

MICRODERMABRASION

BUZZWORDS:

Tones
Textures
Smooths

ACTIONS:

Improves the blackheads and whiteheads of acne
Reduces the appearance of fine lines, wrinkles and mild acne scars
Reduces pore congestion and pore size
Rejuvenates the skin's appearance via improved tone and collagen

Try microdermabrasion if you are looking for a less aggressive treatment that will brighten and refresh your appearance with no downtime. It's a wonderful choice for dull, lifeless or aging skin, and also for acne and pore congestion. The skin's appearance will be fresh, revitalized and smoother.

Microdermabrasion partially or completely removes the stratum corneum (*dead surface skin*) by means of light physical or mechanical abrasion in conjunction with vacuum removal. In essence, it is a form of skin polishing. Various kinds of grains or particles are used to buff away the top surface of the skin, removing dead cells. The skin is rejuvenated, with an increased glow and a reduction in pore size and in signs of aging.

The two microdermabrasion methods are crystal versus diamond.

CRYSTAL/PARTICLE: crystal microdermabrasion relies on tiny particles that are streamed onto the skin to perform the exfoliation process. The Parisian Peel system is the state-of-the-art medical version of particle or crystal microdermabrasion.

DIAMOND: diamond microdermabrasion operates without the need for crystals. Exfoliation occurs when the diamond-tipped head makes contact with the skin and gently abrades it.

The Skin & Laser Center recommends combining multiple treatments in a package for maximum benefit. Microdermabrasion can be performed in conjunction with other skin renewal procedures, including laser and light treatments and chemical peels.

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FERRARA DERMATOLOGY CLINIC

CHEMICAL PEELS & FACIALS

CHEMICAL PEELS

BUZZWORDS:

Depth of peel
Chemical solution

ACTIONS:

Chemical solutions used to exfoliate skin and follicle
The stronger the chemical, the deeper the peel

TARGETS:

Fine lines and wrinkles
Uneven pigments
Clogged pores of acne
Shallow acne scars
Sun-damaged skin
Age spots

A chemical peel consists of various solutions applied to the skin in order to remove dead cells and stimulate the production of new skin cells. A peel can improve the skin's smoothness while helping to freshen it and exfoliate follicles, leading to a more youthful appearance, especially when repeated regularly.

Peels are categorized as light, medium or deep according to the strength of the solution. We concentrate mostly on various medical-grade, light chemical peeling agents. These include various alpha-hydroxy acids, such as glycolic acid, which is stronger than in a non-medical spa setting, lactic acid, malic acid and citric acid, as well as BetaLift (beta-hydroxy) and retinoic acid (Vitamin A) peels. For medium-depth peels, we use Trichloroacetic Acid (TCA). At this level, however, we at the Skin & Laser Center generally favor Active and Deep FX.

Chemical peels produce reactions similar to mild, temporary sunburn: redness and peeling. They can range from minimal to more pronounced, depending on the aggressiveness of the treatment—a mutual decision by doctor and patient.

Looking for an introduction to Skin & Laser Center's services? A series of light chemical peels, microdermabrasions or ultrasonic facials, combined with a home regimen of skin products and protectants, provides an excellent starting point.

EPICUREN FACIALS

BUZZWORDS:

Gentle enzymes

ACTIONS:

Preliminary deep pore cleansing
Stimulation of capillary blood flow to the skin by means of herb and enzyme protein masks

An epicuren facial begins with a deep pore cleansing, followed by a series of herb and enzyme masks that nourish, replenish and energize the skin cells. The enzymes stimulate capillary blood flow to the skin, which increases the cells' ability to metabolize new, healthy cells. The result is a dramatic improvement in firmness, elasticity, texture and color and a more youthful appearance, with no down time.

Treatments are designed to be a vehicle for relaxation and pampering. They are an option for those who are looking for immediate, visible benefits and who either aren't ready for or don't need the more intense therapy provided by chemical peels. The deep yet gentle enzymatic activity is a valuable factor for promoting total skin health.

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FERRARA DERMATOLOGY CLINIC

ULTRASOUND FACIAL DERMAWAVE

BUZZWORDS:

Ultrasound

Facial exfoliation

Infuse creams and topical medications to the dermis

ACTIONS:

Ultrasound warms the dermal tissue, helping to improve blood flow, new collagen formation and skin firming

Ultrasound allows therapeutic skin products to penetrate more deeply into the skin

Ultrasound works the follicle to release debris, bacteria and excess oil

The ultrasound facial is an effective, non-aggressive treatment with no downtime. It improves the appearance of fine lines, minor skin damage and follicle issues such as clogged pores and excess oil. Ultrasound can be used to minimize the appearance of raised and depressed scars. It also penetrates the skin to deep-clean and hydrate it, as well as promoting collagen production and facilitating the absorption of creams and therapeutic lotions (*phonophoresis*).

