closed. This procedure leads to rapid improvement of both the appearance and symptoms of varicose veins. For more information about leg veins, visit us at:

www.laserskinsurgery.com/Conditions-We-Treat/Leg-Veins

Before



After



DID YOU KNOW?

- We are amongst the largest users of injectable fillers and Botox® in the country.
- Surgical scars can often be improved with laser treatment.
- Age spots (brown spots, freckles) on your hands can be effectively treated with ruby or fractional lasers.
- There are 6 types of Fraxel® laser devices that allow our physicians the opportunity to offer the best option for each patient.
- Port wine stain birthmarks can be treated as early as several days of age.
- Bruising after surgery or injectable procedures can often be dramatically improved 48 hours or later with a simple laser treatment.
- 98% of the procedures offered to our patients are non-invasive.
- Sclerotherapy injections to eradicate spider veins of the legs is essentially painless.
- Our Center offers the largest selection of body contouring devices in New York for people who are interested in removing and/or reducing the appearance of stubborn pockets of fat and loose or sagging skin.



Fillers

We have extensive experience with fillers and injectables. Several clinical trials for the use and development of these products were performed by our physicians in our clinical research department.

Soft tissue augmentation with fillers continues to be one of the most popular procedures performed in our offices, as fillers offer a safe and convenient method of rejuvenating the aging face. These products 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 more invasive surgical procedures in older women and men. 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, hollows, and acne scarring. Additionally, fillers can be used to enhance the fullness of the lips and for volume replacement and facial contouring.

The use of fillers for replacing loss of volume is safe, effective, and convenient. Our list of available fillers and injectables continues to expand to better satisfy individual needs. We continue to offer Botox®, Dysport®, Restylane®, Perlane®, Juvederm®, Sculptra®, and Radiesse®. New to our offices this year is LaViv™, an autologous filler which involves harvesting one's skin from behind the ear, separating out the collagen-stimulating fibroblasts, and growing them in a laboratory. The patient then gets reinjected with their own fibroblasts approximately twelve weeks later to increase collagen and elastin production. We will soon be offering Belotero®, the newest hyaluronic acid filler. Belotero® is designed for use in thinner-skinned areas like the lips and under the eyes for a smooth and natural look, without the risk of lumps or discoloration.

Most of these fillers can be administered on the day of consultation. For more information visit www.laserskinsurgery.com/Fillers-and-Injectables

Combination therapy for the aging face

The ideal approach to facial rejuvenation often requires a combination of treatments. Laser treatment can be used for sun damage, fine or moderate wrinkles, skin tightening, enlarged vessels, and age spots. An integral component of rejuvenation is to replace volume loss through the use of injectable fillers as well as the correction of dynamic lines with Botox® or Dysport®. Many of these procedures can be performed together at the same treatment session.

Introducing miraDry® for Sweating

Now available at our Center is miraDry®. miraDry® is an in-office procedure that provides a lasting solution for sweating. Two (2) procedures approximately three (3) months apart are required to maximize results. miraDry® delivers energy non-invasively to the region where the sweat glands reside, and eliminates them. Recent clinical trials produced an 86% average in sweat reduction.

Clinical Trials

The Research Department of the Laser & Skin Surgery Center of New York is on the cutting edge for new technologies involving lasers, light devices, radiofrequency, and injectables for the treatment of:

- fat reduction
- facial rejuvenation / skin tightening
- tattoos
- pigmented lesions
- birthmarks
- sun damaged skin
- scars
- stretch marks
- light colored underarm hair
- skin discoloration

Contact the Research Department at 212.686.7306 or visit our website at www.laserskinsurgery.com/Clinical-Trials

Vascular Birthmark Conference



Before



After

Roy G. Geronemus, M.D. will once again co-host the patient and family Vascular Birthmark Conference which is held every other year in New York City. Leading physicians from across the country will present an overview on the diagnosis and management of port wine stains, hemangiomas and other vascular birthmarks to patients and their families on Saturday morning November 10, 2012 at Lenox Hill Hospital. On that afternoon there will be a free clinic for patients to be evaluated by the expert physicians.

For more information on this unique opportunity go to www.birthmark.org

Improved Techniques for Tattoo Removal

Before



After



We are at the forefront of advances in tattoo removal. Recently featured on the cover page of the prestigious *Archives of Dermatology* was a breakthrough article on the rapid removal of green and blue tattoos published by our physicians. Clinical trials were performed here in our offices using one of two (2) Picosecond lasers in the world. At the national laser society meeting this past April our physicians presented another breakthrough technique using a solution to allow for repetitive treatments in one session thus enhancing the speed of tattoo removal.

