

# SkinSolutions

## Technology Advancing at the Speed of Light

Wintertime is the perfect time to resurface your skin since laser treatment of any kind is discouraged on tanned (even fake bake, bottle or spray tanned) skin. If you are noticing uneven skin tone, surface irregularities, or fine lines and wrinkles, a laser may be in your future. But which one? The good news is that Lasers are among the most quickly changing segments of the beauty industry. The even better news is that they are getting less ablative (wounding) without too much compromise on results. Now, a growing arsenal of skin resurfacing technologies includes a variety of fractionated lasers and a unique plasma energy device. Here, we take a look at three options.

### ERBIUM: YAG

An alternative to the highly ablative CO2 resurfacing technique, the erbium laser targets superficial fine lines, freckles and other skin discoloration. Although still considered ablative, it can be dialed up or down depending upon the depth of treatment desired. The degree of precision and control has been significantly enhanced. The Erbium is often referred to as a "cold" laser because it does not burn the skin and is therefore less painful. Only topical anesthetic is required. It achieves some but not all of the results as the CO2 with less downtime. Expect a week to two of healing and redness for at least one month. Two treatments may be necessary. The Erbium is a popular choice for relatively young and working persons who cannot afford a lot of downtime.

### PORTRAIT Plasma

Appropriate for fine wrinkles, sun spots, improving skin texture and evenness of color, the Portrait Plasma is a unique energy device that uses the power of nitrogen in a plasma (high energy gas) state. Portrait treats 100% of the skin's surface and "remodels" the collagen. A protective layer of intact skin remains after treatment, making Portrait non-ablative reducing downtime to days instead of weeks. This laser can be used on the face, neck, chest and hands and results continue to improve for up to a year. Often, a series of treatments is required to reach the desired outcome.

### FRAXEL

The first non-invasive skin rejuvenation treatment of its kind, Fraxel counteracts the "three D's" most patients have come to expect from laser procedures-downtime, discomfort, and disruption. Fraxel uses microscopic points of light to target precise areas well below the skin's surface stimulating a natural healing process and producing collagen and elastin. Healing occurs from the inside out. Fraxel can be used to address multiple skin conditions including melasma, acne scars, sun spots, superficial wrinkles, and more. It successfully smoothes and evens out skin tone and texture. It is also effective on and off the face (neck, chest, hands) and is the only laser that can be used on all skin types, including African American skin.

## *Dear Friends,*

As we move from the hustle and bustle of the holiday season and into the New Year, there is a customary shift toward self reflection. As you consider ways to take better care of yourself, and your loved ones, perhaps it is time to consider a resolution that will last into 2008 and through a lifetime. If that resolution is to achieve a healthy, glowing complexion, we would like to be the practice you turn to for reliable and effective products, services and procedures.



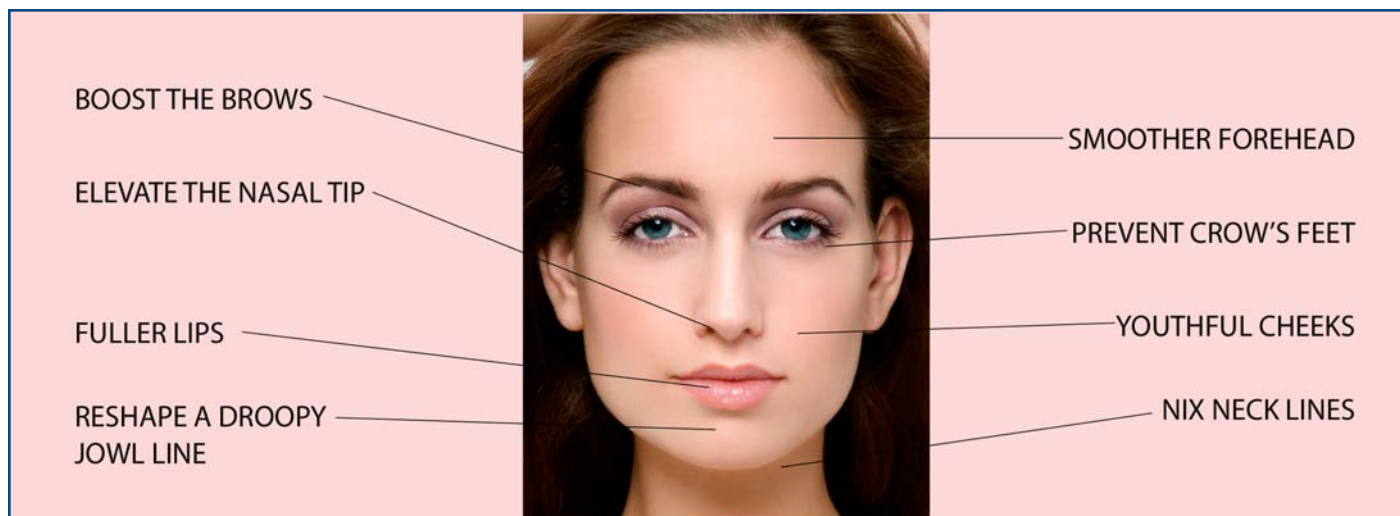
Ask yourself this question: *"How old would you say you look if you didn't know your chronological age?"* Looking attractive is not proprietary to any one age group. We each age differently and at different rates but it is never too late to start taking good care of your skin. The first step is to understand all the available options. The second step is to decide which options best fit your appearance goals, lifestyle and budget. This can be as simple as keeping in mind the ten Winter Skin Savers described here. These tips can be adopted for any and all of us. For others, Laser Therapy may be desirable. Sifting through all the therapies can be confusing, so we have outlined those we consider most effective. Finally, injectables have revolutionized the way we address aging and other conditions. Our chart gives you a snapshot of the most commonly used products and what they do. Injectables are very technique dependent and belong in experienced hands. An experienced physician knows how, and when, to use injectables independently and in combination therapies. We hope you will consider a consultation with our practice to determine which options are best for you. Adopting good habits in pursuit of achieving a healthy complexion can influence the timing or desirability of more advanced dermatologic surgical procedures. Don't wait. Take advantage of the latest development in products and procedures available through our offices to help you look better than your chronological age - at any age!