In cases of microcystic and comedonal acne (*difficult whiteheads*), ultrasound can help loosen clogged pores. Vitamin C ultrasonic facials are particularly useful for helping infuse Vitamin C. Bleaching agents can also be infused to reach the level of the pigmentary problem (*melasma*). In short, ultrasound helps infuse whatever fluids used, whether it's Vitamin C, a bleaching agent or other retinols.

A series of treatments with continued applications is recommended to obtain the highest level of improvement. It's great when combined or alternated as a strategy with microdermabrasion and light chemical peels.

Although non-invasive and safe for all skin types, the ultrasonic facial is not advisable for people with pacemakers, active skin tumors, metallic implants or active infections.

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FERRARA DERMATOLOGY CLINIC

BOTOX

BUZZWORDS:

Relax the muscles of over-expression
Reduce frown lines and expression wrinkles
Simple, safe and non-surgical

ACTIONS:

A natural, purified protein relaxes the overactive muscles
Relaxes the muscles that cause wrinkles in motion
Results last between three and four months

Botox Cosmetic is a safe, purified protein which in low doses relaxes overactive muscles. This, in turn, diminishes frown lines and works particularly well between the brows, on crow's feet around the eyes and on areas of the forehead. Other, more advanced areas, are sometimes treated as well.

A ten-minute treatment consisting of a few tiny injections can diminish expression lines for up to four months. Discomfort is minimal or non-existent.

Botox' results are visible in as little as two to seven days. Individuals receive a customized treatment in terms of units needed and the look desired. Successive treatments can also be fine-tuned and perfected.

The injections achieve a cumulative effect, diverting the muscles from some of their habitual, excessive wrinkle-inducing movements. As a consequence, the use of Botox as a preventive measure has increased on young people.

Anyone in good health who wishes to reduce fine lines and wrinkles are candidates for Botox treatments.

Dr. Richard Ferrara, Jr. personally performs every injection at the Skin & Laser Center of Grosse Pointe. A board-certified dermatologist, he has consistently held the standard of **GOLD LEVEL** injector as defined by Allergan, the manufacturer of Botox. We strongly recommend that you seek an appropriately specialized physician in a medical facility to administer your Botox injections.

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FERRARA DERMATOLOGY CLINIC

FILLERS

RESTYLANE, PERLANE, JUVEDERM, EVOLENCE

BUZZWORDS:

Restore fullness

Lift lines and furrows

Fill skin defects and diminish unwelcome lines and wrinkles

ACTIONS:

Dermal fillers do exactly that: fill and restore volume, thereby reviving your natural beauty whenever you feel the need.

The process of filling can restore definition to areas such as the lips and diminish lines and wrinkles.

Derived from natural products such as collagen or hyaluronic acid, fillers are injected into the skin to lift the lip, wrinkle or fold. Once in the skin, the filler creates volume, resulting in a healthier, more vital appearance. Injections to the lips can restore a more natural and/or sensuous look.

Most commonly, it is possible to smooth and fill the folds around the mouth, cheek and lips. The furrow between the brows is also popular, and a combination of a filler with Botox can provide maximum benefit.

Since they occur naturally in the body and dissolve over time, these products are safe. The correction should last approximately six to eight months depending on the area treated, and can continue as long as a year. Due to the rich blood flow and movement in the lip area the correction lasts for a shorter interval.

Many patients opt for the added comfort of an anesthetic cream prior to injection. Others prefer an anesthetic block. These make the treatment minimally uncomfortable or relatively painless.

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FERRARA DERMATOLOGY CLINIC

INTENSE PULSE LIGHT (IPL) PHOTOREJUVENATION

BUZZWORDS:

Improving unwanted reds and browns

IPL

Intense Pulse Light

Photorejuvenation/Photofacial

ACTIONS:

Pulses of intense light pass through the skin, targeting unwanted redness and blood vessels, as well as the browns and pigmentation of sun damage.

TARGETS:

Rosacea

Flushing, red skin and capillaries

Sun-damaged skin, age spots and dark areas

Skin treatments involving Intense Pulse Light photorejuvenation can improve the appearance of sun-damaged skin on the face, neck, body and hands. IPL treats dilated and broken capillaries (*blood vessels*), age spots (*sun-induced freckles*), and mottling of sun-damaged skin. Treatments are brief and result in minimal or no downtime.

The length of the treatment varies between 15 and 40 minutes, depending on the size of the targeted areas. Afterwards the skin may appear temporarily flushed and dark spots may appear darker. However, a gradual decrease in redness, broken capillaries, flushing, irregular pigmentation and even pore size follows. After each treatment, the skin will improve, displaying a more even tone.

IPL works best when packaged in a series of treatments specially designed for your skin. The package typically consists of a series of four or five sessions. It combines beautifully with cosmeceutical products other aesthetic procedures, such as Botox and filler.