We offer a full range of lasers to treat all tattoo colors in all skin types. For more information, visit our website at www.laserskinsurgery.com/Tattoo-Removal

Treating Summer Sun Damage



Before



After

Did you know that many components of sun damage can be significantly improved with laser treatments? We are amongst the world's experts in the laser treatment of sun damaged skin, and the Laser & Skin Surgery Center of New York® provides the most cutting-edge technology to treat sun damaged skin. The newest Fraxel® laser system, Clear+Brilliant® Perméa, is a gentle, non-invasive treatment to maintain youthful skin and improve some forms of skin discoloration.

The Fraxel Re:store Dual® is another newer generation Fraxel® laser system, and effectively treats rough skin texture, uneven pigmentation, and fine lines. Fraxel® treatments are performed in office by our physicians. We can also effectively target individual brown spots or sunspots on the face or body with one of our Q-switched lasers.

Q-switched laser treatment frequently does not require any anesthesia and is performed in the office by the physician.

Ultherapy™ Ultrasound Approach to Skin Lifting

Ultherapy™ is a non-surgical treatment that uses ultrasound to lift and tone loose or sagging skin. It works by depositing focused ultrasound energy below the skin's surface to stimulate new collagen production. We are one of the few centers around the world to have participated in clinical trials using Ultherapy™ and continue to be excited by its current and future potential. The treatment is best suited for patients with mild to moderate laxity on the face and neck and offers the popular advantages of no downtime, no general anesthesia, no cutting and no scars. It is a one-time procedure, but can be repeated in the future for additional improvement if the patient desires. For more information, visit our website at www.laserskinsurgery.com/Types/Ulthera



Before

After

Body Contouring

The fall is a great time to focus on getting in shape. Safe and effective reduction of abdominal fat and laxity, love handles, saddle bags, loose skin and fat of the upper arms can be accomplished with the following technologies:

- CoolSculpting® is a non-invasive treatment that removes the fat cells in your body.
- Velashape II™ is a non-invasive treatment using infrared and radiofrequency to help reduce fat cells as well as generate new collagen.
- Liposonix® uses high intensity ultrasound energy that disrupts the fat cells which are then naturally eliminated from your body.
- Thermage™ focuses on slightly loose skin of the face and body. It may take upwards of 3 months to generate new collagen so beginning treatment now is ideal for getting ready for the holidays.

A consultation appointment is required to determine the best treatment for you. For more information on these technologies, visit our website at www.laserskinsurgery.com/Body-Contouring



Before

After

RESERVE A SEAT - A symposium will be held at the Laser & Skin Surgery Center of New York to learn about body contouring for the reduction of fat, improvement in sagging and loose skin. Join us on Monday, November 19, 2012 at 6:00 p.m. for a presentation by Lori A. Brightman, M.D. who specializes in non-invasive and invasive procedures for body contouring. Limited Seating available. Please RSVP to mail@laserskinsurgery.com no later than November 1, 2012.

Reservations required for admittance.

Laser & Skin Surgery Center of New York EAST

The Laser & Skin Surgery Center of New York's Southampton office is celebrating its second anniversary. Our Southampton center 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® in addition to many other devices and technologies for the treatment of various skin conditions.

