

THE BEAUTY BAR™

Skin and Beauty News from New York Laser & Skin Care

NYLSC Debuts Palomar Emerge™ Fractional Laser

Palomar Emerge™ is a brand new fractional laser resurfacing procedure that improves mild wrinkles, skin texture and discoloration, with little to no downtime. Dr. Kauvar was the lead physician on the clinical trials for Emerge and NYLSC is pleased to have been the first practice to have the laser available to our patients. The results of the clinical trial were presented by Dr. Kauvar earlier this year at the annual meeting of the American Society for Laser Medicine and Surgery. The Emerge laser uses the proven method of fractional laser treatment, in which a pattern of laser microbeams treat small areas of tissue surrounded by untreated areas, in a less aggressive manner than other fractional lasers. The result is little to no recovery time; there is temporary redness and swelling that is usually gone by the next morning. To



achieve the best results, the treatment requires 3 to 4 sessions, which can be performed as often as one week apart. Emerge is the optimal fractional laser treatment for people who cannot afford the downtime associated with other procedures.

Find us on Facebook!



New York Laser & Skin Care is on Facebook. **"Like" us** to get the latest and greatest skin care news and promotions!



www.facebook.com/nylaserskincare

New York Laser & Skin Care Welcomes Dr. Julia E. Tzu to the Practice

Dr. Arielle Kauvar is delighted to welcome Dr. Julia Tzu to the staff of New York Laser & Skin Care. Dr. Tzu's practice will be limited to laser and cosmetic dermatology, skin cancer screening and Mohs surgery for skin cancers.

Dr. Julia Tzu is one of a select group of dermatologists who is double board certified in dermatology and dermatopathology, as well as fellowship trained in Mohs micrographic surgery for skin cancer, reconstructive surgery and cosmetic dermatology.

After graduating Phi Beta Kappa from Stanford University, Dr. Tzu received her medical degree from the Johns Hopkins University School of Medicine. She completed her dermatology residency at the University of Miami School of Medicine, followed by fellowship training in dermatopathology at New York University and procedural dermatology at the University of Pennsylvania. She has been recognized for her exceptional academic accomplishments with numerous national awards and has published extensively in the scientific and medical literature. She speaks Mandarin Chinese and Spanish.

Dr. Tzu is a member of the American Academy of Dermatology, American



Dr. Julia E. Tzu

Society for Dermatologic Surgery, and American College of Mohs Surgery. She is a Clinical Assistant Professor of Dermatology at New York University School of Medicine, where she teaches dermatologic surgery.

A native of Houston, Dr. Tzu is thrilled to be a part of the vibrant community of New York City where she can thoroughly indulge her love of art and music. In her spare time, she enjoys volunteer work, running, travel, and is a black belt in karate. She lives in Manhattan with her husband. Please join us in welcoming Dr. Tzu to our practice.

Extended Office Hours at New York Laser & Skin Care

We are expanding our evening hours on Tuesdays and Thursdays, and adding hours on Fridays. Call us for an appointment or to hear more about our services.

NEW YORK
Super Doctors

Castle Connolly
Top Doctors

Dr. Kauvar was once again chosen as a **Super Doctor** in dermatology, which was listed in *The New York Times Magazine*. Super Doctors identifies the top 5% of doctors in their fields as selected by their peers and the independent research of Key Professional Media. She was also again selected as a **Top Doctor** by the independent research group, **Castle Connolly**.

Dr. Kauvar is often interviewed for her medical expertise and has recently been quoted in articles in *NewBeauty*, *Real Simple*, *InStyle*, *Shape*, *Glamour*, *O*, *The Oprah Magazine*, and *Ladies' Home Journal*. She is also a frequent guest on "Dr. Radio," the Sirius radio program and was featured on **WebMD.com** in an article on sun care. All the NYLSC media coverage can be viewed at www.nylaserskincare.com/nylsc-media.



Improved Options for Acne and Acne Scar Treatment

Laser and Light Therapies for Teenage and Adult Acne

Acne affects nearly all teenagers worldwide, and many adults — especially women — continue to break out for decades. Whether it's mild acne that just won't go away or severe, inflammatory acne that causes scarring, sometimes even prescription oral antibiotics do not help, or other medications, like **isotretinoin** (Accutane), have poorly tolerated side effects or cannot be taken for medical reasons.

