

Everything to know in cosmetic dermatology

by Dr. Hooman Khorasani

Looking healthy and young are some of the everyday challenges that most of us face in today's competitive workforce, while dating or when simply attempting to hold onto to our youthful appearance. In the past, surgical facelifts and chemical peels were the only procedures that guaranteed cosmetic improvements. However, today we have many less-risky and more affordable options. These safe and well-proven cosmetic procedures can be obtained in the dermatologist's office. Autumn is one of our busiest seasons since it's the most desirable time for cosmetic treatments. Due to the approaching holiday season, our female and male patients want to quickly regain their youthful and healthy appearance. A wide array of rejuvenation treatments is being offered at Mount Sinai Dermatology. These procedures can be done either with a topical anesthetic or with localized anesthesia. There is only minimum discomfort involved and very short or practically no downtime. The cost of these procedures is always within a very affordable price range.

• **Liposuction:** Tumescent Liposuction is performed by a qualified dermatologist to remove unwanted localized deposits of fat cells from the body. The procedure is meant for body

contouring and not for weight control. Popular areas include the hip area, buttocks, abdomen, thighs, knees, neck and the jowl area.

• **Fat Transfer:** Fat transfer to the face is a natural, safe and nonallergenic rejuvenation procedure. Fat-transfer can re-contour the face as well as provide definition to the cheeks and chin. Since fat transfers use your own fat cells, allergic reactions are avoided and the effects generally last longer than with other fillers.

• **Blepharoplasty:** The eyelids are one of the first facial structures to show signs of aging. Blepharoplasty (eyelid surgery) can reverse the effects of aging around the eyes. By removing excess skin and fat, a youthful look is restored to the eyes. This surgery will get rid of droopy eyelids and will bring back a rested, youthful look to your eyes. These days this procedure can safely be done in the office, avoiding many of the risks involved with general anesthesia. The best part is that the results are long lasting and the scar can be hidden in the upper eyelid crease so it's essentially a scarless procedure.

• **Laser Resurfacing, fractional ablative and non-ablative technique:** Resurfacing laser technology is one of the most exciting new developments in laser medicine which has become available in the last few years. The results of laser resurfacing are general-

ly quite dramatic and long lasting. By removing microscopic layers of skin in a controlled manner we now are able to eliminate fine lines and discolorations of the face. Laser resurfacing is also highly effective for the treatment of acne scars, surgical scars, and traumatic scars. This procedure can be done with the use of local topical anesthesia in the office and patients can expect 3-5 days of downtime.

• **Skin tightening procedure:** We offer Thermage™, which is the non-invasive radiofrequency device utilized for skin tightening and skin contouring.

• **Vascular Lesions, Vascular Malformations:** Removal of acquired and congenital vascular lesions gets best results with the use of pulsed dye laser. This treatment targets most common vascular lesions such as:

- Hemangiomas
- Port wine stains
- Telangiectasias (spider veins)
- Varicose veins
- Rosacea

• **Leg Vein Treatment:** Sclerotherapy as well as laser treatments are the most successful treatments for the elimination of the unsightly spider veins and larger varicose veins of the legs. Several treatments are usually needed but the outcome is well worth the vested time.

— Advertorial —

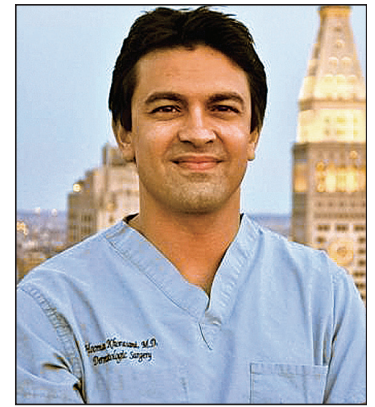
• **Pigmented Lesions Treatment:** For optimum results three different lasers can be utilized for removal of unwanted brown spots from the face, hands, or other areas — including the Q switched Ruby laser, the Q switched Nd-YAG laser and Fraxel re:Store Dual™ Laser.

• **Neurotoxins for Rejuvenation (aka Botox®):** Localized injections of this medication safely improve worry lines between eyebrows and crow's feet at the sides of the eyes. Since frown lines are created by overactive muscles between the eyebrows, Botox injections will temporarily shut down these muscles, thus permitting the creases to go away.

• **Facial Augmentation/Rejuvenation:** Fillers (Juvederm, Restalyne) are successfully injected into deep creases and other depressions to fill in these defects and signs of aging and achieve a noninvasive natural "mini facelift" appearance.

• **Chemical Peels and Fraxel re:Store™ Laser Treatment:** Acids or a laser can be applied to the skin to remove the damaged outer layers, revealing smoother, younger new skin.

I always recommend scheduling a consultation session during which a qualified cosmetic dermatologist will determine the best procedure or perhaps combination of procedures. At the time of the consultation, the



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patient should discuss his/her expectations and details pertaining to medical aspects of the planned procedure, its downtime, and also anticipated expenses.

In my area of expertise — which includes skin cancer management, Mohs surgery, reconstructive and cosmetic surgery including liposuction, neck sculpting, scar revisions, blepharoplasty (eyelifts), laser procedures, peels, Botox and fillers — I see many patients whose quality of life was dramatically improved by having some of those procedures.

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