Find the right treatment for you

Acne	DUSA Blu-U®, Isolaz®, Omnilux™ Red and Blue Light Therapy, Photodynamic Therapy, Smoothbeam™	Excessive Sweating	miraDry®	Rhinophyma	Fraxel Re:pair®
Acne Scarring	ActiveFX™, DeepFX™, CoolTouch III®, Erbium:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, Smoothbeam™, Clear+Brilliant® Perméa, Fillers	Facial Redness	Cynergy™, Excel V™ KTP, nd:YAG, Gemini KTP®, V-Beam Perfecta™	Sagging Skin	LipoLite™, SlimLipo™, Thermage CPT®, Ulthera®, VelaShape II™
Actinic Chelitis	Erbium:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, Omnilux™ Red and Blue Light Therapy, Photodynamic Therapy	Facial Fine Lines	ActiveFX™, DeepFX™, Clear+Brilliant® Perméa, CoolTouch III®, Erbium:YAG, Fraxel Re:pair®, Fraxel Re:store Dual®, nd:YAG, Smoothbeam™, eMatrix™	Scar Removal	Erbium:YAG, Fraxel Re:pair®, Pulsed Dye Laser, eMatrix™, eTwo™, V-Beam Perfecta™
Actinic Keratosis	DUSA Blu-U®, Fraxel Re:pair®, Fraxel Re:store Dual®, Omnilux™ Red and Blue Light Therapy, Photodynamic Therapy	Folliculitis	GentleLASE™, GentleYAG™, V-Beam Perfecta™	Skin Cancer	Photodynamic Therapy, Mohs micrographic surgery
Age Spots	Clear+Brilliant® Perméa, Elite MPX, Fraxel Re:store Dual®, Q-switched nd:YAG™, Q-switched Ruby, eMatrix™, eTwo™	Hemangiomas	Cynergy™, Excel V™, Fraxel Re:pair®, Fraxel Re:store Dual®, Gemini KTP®, GentleLASE™, Pulsed Dye Laser, V-Beam Perfecta™	Skin Laxity	ActiveFX™, DeepFX™, Evolastin™, Fraxel Re:pair®, LipoLite™, Ruby, Slim Lipo™, Thermage CPT®, Ulthera®
Angiomas	Excel V™, Gemini®, Pulsed Dye Laser, V-Beam Perfecta™	Hypopigmentation	Excimer, Fraxel Re:pair®, Fraxel Re:store Dual®, eMatrix™, eTwo™	Stretch Marks	Fraxel Re:pair®, V-Beam Perfecta™
Birthmarks	Q-switched nd:YAG™, Erbium:YAG, Fraxel Re:store Dual®, Q-switched Ruby, V-Beam Perfecta™	Junctional Flat Nevi	GentleLASE®, nd:YAG, Ruby	Syringomas	Erbium:YAG, Fraxel Re:pair®
Broken Blood Vessels	Excel V™, Gemini®, V-Beam Perfecta™	Leg Veins	CoolTouch CTEV™, Elite MPX™, Excel V™, Nd:YAG, V-Beam Perfecta™	Tattoos	Q-switched nd:YAG, Q-switched Ruby, PicoSure™
Cellulite	Thermage CPT®, VelaShape II™, Liposonix®	Melasma	Clear+Brilliant® Perméa, Fraxel Re:store Dual®, nd:YAG	Telangiectases	Elite MPX™, Excel V™, Gemini®, Pulsed Dye Laser, MaxG™, V-Beam Perfecta™
Crows Feet	Cool Touch III®, Erbium:YAG, Fraxel re-store Dual®, Fraxel Re:pair®, Botox®	Nevus of Ota	GentleLASE™, Q-switched nd:YAG, Q-switched Ruby	Tuberous Sclerosis	Erbium:YAG, Fraxel Re:pair®, V-Beam Perfecta™
Epidermal Nevus	Erbium:YAG, Fraxel Re:pair®, GentleLASE™, nd:YAG, Active FX/Deep FX™	Poikiloderma of Civatte	Fraxel Re:pair®, Nd:YAG, V-Beam Perfecta™, MaxG	Unwanted Hair	GentleLASE™, GentleYAG™, GentleMax™
		Port Wine Stains	Cynergy™, Excel V™, Fraxel Re:pair®, Fraxel Re:store Dual®, GentleLASE™, Pulsed Dye Laser, V-Beam Perfecta™	Venous Lake	Excel V™, Gemini®, Pulsed Dye Laser, V-Beam Perfecta™
		Redness	Excel V™, Gemini®, MaxG™, V-Beam Perfecta™	Vitiligo	Excimer, Fraxel Re:pair®, Microskin™
				Wrinkles	ActiveFX™, DeepFX™, Fraxel Re:pair®, eMatrix™, eTwo™
				Xanthelasma	ActiveFX™, DeepFX™, Erbium:YAG, Fraxel Re:pair®

Laser Hair Removal

Laser Hair Removal has been a very popular treatment at the Laser & Skin Surgery Center of New York since the very early days of research into this technology. Throughout the year, we utilize lasers to produce long term hair removal in all skin types. The process requires several sessions to effectively eliminate the hair or minimize the coarseness of the hair itself. The number of treatments will vary from patient to patient and for different body sites, however one should see a change in the hair quality and density with each treatment. We utilize the newest and most effective lasers available for these treatments in an effort to maximize the treatment's success and to minimize any potential side effects. Although there have been many forms of improvement in the methods of hair removal, the ability to treat light colored hair is still not possible. Dark hair is needed to absorb the light energy and make the treatment effective.