Photodynamic therapy (PDT) is an excellent alternative to traditional acne treatments for moderate to severe inflammatory acne and can produce long term remissions. PDT works by addressing the multiple causes of acne, which include an inherited tendency towards clogged hair follicles, overactive sebaceous (oil) glands and the growth of *P. acnes* bacteria that cause the inflammation. PDT kills the *P. acnes* bacteria, damages the sebaceous glands to reduce oil (sebum) production, and unclogs the hair follicles by causing the skin to shed or exfoliate following treatment. The treatment involves the application of a medication called **Metvixia** to the affected skin for 2 to 3 hours, followed by a 10 to 15 minute red laser or light treatment.

Patients develop some redness and swelling for 2 to 3 days after treatment, and a second treatment may be required 4 to 6 weeks later. PDT is a safe, non-invasive procedure that usually produces long term remissions from acne flares and also has the advantage of improving scarring that is already present.

For adults with persistent mild acne or periodic flares, a combination treatment using the **VBeam pulsed dye** and **SmoothBeam diode lasers** is recommended. The skin is treated after the application of a topical anesthetic (numbing) cream, and patients can apply make-up and return to work immediately. Like PDT, this combination laser treatment will also improve the appearance of the skin by reducing scarring and smoothing irregular skin texture.

Laser Treatments Reduce Acne Scars

In clinical studies performed by Dr. Kauvar, the combination of non-invasive fractional laser treatment and scar subdermal incision (subcision) produced excellent improvement in all types of acne scars. Fractional technology, including the **Palomar Lux 1540 laser** and the **eMatrix**, plumps up depressed acne scars by causing the skin to produce new collagen in areas thinned out by scarring.

These non-invasive devices use heat to create wounds in microscopic bits of tissue from the surface of the skin down to the deeper layers of the acne scars without creating open sores. The skin responds with its natural, self-healing abilities to repair the wound and build up new collagen. In more severe cases,

the skin is often tightly bound to the underlying tissue but can be released using the subcision technique. After administering a local anesthetic, a needle is inserted into the scar tissue to create tiny tunnels through the scar which enables those areas to expand with new collagen, thereby resulting in a plumper, smoother appearance.

Recovery from these procedures is limited to 3 days of redness and swelling. The fractional procedure is usually repeated for 4 to 5 monthly sessions for optimal results.

The “Mommy Makeover” Without Surgery

Along with your bundle of joy come skin and body changes that you may want to wish away. Here are some common post-pregnancy problems that can be easily and safely treated without surgery or down time.

Your Newly Acquired Muffin-top

Enjoy the benefits of **Coolsculpting®**, a totally non-surgical, clinically proven and FDA approved treatment that takes just one hour. Coolsculpting works by non-invasively freezing the fat cells — and no other healthy cells — beneath your skin to the point of elimination. The fat cells crystallize and die, and are naturally eliminated from your body during the course of a few months to reveal the new you. NYLSC was one of the first practices in the world to use Coolsculpting, and has extensive experience with this procedure. [Please see our special Fall promotion on our website.](#)



Stretch Marks

Stretch marks are most easily treated in the first few months that they appear, when they are still red. The **VBeam pulsed dye laser** is used to eliminate the redness and improve the skin texture. The treatment is painless and has no recovery time. For stretch marks that have already turned white, fractional lasers provide the best results.



Melasma or Chloasma

Commonly referred to as the “mask of pregnancy,” melasma often appears during pregnancy as symmetric tan or brown patches on the face, usually on the cheeks, forehead and lip region. **Illuminase™**, the widely acclaimed treatment developed by Dr. Kauvar, is a quick, painless laser procedure that can be safely used on all skin types. Dramatic results are usually seen after just 1 to 2 treatments in most patients.

Spider Veins

Spider veins of the legs often develop during pregnancy because of the high hormone levels and increased pressure on the legs from weight gain. Sclerotherapy injections can now be performed with less discomfort and risks using the new, FDA approved medication, **Asclera**. A tiny needle, the size of a hair, is inserted directly into the vein and the medication causes the vein to become inflamed and collapse. The damaged vein is naturally eliminated from your body in a few weeks. The physicians at NYLSC also use a variety of lasers for those who cannot have or do not want the injection treatment.



CUTTING-EDGE RESEARCH FROM NYLSC

Dr. Kauvar recently published 2 papers on the **Illuminase™** treatment for melasma in peer reviewed journals. One paper was published in [Lasers in Surgery and Medicine](#) in February and one was published in [Seminars in Cutaneous Medicine and Surgery](#) in June 2012.

