

STEP TREATMENT PROGRAM TO A HEALTHIER AND MORE BEAUTIFUL SKIN

The physicians and aestheticians at NEDLC and “Renew” have devised a menu of treatment options to help your skin look and feel better. We offer an array of products and procedures which are scientifically proven to effectively reduce and prevent signs of aging, sun damage, pigmentation, redness, and acne. Most of the products and procedures can be used off the face as well including neck, chest, forearms, and hands. The following is a step-wise approach to obtaining a more beautiful and healthier appearing skin.

STEP I – HOME TREATMENT

SUN PROTECTION: Choosing the correct sunscreen or sunblock is the foundation to managing healthy and youthful looking skin. We will educate you about the different sun protection products available and help you choose one that is right for you.

MAKE-UP: Our licensed aestheticians are medically trained experts in skin care. They will perform an analysis of your skin including type, tone, texture, color, and sensitivity and help you choose from an array of products, those that are most likely to improve the appearance of your skin.

COSMECEUTICALS: Cosmeceuticals include products containing botanicals, targeted skin growth factors, antioxidants, and vitamins which help to protect and preserve skin from the daily stresses of the sun and environment. These products help prevent collagen breakdown, enhance collagen synthesis, and reduce skin inflammation.

EXFOLIANTS: These include non-prescription topical preparations including the alpha-hydroxy acids, glycolic and lactic, the beta hydroxy acid, salicylic acid, and the prescription retinoids, including Retin-A, Renova, tretinoin, and tazarotene. These products remove the top layer of dead skin which stimulates cellular turnover to reveal a softer, smoother, and more unblemished skin.

BLEACHING CREAMS: These include hydroquinone, kojic acid, and azelaic acid products which inhibit the production of unwanted excess facial pigment.

It may take 3-6 months before you start to see results from the above program and continued use of these products is necessary to maintain your improvement. The next step in the treatment program, or if a more aggressive approach is desired, may include facials, chemical peels, and microdermabrasion.

STEP II – FACIALS AND PEELS

These procedures are generally performed in our “Renew” Aestheticians Suite by our medically trained, licensed aestheticians, unless otherwise noted.

The following menu of treatment options are frequently done in a series of multiple sessions and may be varied from session to session. Rotating procedures allows us to determine which works best for you.

FACIALS: We offer a wide variety of facials tailored to your skin type and condition. All facials include deep cleansing, exfoliation, lymphatic massage of the face and neck to stimulate circulation and a finishing mask.

EXTRACTION: Extraction can be performed to help remove blocked pores, blackheads and whiteheads.

SALICYLIC ACID, BETA-HYDROXY ACID PEEL (BHA): A gentle 15-minute introductory peel using 20-30% salicylic acid which is suited for most skin types and is especially helpful for acne prone skin and discoloration.

GLYCOLIC ACID, ALPHA-HYDROXY ACID PEELS: These peels vary in strength from 30% to 70% with application times from 1-5 minutes depending on your skin type, sensitivity, and tolerance. The lower strengths are mild and are also considered introductory peels. Like salicylic acid peels, they are effective for acne prone skin and discoloration and may also improve tone, texture, color, and fine lines of photoaging. Both beta (salicylic acid) and glycolic acid peels are considered mild, minimal to no downtime, “lunch time” procedures.

JESSNER’S PEEL: This peel is a combination of salicylic acid (BHA), lactic acid (AHA), and resorcinol (peeling agent) which is helpful in treating excess pigmentation and acne-related problems as well. It is slightly more aggressive than salicylic and glycolic acid.

TCA PEEL: TCA peels are more aggressive peels than those previously listed and are generally performed by a physician. They also come in varying strengths and the aggressiveness of the peel is tailored to the problem to be treated as well as to the patient’s ability to have some “downtime”. They are primarily used for pigmentation, precancerous skin lesions known as actinic keratoses, and fine lines.

MICRODERMABRASION: Microscopic crystals are projected across the skin under pressure causing sloughing of dead skin cells to reveal a softer and smoother complexion.

STEP III – PHOTOTHERAPY AND LASER SURGERY

All of these procedures are performed by skilled and highly trained staff under the direct supervision of a board certified dermatologist and most of the laser procedures, with a few exceptions (laser hair removal and IPL), are performed by board certified dermatologist who are specially trained in laser physics, clinical assessment, treatment, and post-operative care.

