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PRP (Platelet Rich Plasma): Skin anti-aging at its best

PRP (Platelet Rich Plasma) is a new and exciting addition to dermatology. This procedure involves removing an amount of blood equivalent to a blood draw for routine tests. The blood is then centrifuged in two steps, to remove unwanted red blood cells and white blood cells, preserving the plasma, a yellow clear fluid, which is rich in platelets and important growth factors. This serum is then gently injected into the skin through a very fine needle. Studies recently have shown that PRP boosts the skin with essential nutrients that allow it to renew itself, even after a single session. Among those interesting studies, there was an increased improvement of difficult acne scars after laser resurfacing on the side where PRP was added, and in another, a single PRP session improved the appearance and depth of the deep groove under the eye. Also, PRP was found useful to help re-grow hair after a hair loss episode and even in the common hereditary thinning process of androgenetic alopecia.

PRP is like adding healthy fertilizers to the skin, and allowing nature to fix itself, whether used alone or better, in conjunction with laser. A PRP session takes about 30 minutes, may leave a few bruises, though not much because of the platelets and other factors such as fibrinogen that are found in PRP and that help reduce bleeding. It is advisable to repeat PRP after 3-4 months to optimize results, and then once or twice a year as needed. PRP is most useful in areas of skin laxity such as the face and around the eyes, the neck, and any other area of loose skin and stretch marks, especially the hands, abdomen and knees where the results are often exceptional after a single session. PRP is also recommended in preparation for resurfacing of the skin. Before PRP, it is advised to avoid aspirin, anti-inflammatories and vitamins such as Vitamin E and Omega-3 for a week, and avoid alcohol and garlic for 3 days. Dr. Touma recommends a high-protein diet and topical vitamin C serum to enhance results. Like all dermatological procedures, PRP requires knowledge in dermatology, and in addition, the proper handling of blood. PRP carries a risk of infection and other complications, which are prevented when PRP is done by specialized physicians in a proper medical setting.

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Side not treated with PRP



Side 3 months after PRP

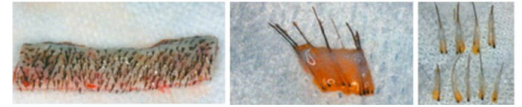
HAIR TRANPLANTATION: FOLLICULAR UNIT EXTRACTION (F.U.E)

Natural, life-long hair restoration is now available thanks to the development of current, state-of-the-art techniques. Traditional hair transplantation involves removing a strip of permanent hair-bearing skin from the back or sides of the scalp (donor area) and then, the strip is microscopically dissected into micrografts (containing 1-2 hairs) preserving the integrity of follicular units. The strip is closed in a most refined way with sutures and heals as a very thin line of approximately 1 mm that is covered by hair 3 mm or longer. Many of our strip sessions technique offer between 4,000-6,000 hairs/session with some sessions reaching 8,500 hairs, depending on the density in the donor area.

Follicular Unit Extraction (FUE) is an exciting new technique whereby hair is removed from the donor back area of the scalp using a very small punch technique, instead of removing a strip. The donor area heals with no linear scar, and only small white points remain, that are covered with hair 2 mm or longer. FUE is best for patients that need treatment of small areas or who don't want a scar in the back of the head, as it allows the transplantation of less than the total hair number possible with the strip technique. Dr. Touma was the first user of the Neograft® device in Lebanon, now hugely promoted on street ads, however he discontinued its use due to high transection rate with this machine. He has since developed a meticulous hand punch technique that keeps all FUEs intact, and can do large FUE cases that can reach 3000 hair in a 4 hour session.

Many world class hair transplant experts still favor the strip technique because of the high yield of hairs it allows in a single session. However, FUE is a wonderful technique that is suitable for most people, especially if they like a short hairstyle or those who shave their head. With FUE, the donor area needs to be shaved, while in the strip technique the hair is left long and covers the sutured incision line.

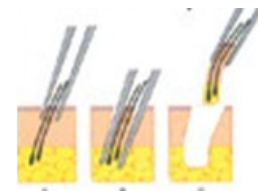
The carefully dissected grafts are then meticulously implanted into the bald or thinning area of the scalp (recipient area), leading to very natural, feathered hairlines, and extremely natural hair growth. The grafted hairs will start to grow by 6-12 weeks after the procedure and will continue to grow for a lifetime. Using medical therapy as prescribed by Dr. Touma will enhance hair growth and preserve as much of the pre-existing hairs as possible, reducing further need for hair transplantation. This includes Minoxidil, Biotin, mesotherapy, PRP, Finasteride and red light, depending on the case.



