

102 Maamary Street, Specialty Clinics Center, 12th floor
 Clemenceau, Beirut, Lebanon
 Tel: +961.1.347546; Mob: +961.3.347546;
www.theskinclinic.com.lb; info@theskinclinic.com.lb

Spring 2011

Novelties in Skin Rejuvenation Conference at AISHTI

On Tuesday December 14th, 2010, Dr Dany Touma held a special conference at People, Aishti-Downtown, to discuss the latest innovations in skin care and rejuvenation, including and for the first time in Lebanon, the Visia® digital skin analysis system, a revolutionary new method to measure skin aging and sun damage, a non surgical way to tighten skin, and a new automated device for hair transplantation without surgery, only available at The Skin Clinic in Clemenceau. Dr Touma also performed a live facial rejuvenation treatment using fillers and mesotherapy to completely rejuvenate a young woman's face and discussed the latest in skin care products, La PEAU and Cellex-C, available exclusively at The Skin Clinic.



Inside this issue:

Liposculpture	2
Breathing Seminar	2
Pearl® Laser Resurfacing	3
Sclerotherapy and laser for leg veins	4

Subcision.. The Latest Cellulite Treatment

Several approaches are now available to help women with cellulite. In early stages, regular massage and lymphatic drainage are helpful. Skin tightening procedures such as Thermage®, available at The Skin Clinic, are popular and give good long lasting results. When there is significant fat excess, liposculpture helps by reducing the underlying tissue bulging. Subcision, which has proven very helpful for depressed acne scars, is the latest treatment for cellulite, and may prove to be the best so far. During this procedure, and under simple local anesthesia, a small blunt cannula is used to gently free up the fibrous tissue that binds down and surrounds areas of cellulite. A simple pressure bandage is used for 24 hours, and mild bruising might follow for up to one week. Results are satisfactory, often after a single session.



Liposculpture

Since its introduction in the United States in the early 1980s, liposuction has become one of the most common cosmetic procedures today, thanks in part to refinements brought on by dermatologic surgeons. Because of the much gentler and more refined nature of the procedure nowadays, it is referred to as liposculpture. It can be performed entirely under local anesthesia in the clinic's setting, making the procedure safer than ever, and minimizing the risk of bruising. Another major advancement is the use of smaller instruments, the size of or smaller than a pencil, to refine the esthetic results.

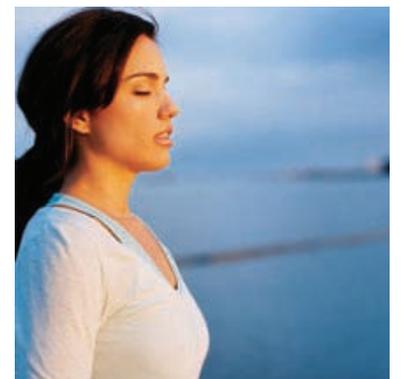
The best candidates for liposculpture are healthy men and women with good skin tone and realistic expectations. Ideally these patients are on a healthy diet and exercise regularly, and have resistant fatty areas. Liposculpture is a contouring procedure that leads to reshaping and improvement of these undesired areas. The most commonly treated areas are the neck and face, abdomen, saddlebags, and hips in women and breasts and flanks in men. Cellulite is usually improved in suctioned areas. When liposuction is done under local anesthesia, patients are able to move during the procedure allowing three dimensional contouring, and go home after the procedure and rest in the comfort of their homes. Also the procedure becomes much more affordable due to the elimination of hospital costs. Compression garments are needed in the first one to two weeks, and most patients are able to resume routine activities including work after two days. Mild exercise is allowed usually after the first week.

The skin is a dynamic organ, and is able to stretch back after liposculpture in the majority of cases with mild skin laxity, such as in the lower abdomen and neck area. In those patients, excision of excess skin (tummy tuck or face lift) is rarely indicated, but can be done after the procedure if necessary.



For Pain Control.. Just Breathe!

Many people breathe poorly, often holding their breath when undergoing a simple procedure such as an injection of Botox. By reacting in that way, it 'hurts' even before the needle is introduced, they move and resist, reducing the control of needle placement, and they flush, increasing blood circulation to the face and therefore the risk of bruising. On the other hand, people who train themselves to continue to breathe calmly complete their procedures quickly and almost painlessly, and have a lot less bruising. Dr Touma and Rana Jabbour, founder of Contours, a Pilates and personal wellness studio for women, are organizing a complimentary seminar session to help you learn breathing and relaxation techniques that will enhance your wellbeing and improve your tolerance and the way you handle any stressful situation, not only your doctor's appointment! **Contours**, Weaver Center, 19 Clemenceau street, Kantari, Beirut 01-361520 or 03-843000 on **Friday, May 6, 2011**. Sessions at 4 PM, 5PM and 6 PM. Booking is preferred but walk-ins are welcome.