Dr. Kauvar directed the Laser Course at the annual meeting of the **American Academy of Dermatology** in San Diego in March. At the annual meeting of the **American Society for Lasers in Surgery**

and **Medicine**, she presented research papers on the use of topically applied gold nanoshells for selective targeting of sebaceous (oil) glands with lasers and on a new, rapid-recovery fractional laser treatment called **Emerge**.

At the **Advances in Dermatology** conference held at Langone NYU Medical center in June, Dr. Kauvar discussed new and improved laser treatments for port wine stain and infantile hemangioma birthmarks. [More NYLSC news >>](#)

Maintain the Relaxed Look of Summer with Botox and Fillers

The frenzied time of getting back to work or sending children back to school can take its toll on how you look and feel. Studies show that treating your frown and forehead lines with **Botox® Cosmetic** or **Dysport®** can make you look and feel less stressed and improve symptoms of depression. A series of tiny, almost painless injections that take approximately 10-15 minutes will reduce wrinkles of the brow (frown lines), eyes (crow's feet), lips and neck. Treatment can be performed on your “lunch hour” since there is usually no recovery time.

While Botox® and Dysport® injections reduce expression lines, dermal fillers correct a different type of wrinkle and are an excellent complement to Botox® Cosmetic and Dysport® injections. **Restylane®**, **Perlane®** and **Juvederm®** are dermal fillers made from hyaluronic acid. This is a natural substance in our skin that plumps wrinkles and skin folds by attracting and binding water. Since the substance is natural, it smoothly incorporates into the tissue with minimal side effects. Results are immediate and can last up to 4-12 months, depending on the area being treated. Most people experience only mild swelling and occasional bruising. For those individuals with more sensitive skin, the discomfort can be eased by applying a topical numbing cream for 20-30 minutes before treatment.

Dermal fillers are used to treat laugh lines, lip lines and hollows under the eyes. They can also restore the softness and volume that is lost from the lips with age which sometimes causes a harsher, more severe appearance. The natural loss of facial fat over time and its displacement by gravity creates a tired, drawn look. **Perlane®** and **Juvederm®** are used to restore lost fullness in the cheeks or to restructure the face, by giving the appearance of a stronger chin or higher cheekbones.

Drs. Kauvar and Tzu are expert injectors and teach these techniques to other physicians. They can help you turn back the clock five to ten years by combining these injectable treatments with laser resurfacing or radiofrequency treatments to tighten and smooth your skin.

[Please see our special Fall promotions at **www.nylaserskincare.com**.](#)



NEW YORK LASER & SKIN CARE PROMOTIONS

SAVE ON FILLERS AND BOTOX® OR DYSPORT®

Look and feel relaxed when you are back at work! Receive \$50 off of any two syringes of botulinum toxin (Botox® or Dysport®) or hyaluronic acid filler (Restylane®, Perlane® or Juvederm®).

Now through November 30

HAIR REMOVAL SPECIAL

Receive 25% off your treatment on any face or body area. We can choose the best laser for your skin type and hair color combination with our four different hair removal lasers.

Offer valid now through November 30

FREEZE YOUR FAT AWAY

Remove your unwanted bulges without surgery! Treat any 2 areas with the new, completely non-invasive, Coolsculpting™ fat reduction technology and receive a 25% discount on the 3rd site.

Come in for your free consultation!
Offer valid now through November 30

SIGN UP FOR ONE OF OUR ONGOING CLINICAL TRIALS

The clinical research center at NYLSC is now enrolling volunteers for studies of new treatments for melasma, wrinkles, white hair, and hair loss in women. If you are interested in learning more about these clinical trials, visit our website at www.nylaserskincare.com or call us at 212.249.9440.

REJUVENATING SKIN CARE RECOMMENDATIONS



NYLSC is excited to introduce the new **Clarisonic PRO Sonic Skin Cleansing System**. Available for sale only by skin care professionals, the Clarisonic PRO features 4 speeds, a 3 year warranty, and includes a body brush with an extension for those hard to reach areas such as back, ankles and knees. Clarisonic PRO removes 6 times more makeup and 2 times more dirt and oil than manual cleansing. Effective for all skin types, including acne prone and sensitive skin, the Clarisonic PRO clears pores and reduces pore size, and cleanses so effectively that products absorb better.