*Sincerely,  
Ariel Ostad, MD*

# CHANGING THE FACE OF BEAUTY

*“With the advent of facial fillers, patients now have multiple options for facial rejuvenation. These options are safe and effective and offer compelling alternatives to traditional surgery.”*

Dr. Ariel Ostad



## RESTYLANE, JUVEDERM, PERLANE

Hyaluronic acids, found naturally in the connective tissues of the body.

**USE:** Nasolabial folds, forehead wrinkles, smile lines, lips

**RESULTS:** Immediate

**CONSIDER:** With subsequent treatments, results are longer lasting. In other words, these fillers may actually stave off future lines and wrinkles. (Archives Of Dermatology 2007)

## COSMODERM, COSMOPLAST, ZYDERM, ZYPLAST

Zyderm and Zyplast are derived from purified cow collagen; Cosmoderm and Cosmoplast are derived from human collagen. Collagen is responsible for skin texture, resiliency and shape.

**USE:** Nasolabial folds, crow's feet, frown lines and lips

**RESULTS:** Immediate. Lasts for 2-4 months.

**CONSIDER:** Allergy test required for derivatives of bovine collagen

## RADIESSE

Derived from calcium hydroxylapatite (CaHA), this synthetic filler is identical to the chemical structure of calcium naturally found in bones and teeth.

**USE:** Nasolabial folds, marionette lines, chin, cheekbones and skin depressions such as acne scars

**RESULTS:** Two years

**CONSIDER:** Some swelling or bruising may be evident for up to two weeks. In some cases it may be felt or seen beneath the skin surface.

## SCULPTRA

Synthetic poly-L-lactic acid, which is a sugar based molecule.

**USE:** Any sunken areas of the face-hollow cheeks, temples, jaw or cheek "lift"

**RESULTS:** Requires two treatments spaced at least two weeks apart. Lasts two years or more.

**CONSIDER:** Builds volume as opposed to filling. Like Radiesse, it creates "collagen scaffolding".

## ARTEFILL

A dermal implant made of PMMA microspheres, which is chemically similar to acrylic.

**USE:** Nasolabial folds, forehead wrinkles, glabellar frown lines, depressed corners of the mouth, acne scars and skin depression

**CONSIDER:** Permanent filler. 5-7 days downtime. Risk of granulomas or migration. An experienced practitioner is paramount.

## FAT TRANSFER

Transferring one's own fat from one location to another.

**USE:** Restore or reposition volume

**RESULTS:** Several treatments may be necessary. Lasts up to 10 years

**CONSIDER:** One of the most effective, natural ways to turn back time. However, it is a very dependent technique and initial overcorrection is common because of fat survival rate.