Pearl® Laser skin resurfacing

The Pearl® laser is one of the newest resurfacing lasers. Pearl® reduces wrinkles, uneven texture and sun damage and provides a healthy, pearl-like glow in one session. During the procedure, pulses of light are used to gently and painlessly peel off the damaged top layer of the skin. The laser simultaneously sends heat to the deeper layers of the skin to provide long-term remodeling of collagen and tightening. A natural protective dressing forms on the skin and on day 3 or 4, this natural dressing will peel off, revealing new healthy, vibrant skin underneath. Make-up may be applied at this time. In a short time, patients notice overall skin clarity, smoothness and softness - all from a 15 minute treatment with only 3-4 days of downtime.

When compared to medium-depth chemical peels, the Pearl® provides a chemical-free, precise and much faster solution, with the added benefit of skin tightening.

The Pearl® Fractional laser goes a lot deeper, and ablates columns of skin, leaving skin in-between those columns intact, therefore leading to more dramatic results with rapid healing times and a very low risk of complications. It is uniquely effective in treating deeper wrinkles, particularly eyelid skin and crow's feet (lines around the eyes) and lines and wrinkles around the mouth. These areas often show the first signs of aging and can be most challenging to treat. It is also extremely useful for treating acne scars. This procedure requires a few more days of recovery because of the greater depth of penetration.

While the Pearl® laser may be used alone to freshen and tighten the skin of the face, neck, décolleté, arms and hands, the Pearl® Fractional is used in combination with the superficial Pearl® laser to achieve superior benefits and blending of the overall results. The combined procedures are referred to as Pearl® Fusion. For example, Pearl® Fusion is most useful for the eyelids, where we achieve 60 to 70% improvement in tightening and improvement of dark circles in one session.

Patients may need to have the Pearl® treatment combined with other procedures such as laser genesis (to further improve skin texture and reduce facial redness and capillaries), Thermage® (to achieve deeper skin tightening), fillers (to restore facial fullness,) and botox (in hyper-dynamic areas such as around the eyes and forehead). The Pearl® laser offers the most effective treatment to address fine lines, uneven texture and discoloration without the wound care and the lengthy downtime required with Erbium and CO2 laser procedures. Compared to today's technologies, the Pearl® laser offers remarkable results in just one treatment versus 4-6 sessions of the old fractionated treatments such as Fraxel. It is highly suited to people of Mediterranean skin, and has a very low risk of hyper-pigmentation.



Spider veins, or telangiectasias, are tiny to small dilated veins that are caused by weak vascular walls and inefficient circulation. Frequently occurring on the legs, spider veins are blue, purple, or red.

Sclerotherapy is a treatment for the removal of spider veins and smaller varicose veins. Veins are injected with a sterile chemical, which irritates the vessel's lining, making it become inflamed, harden, and eventually fade away completely, along with any associated pain.

The treatment area is sterilized, and the doctor will begin injecting first the larger veins, then smaller ones, monitoring the progress of the chemical throughout the process. For every inch of vein treated, one injection will likely be administered. Since the injection needle is so small, patients often feel little to no pain and do not need any anesthesia. The injection process is typically complete in just 15 to 30 minutes. After the treatment is finished, support hose is worn for at least a day or two. Some mild bruising, itching, and swelling at the injection site is normal, but otherwise side effects are uncommon and short in duration.

Laser therapy with the Nd:YAG from Cutera, available at The Skin Clinic is most effective for small and medium size spider veins particularly when they are on the face. During laser treatment, the laser beam is applied to the skin over the spider veins. Laser energy causes these veins to coagulate and shrink. Patients tend to experience mild discomfort similar to having a small rubber band snapping against skin. Treatments usually do not require sedatives, pain medications, or injections of local anesthetic. Treated capillaries immediately disappear following treatment, while some spider veins may become darker and slightly swollen for a few days before they disappear. After each treatment, you will see a 70% improvement in the appearance of face spider veins and about 50% improvement in leg spider veins.

Most patients benefit from Combination therapy with sclerotherapy and laser when they have small, medium and large spider veins. Sclerotherapy is usually done first to the larger veins and the laser follows to treat the medium and small ones.

The number of sessions required depends on the depth, number, and size of the veins being treated. While some patients are happy with the results after just one treatment, others may desire further treatment for the optimal effect. These follow-up treatments should be spaced at least four weeks apart so that the effects of the previous treatment can be accurately evaluated before injecting more.



THE
SKINCLINIC
LASER COSMETIC DERMATOLOGY & SKIN SURGERY

102 Maamary Street,
Specialty Clinics Center,
12th floor, Clemenceau,
Beirut- Lebanon
Tel: +961.1.347546
Mob: +961.3.347546
info@theskinclinic.com.lb