BLU-U PHOTOTHERAPY: This is an FDA approved treatment for acne, which consists of approximately eight, 1000 second (16-minutes, 40 seconds) non-painful light treatments administered over a period of 4-12 weeks.

ALA/BLU-U: This treatment is used to reduce rough scaly spots on the skin (actinic keratoses) due to sun damage, as well as for photo rejuvenation to improve the tone, texture, and color of the skin. It is also used to treat acne. Aminolevulinic acid is a liquid which is applied to the skin anywhere from 15 minutes to several hours prior to Blu light. It is absorbed into the skin making the Blu light more effective. This procedure is repeated monthly for 3 months. The treatment is well tolerated, but there is a sunburn-like sensation and reaction during and following treatment which can last hours to days.

INTENSE PULSED LIGHT (IPL): This is a broadband light source which reduces redness, as well as brown pigment, and may result in reduction of fine lines and some mild skin tightening. It is generally performed at 1-2 month intervals for several treatments to obtain the maximum benefit. The treatment takes about 30 minutes, is mildly uncomfortable, and does result in a mild sunburn-like sensation/reaction which may last hours to days. IPL is particularly useful for treating the facial redness of rosacea and freckling. This procedure may be performed by one of our licensed aestheticians.

PIGMENT SPECIFIC LASER (Q-Switched ND Yag/Alexandrite): These are laser devices which are specifically used to treat individual brown spots anywhere on the body. Satisfactory results are frequently seen in only one session, although occasional retreatment is necessary. They do result in a slight crusting of the treated area, which may take 7-10 days to heal.

BLOOD VESSEL AND RED SPECIFIC LASER (Pulsed Dye Laser): This laser device is used to treat redness of the face; including small broken capillaries, small red bumps called angiomas, and small leg veins. There may be bruising after treatment lasting 7 days and one or more sessions may be required.

FRAXEL: This is a newer laser device which produces pixilated tiny beams of light which pierce the skin and which can improve acne scars, surgical scars, facial discoloration, and reduce fine lines. Immediately following treatment, there is redness, swelling, and mild crusting which may last up to 7 days depending on the intensity of treatment. A series of one or more treatments may be required to obtain a satisfactory result.

LASER SKIN TIGHTENING: This procedure is performed with a long-pulsed ND Yag laser which produces a light beam that passes through skin to heat the underlying collagen tissue. This stimulates collagen production and results in skin tightening. Sequential 1-2 month treatments are required to obtain results.

STEP IV – COSMETIC INJECTABLES

All of these procedures are performed exclusively by our board certified, cosmetically trained dermatologists.

SKIN AND WRINKLE FILLERS: These are FDA approved injectable biodegradable, non-allergic products which are injected in the skin to fill-in smile line creases, marionette lines, thin lips, depressed scars, and hollows of the cheeks and around the eyes. They are primarily used on the lower half of the face. There are many injectable fillers; including Restylane, Perlane, Juvéderm, Radiesse, and Sculptra, which may last months to years depending upon the product. A thorough evaluation by one of our cosmetic dermatologists will help you choose the appropriate filler for you.

BOTOX/DYSPOURT: Many lines on the face are due to repetitive facial expression; such as smiling, laughing, squinting, and related activity. These products temporarily weaken the muscles which produce these lines resulting in a smooth and more rested appearance. It is the primary treatment of lines on the upper half of the face including frown lines between the eyebrows, forehead lines, and crows feet, but is occasionally used on the lower face as well. The duration of effect is initially four months, but with repeated treatments, most people maintain their correction with semi-annual treatment.

MISCELLANEOUS: The following is a list of additional procedures which we perform: laser tattoo removal, laser hair removal, laser wart removal, treatment of acne, traumatic, and surgical scars with laser and/or fillers, Botox treatment for excessive perspiration of the underarms, palms and soles, sclerotherapy of leg veins, and liposuction.

We hope that the information provided has given you a better understanding about your skin and how we can partner with one another to have a healthier and more beautiful skin. New England Dermatology & Laser Center is continually striving to provide the most state-of-the art and up- to-date technology and skin care available anywhere. We are honored you have chosen us and we will do our very best to help you to look your very best.