## BOTOX / COMBINATION THERAPIES

Botulinum toxin type A, produced by Clostridia Botulinum bacteria

**USE:** Forehead, frown lines, crow's feet, vertical neck bands, nasal tip, deep smoker's lines

**RESULTS:** 4-6 months

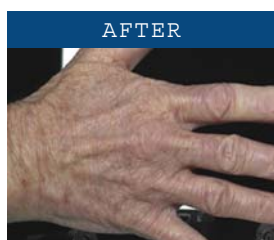
**CONSIDER:** When used with other fillers, Botox in the area around the mouth can make wrinkle removing effects last longer.

## INJECTABLE NOSE JOBS

Botox has been successfully used to correct minor nose imperfections in as little as 15 minutes. Results are not permanent and not everyone is a candidate but strategically placed injections can actually elevate the tip of the nose. Botox paralyzes the muscle that extends from the septum/tip area to the upper lip, relaxing the tension between the tip and lip so that the tip is no longer pulled downward.

**KNOW BEFORE YOU GO!** As with all cosmetic procedures, consult with your Dermatologic surgeon to determine the treatment best suited for your needs/lifestyle.

## DOCTOR'S CHOICE



## LIFE CHANGES YOUR SKIN FRAXEL LASER RESTORES IT

## Baby, it's cold outside! 10 WINTER SKIN CARE SAVERS

Cold weather combined with the heating in buildings destroys the lipid layer that keeps the skin from drying out. Be smart. Keep these tips in mind to keep your skin protected from the harsh winter weather.

1. Put moisture back in the air. A good humidifier can help keep your skin supple instead of cracked and dry. Humidifying systems can be installed as part of your HVAC system, or purchased as stand alone units from your local drugstore.
2. One of the biggest misconceptions about moisturizers is that these products hydrate the skin. The truth is that moisturizers lock in the skin's own moisture to prevent dryness and cracking. The more oil a moisturizer contains the more effectively it protects against moisture loss.
3. If you apply moisturizer while the skin is damp (about 3 minutes after bathing or showering) it will effectively lock in the moisture. Moisturize everywhere, but pay particular attention to the face, hands, and any skin that is exposed to the elements. Don't forget lip balm.
4. Did you know the sun's reflective powers are 17% on the sand and 80% on the snow? Remember to continue to use sunscreen of at least SPF 15 during the winter months. You are still at risk for sun damage. Ask your dermatologist about products that combine oily, moisturizing cream with sunscreen.
5. If you use Retin-A gel, ask your dermatologist to switch you to the more moisturizing cream formula.
6. Be careful not to overuse products containing alpha-hydroxy acids. They exfoliate the top layer of skin, which is good for dry skin, but they leave the new layer of skin unprotected to bitter winds.
7. Protect the skin around the eyes with a richer, cell replenishing formula in winter.
8. Drink water or herbal tea regularly throughout the day to hydrate yourself from the inside, out. Also add Flaxseed oil to your diet. Since it is rich in fatty acids, it can help your overall health. Available in oil or capsule form.
9. Once a week, use a facial exfoliant to remove dead skin cells on your body. Then, moisturize with oil based rather than cream based moisturizer.
10. The winter sun poses an increased threat to eyes (not to mention squinting.) Whether you are walking, driving or participating in winter sports wear sunglasses that block 100% of the UV rays-at all times.

## TOP 5 MUST HAVES FOR WINTER SKIN CARE

1. Facial Cleanser & Rejuvenative Toner
2. Moisturizer with SPF Protection
3. Exfoliant
4. Eye Cream
5. Body Cream



Schedule an appointment with one of Dr. Ostad's Skincare Advisors to receive information on your personalized Winter Skin Care regimen or visit our website at [www.drarielostad.com](http://www.drarielostad.com) for further product information.

**Telephone (212) 517-7900.**

### NEW YORK POST

October 2007

Dr. Ostad discusses at-home microdermabrasion Myths and money busters in an article entitled "Face Facts and Save Your Skin"

### 106.7 Lite FM

In an interview with Christine Nagy, Dr. Ostad discusses TOTAL SKIN HEALTH and how to remove wrinkles, fine lines, redness, browns spots and unsightly scars

### SOCIAL LIFE MAGAZINE

Winter 2007/2008

Dr. Ostad discusses his "Total Skin Health" approach to achieve a more youthful appearance integrating surgical and nonsurgical procedures with nutritional, emotional and lifestyle practices

### BRIDAL GUIDE MAGAZINE

January/February 2008

Dr. Ostad shares tips and practice advice to help the Bride achieve perfect, radiant skin

## IN OUR NEXT EDITION

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