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FERRARA DERMATOLOGY CLINIC

PHOTODYNAMIC THERAPY (PDT) for PHOTOAGING & ACTINIC KERATOSES

BUZZWORDS:

PDT stand for photodynamic therapy
Levulan combined with light activation

ACTIONS:

Photosensitizers such as levulan are accumulated preferentially in abnormal fast-growing tissue and therefore are targeted with the application of intense light in the form of blue light (*Curelight*) or IPL (*Intense Pulse Light*). We usually start with blue light therapy.

TARGETS:

Sun-damaged skin (*actinic damage*)
Actinic Keratoses (*precancerous skin growths*)

The skin is prepped and levulan applied to it for a period of time, usually one hour. The light is then administered for a second defined period of time, typically eight minutes. This creates an interactive response. We expect the skin to become red and reactive and peel over seven to ten days. Each treatment performed will slough a certain percentage of bad cells from the skin to reveal better tone, texture and smoothness, with fewer precancerous growths and diminished potential for bad cells. It can also be considered preventative care against skin cancer.

Alternative treatments for actinic keratoses include liquid nitrogen applied to the individual lesions (*cryosurgery*) and various topical chemotherapeutic creams, such as 5-fluorouracil and aldera cream, which are available only by prescription. The advantage of creams and PDT is that they provide a field effect whereby the field is treated, not just the individual lesions. Treating the field reduces future skin misbehavior. These treatments are not mutually exclusive; sometimes they have to be combined sequentially for maximum response and benefit.

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FERRARA DERMATOLOGY CLINIC

CURELIGHT & PDT FOR ACNE

CURELIGHT ACNE TREATMENT

BUZZWORDS:

Blue light
Acne

TARGETS:

Acne-prone skin
Mild to moderate inflammatory acne

ACTIONS:

Using an intense wavelength of light (405-420) in the blue light spectrum works in the same way as an antibiotic to suppress bacteria (*P. acnes*) safely and effectively.

Curelight appeals to those who want to supplement topical medications but avoid or delay the use of oral medications. Less aggressive or therapeutic as photodynamic therapy, it can frequently help diminish acne with virtually no risk of down time. Curelight treatments are described as easy and relaxing. Most important, they are also painless and safe. The treatment consists of a series of visits, typically twice a week for a month or once a week for six weeks. Most patients—though not all—will enjoy improvement over time.

If Curelight does not improve your skin to the extent you hoped, there are other options you might consider. These include PDT (photodynamic therapy) or a medical consultation on managing acne through antibiotics, hormone therapy or oral retinoids such as accutane. All of them offer a level of acne management that will improve your skin.

PHOTODYNAMIC THERAPY (PDT) FOR ACNE TREATMENT

BUZZWORDS:

PDT is photodynamic therapy
Levulan combined with light activation

ACTION:

Acne therapy

TARGETS:

Helps retard the active acne process
Improves tone, texture and smoothness
Helps diminish acne's post-inflammatory redness more quickly

PDT for acne involves the sequential application of aminolevulinic acid (*Levulan*) and light (*Curelight-blue light versus IPL*) that targets and shrinks misbehaving sebaceous glands and follicles. Oil production diminishes and gland size reduces. The process begins with prepping the skin, followed by applying the Levulan solution for 30-60 minutes, and finishing with the application of a light source whose intensity can vary.

The ideal candidate suffers from acne that is not fully responsive to topical creams or gels, and either doesn't want to pursue or isn't doing well on oral medications.

Although improvement may occur after the first treatment, it generally takes three or four treatments to achieve significant, sustained results. These will range from noticeable improvement to complete clearing. Treatments are typically performed at three-week intervals. Patients must avoid sun exposure and expect redness and peeling for a few days afterward (*some reactions may resemble a sun burn*). Interestingly, the more red and reactive the appearance, the better the patient does. Such patients may even need fewer overall treatments.

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FERRARA DERMATOLOGY CLINIC

FRACTIONAL LASER RESURFACING ENCORE BRIDGE THERAPY ACTIVE AND DEEP FX

BUZZWORDS:

Fractional
Laser resurfacing
Laser peeling

TARGETS:

Wrinkles and fine lines
Pores and textural problems
Scars
Sun damage and uneven pigments and tones
Loose and sun-damaged facial, neck and eyelid skin

ACTION:

Laser beams vaporize the upper layers of damaged skin to a precise depth of penetration and in a fractional manner (*bridges of untreated skin*). Depth of resurfacing is adjusted based on the skin's condition and the desired effect.

Laser resurfacing consists of the precise use of laser light to help improve the skin. It is safe and effective for diminishing wrinkles, scars and pigment problems. It also unmask a better skin surface, with enhanced tone, texture, smoothness and tightness. Collagen is stimulated and enhanced to achieve continued improvement over a few months' time.