Donor strip dissection



Minimal strip donor area scar



Follicular Unit Extraction



No scar in donor area 5 weeks post FUE



Natural hairline after FUE

Mohs Micographic Surgery: The gold standard for skin cancer

Skin cancer is on the rise and is the most common type of cancer. Most skin cancers occur on sun exposed skin. The three common types are:

- 1) Basal Cell Carcinoma (BCC), typically a slow-growing pearly papule, with a local destructive potential but no risk of metastasis.
- 2) Squamous Cell Carcinoma (SCC) typically a red lesion, which grows faster, and may invade lymph nodes, and
- 3) Malignant melanoma, which is typically a new or a changing mole that is irregular in shape, borders or color, can metastasize quickly and is a leading cause of death particularly in young adults.

Surgical excision is the mainstay of treatment of skin cancer, though some superficial cases may be treated with topical photo-dynamic therapy, uniquely available at The Skin Clinic, or anti-cancer creams.

Microscopically controlled surgery (Mohs surgery) is indicated for BCC and SCC cases that are in the delicate areas of the face such as those around the nose, lips, ear or around the eyes, or for cases that have recurred after prior treatment, especially among people younger than 60, or in some cases of skin cancer outside of the face, such as on the legs or arms, or whenever a smaller scar is desired. In this procedure, a thin slice of the cancer is removed and the bottom layer is examined for cancer cells while the patient waits. This process is repeated until a cancer-free layer is reached, and is associated with close to 99% cure rates of skin cancer, while preserving a maximum of healthy tissue. Much less normal tissue is removed with Mohs surgery than with a regular excision procedure, leading to a better cosmetic result after surgery. Mohs micrographic surgery is done in the office, under local anesthesia.

Dr. Touma has experience in treating over 5,000 cases of skin cancer, and specializes in cosmetic and functional reconstruction of the skin whether using a single closure, a graft or a flap. He offers the only Mohs Micrographic Surgery practice in the Middle East, and treats many complicated cancers from neighboring countries.



BCC after Mohs surgery and skin graft



BCC after Mohs surgery and combination flaps

Vectus®: Fast laser hair removal with less pain

Dr. Touma is pleased to announce the addition of Vectus® laser, the latest Diode hair removal laser, from Palomar, the company that invented laser hair removal. This laser is unique because it is the least painful, while maintaining a high efficacy in hair removal, in extremely fast treatments. Typically, legs or a man's back take 10 minutes to be completed. Also this laser is equipped with the Skintel®, a patented melanin content reader, which measures the exact pigment intensity of the skin and adjusts the parameters in order to optimize the safety of the laser treatment and eliminate the risk of burns.

The Vectus® laser will complement the Gentelase, still a world best-selling laser, and the Nd:YAG which is used for very dark and tanned skin, all used at The Skin Clinic depending on patients' skin color, hair quality or preference.



Laser Treatment is best for nail fungus

Laser is the latest treatment of nail fungus (onychomycosis), which affects many people and is difficult to eradicate despite months of oral anti-fungals. The laser (Nd:YAG) works by heating the fungal elements, leading to their destruction, without damaging the nail itself. The treatment takes 3-10 minutes, and is well tolerated. Most cases clear after 3-5 sessions, done at 2-3 week intervals. Dr. Touma has over a 2 year experience with this method, and finds this approach superior to taking several months of oral anti-fungal treatments, which he no longer prescribes. The laser is combined with topical treatment and eradication of fungus from all shoes.



Before Nd:YAG

After Nd:YAG

Dr. Touma presented his experience in treating dark circles at the American Society for Laser in Medicine and Surgery Annual Meeting in Boston in April 2013, showing his technique of combining three lasers and achieving unprecedented improvement in color of 50-70% in a single session. The conference was attended by over 2000 laser experts from around the world.



Before

After

THE
SKINCLINIC
LASER COSMETIC DERMATOLOGY & SKIN SURGERY

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