As the technology for laser hair removal has become more wide spread, the number of non-medical establishments providing this service has expanded exponentially. There are many differences between the treatments available at these sites and the Laser & Skin Surgery Center of New York. The most important difference is that at our Center physicians are the ones who perform all of the treatments. This allows for higher energies to be utilized in order to provide more effective therapy. We are trained to monitor the effect of the laser on the skin and properly manage any potential issues that may arise from the treatment. In addition, one should evaluate any potential medical issues that may produce hair growth or make laser treatment contraindicated. Having your skin and laser treatments performed by physicians makes for the best possible outcome. For more information visit our website at

www.laserskinsurgery.com/Treatments/Laser-Hair-Removal

Recent and Upcoming Publications from our physicians

"Glomovenous Malformations (familial generalized multiple glomangiomas)" *Dermatology Online Journal*. 2011 Oct;17(10):9.

"Successful reduction of thickened paramedian forehead flap using fractional carbon dioxide laser." *Lasers in Surgery and Medicine*. 2011 Nov;43(9):873-4.

"Treatment of port-wine stains with a novel 532nm KTP laser." *Lasers in Surgery and Medicine*. 2012;44(S24):2.

"3-dimensional evaluation of a minimally invasive fractional bipolar radiofrequency device for lifting and volumizing of the face." *Lasers in Surgery and Medicine*. 2012;44(S24):12-3.

"Infantile hemangiomas treated with a combination of propranolol and pulsed dye laser." *Lasers in Surgery and Medicine*. 2012;44(S24):3-4.

"Review of treatment options for scars utilizing lasers and related technologies." *Lasers in Surgery and Medicine*. 2012;44(S24):48-9.

"Non-invasive technologies for body contouring." *Lasers in Surgery and Medicine*. 2012;44(S24):49.

"Investigation into optimal treatment intervals of facial port-wine stains using the pulsed dye laser." *Journal of the American Academy of Dermatology*. 2012 Feb;(epub ahead of print).

"Calcium hydroxylapatite nodule resolution after fractional carbon dioxide laser therapy." *Archives of Dermatology*. 2012 May;148(5):634-7.

"Evidence for fractional laser treatment in the improvement of cutaneous scars." *Journal of the American Academy of Dermatology*. 2012 June;66(6):1005-6.

"Successful and rapid treatment of blue and green tattoo pigment with a novel picosecond laser." *Archives of Dermatology*. 2012 July;148(7):820-3.

"Quantitation of the results of abdominal liposuction." *Aesthetic Surgery Journal*. 2012 July;32(5):593-600.
"Lasers and Related Technologies." *Smith's Ophthalmic Plastic & Reconstructive Surgery*, 3rd edition. Springer. 2012.

Commentary: "Beneficial effects of early pulsed dye laser therapy in patients with infantile hemangiomas." *Dermatologic Surgery*. (in press)

"Ablative fractional resurfacing for involuted hemangioma residuum." *Archives of Dermatology*. 2012 Aug;(epub ahead of print)

"Long term safety and efficacy of 1927nm fractional resurfacing of facial actinic keratoses." *Journal of the American Academy of Dermatology*. (in press)

"Cosmetic Applications of Non-Ablative Lasers and Other Light Devices." *Fitzpatrick's Dermatology in General Medicine*, 8th Edition. (in press)

New Book to be published by the Laser & Skin Surgery Center of New York

We have just completed a textbook on the latest advances in lasers and related technologies. Written exclusively by our physicians, this book will provide an up-to-date overview of the latest advances in our specialty.

The publisher is McGraw-Hill and this book will be purchased and read primarily by training and practicing physicians in our field. The contents of this textbook will address a variety of medical and cosmetic conditions that would benefit from treatment with lasers or related technologies.

Publication is expected in the summer of 2013.

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

Active FX/Deep FX™, AccuSculpt™, Apogee®, Elite, Blue U®, BodyTite™, Clear + Brilliant Permésa™, ClearLight™, CoolSculpting®, Cool Touch III®, Cool Touch CTEV™, Cynergy™, eMatrix™, eTwo™, eMax™, ePrime™/evolastin™, Exel V™, Erbium YAG, Excimer, Fraxel re:store Dual®, Fraxel re:pair®, Fraxel Re:store®, Fraxel 600 micron®, Gemini®, GentleLase™, GentleMax™, GentleYAG™, GentleWaves™, Isolaz®, LipoLite™, miraDry®, nd:YAG Medlite 4®, nd:YAG Medlite 6®, Omnilux™, Q-switched Ruby RD 1200™, Q YAG 5™, Q-switched Ruby (Wavelight), ReLume™, SlimLipo™, SmoothBeam™, Thermage CPT™, Titan™, V-Beam Perfecta™, Ulthera®, VelaShape™, VelaShape II™

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. For more information about the practice and our services, please visit our website at www.laserskinsurgery.com

Laser & Skin Surgery Center of New York®

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