The improvements achieved in this procedure are quicker and more noticeable than in less aggressive options, but require about a week of downtime in order to heal. Topical creams and ointments help the healing process along. One treatment is more effective than several of the milder therapies. Although the benefits of only one treatment are obvious, laser resurfacing can be repeated.

If your goal is noticeable results in treating pigment changes, fine lines, wrinkles and skin laxity with minimal downtime, laser resurfacing is the ideal treatment for you.

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FERRARA DERMATOLOGY CLINIC

LASER HAIR REMOVAL

BUZZWORD:

Long-term solution for unwanted hair

ACTIONS:

Laser uses special light to pass through skin and target unwanted hair

With laser hair removal, you can say goodbye to shaving, waxing and messy depilatories.

In order to maximize the elimination or significant reduction of unwanted hair, several treatments are necessary. Each treatment reduces an additional portion of remaining hair, catching the individual hairs in their active growth cycle. Over the course of a few treatments, you will succeed in treating the majority of the hair in its growth phase, effectively eliminating it.

Great candidates include anyone who wants to reduce hair growth permanently on face or body: underarms, legs and bikini area for women; backs, necks, chests and even jaw lines for men.

At the Skin & Laser of Grosse Pointe, we can treat virtually all skin types, thanks to two of our lasers, each operating on a different wavelength.

The **LUMENIS LIGHT SHEER LASER** is a state-of-the-art laser for individuals with lighter skin and darker, unwanted hair.

The **CANDELA YAG LASER** operates at a longer wavelength, allowing us to treat individuals with darker skin, including African-American skin types.

Undergoing hair removal in a dermatology setting such as ours is the optimal choice for several reasons. First and foremost, there is a doctor on the premises who can answer any questions that may arise about hormonal influences on hair growth. We understand the various skin types we treat. Last, we can apply our unique abilities towards soothing and calming skin that has suffered any temporary after-effects from the laser.

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FERRARA DERMATOLOGY CLINIC

SKIN TIGHTENING

SKIN TIGHTENING

BUZZWORDS:

Non-surgical building and skin tightening
Improve looseness of the skin without surgery

TWO TOOLS:

Candela YAG Tissue Tightening—most popular
Thermage Thermacool—RF

ACTIONS:

Utilize laser, light or radiofrequency energy to stimulate the dermal layer collagen in order to rebuild collagen, create tightening and improve the tissue's firmness. Virtually no downtime.

The goal of the procedure is to bypass the upper layer of skin (*epidermis*) and stimulate the dermis, the home of collagen, which provides support and structure. This, in turn, promotes the long term building of collagen to produce firmer, younger-looking skin.

In general, the first treatment immediately yields subtle results which continue to increase over the next twelve weeks. Repeat treatments build this response. Therefore, depending on the individual's needs, better results may be obtained with a series of treatments.

If you're looking for a treatment that will reduce some level of looseness, offer long term improvement in collagen and enhance the skin's appearance with no down time, you would be an excellent candidate for skin tightening.

CURELIGHT NEAR INFRA RED (NIR) MODE

BUZZWORDS:

Photorejuvenation
Improved post-procedural healing

ACTIONS:

The deep, penetrating light (850-900 *uv*) releases nitric oxide, which enriches blood circulation and assists oxygenation. It also helps relieve inflammation and, in synergy with topical antioxidants, accelerates healing following a procedure, including facial peels. Skin is revitalized, resulting in a more youthful look. The process can be repeated as often as one to three times a week.

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FERRARA DERMATOLOGY CLINIC

VEIN THERAPIES

BUZZWORDS:

Facial and leg veins and capillaries
Lasers: Iriderm (532) and Yag (1064)
Intense Pulse Light (IPL)
Sclerotherapy

TARGET:

To diminish the appearance of unsightly blood vessels

ACTIONS:

IPL, laser and sclerotherapy are all tools used to diminish the appearance of highly visible blood vessels on various areas of the body. The area and level of involvement will dictate the best approach.

Treatment with either the Iriderm or Yag laser is usually the best option for defined, dilated vessels that occur on the face. The Iriderm works well on finer red blood vessels, while deeper, recurrent, more prominent or bluer vessels respond to the Yag. If the redness is global rather than discrete, IPL (*Intense Pulse Light*) is the right place to start. These treatments aren't mutually exclusive; a combination of the three may offer the most complete solution.

Treatment of leg veins generally targets spider and varicose veins less than three millimeters in diameter. Larger veins will require a referral to an appropriate specialist, which we will be happy to provide. We perform sclerotherapy and/or laser vein therapy for the legs using the Yag from Candela.

We will customize your treatment regimen based on our assessment of the appearance of your blood vessels. Generally, achieving the maximum benefit from the therapy will mean more than one treatment.

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