

Is Thermage safe?

Yes. Thermage has been improved and refined over years of experience with improved treatment methods and applicators of RF energy. With over 200,000 treatments performed worldwide, the safety record of this procedure has revealed very few adverse or temporary side effects.

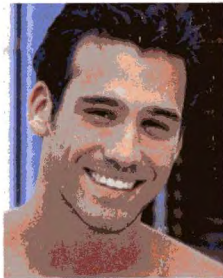
Is it painful?

Thermage can be performed without any anesthesia. Some patients may want some oral medication for the heat sensation. When the machine is pulsed, patients feel brief, mild to intense heat in the treatment site followed by the immediate cooling effect of the cryogen spray.

What kind of results can I expect?

Facial skin and the skin along the neck can be tightened providing a mild, non-surgical browlift or facelift effect. This treatment is often used for sagging jowls. The tightening effect may be used to firm up loose or sagging tissue in other parts of the body such as the abdomen or legs.

Most patients see results immediately. However, the results may be gradual over a three to six month period as the skin tightens and more new collagen is formed. Depending on the area treated, the skin laxity and your desired results, more than one treatment may be required.



How long will Thermage results last?

Treatment results last from 12 to 24 months. Your skin will continue to age as it has in the past and eventually you may wish to have another anti-aging procedure.



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Haberman
Dermatology & Cosmetic Center

Frederick Haberman, M.D.

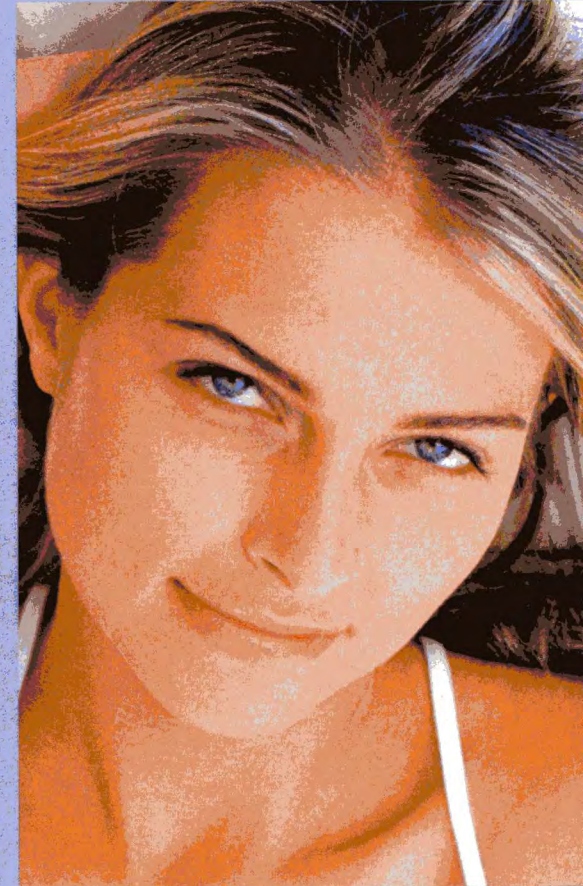
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THERMAGE™



Tighter skin
without surgery



Unlike prior generations, today's young adults are proactive about their health and appearance. They want to look as young as they feel. Our younger, more active patients are having the early signs of aging such as "crow's feet", frown lines

and smoker's lines around the lips treated in increasing numbers. They are requesting non-invasive, non-surgical procedures that have little, if any, downtime.

Now, you don't have to miss a thing. Thermage™, using the Thermacool™ system, is performed in our office, on an outpatient basis, to gently smooth fine lines and wrinkles without surgery, so you can resume normal activities immediately.

What is Thermage?

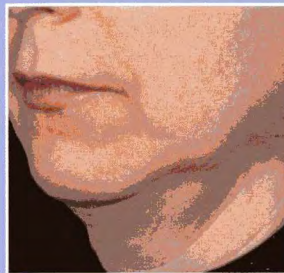
Thermage is one of the latest FDA-approved nonablative procedures for maintaining a youthful appearance. It is not a laser. It is a radio frequency (RF) system. The advanced Thermacool system incorporates a cryogen-cooling spray to protect the skin's outer surface while the RF energy heats and modifies the soft tissues beneath the skin. This causes the collagen to contract and tighten. Each treatment is customized through the system's computer to control the depth and degree of the heating process.

Choosing Thermage

You will want to explain to your physician the level of skin improvement you hope to achieve. The doctor will then review your medical history and examine your skin to determine if you are a good candidate for Thermage. Together you can discuss your options, evaluate your expectations and determine the best treatment for you. Photographs may be taken for comparison of your results.

The treatment

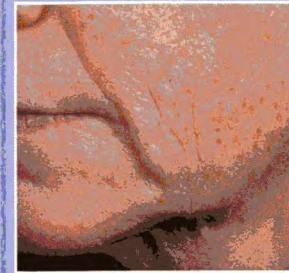
Our advanced, computer-controlled Thermacool system gives your physician precise control over the tissue tightening process. The cooling spray maintains the cool skin surface while the RF energy gently heats and modifies the soft, underlying connective tissues. The procedure is rapid and bloodless.



Before



After



Before



After



Before



After

Can Thermage be used on the body?

With the development of newer tips for Thermage, it is now possible to treat sagging or dimpled skin in areas like the legs, arms or abdomen. It may be used to even out irregular areas after liposuction. The treatment may take from 1-2 hours to treat a large area.

What are the benefits of Thermage over other procedures and surgeries?

- It is non-invasive. There are no incisions and no tissue damage.
- A level of control can be achieved that is difficult with other treatments.
- There is no bleeding or bruising and the risk of scarring is minimal.

What about recovery?

Basically, there is no recovery. You may resume all normal activities immediately. Slight redness may be seen for less than an hour and no more than 24 hours.

The full effect of your treatment develops over a few months following the procedure and can be expected to last for one to three years. As with any cosmetic procedure, the results can be expected to fade gradually over time, at which time the procedure can be repeated if desired.

Look years younger. Call our office and schedule your consultation.

How does it work?

The FRAXEL Laser is specially designed to alter only portions of the target skin tissue. Think of it as digital tissue editing. The FRAXEL Laser creates multiple, microscopic, subsurface thermal treatments. Together these micro-treatments cause a change in the collagen and elastin which gradually improves the appearance of your aging and sun-damaged skin. It also results in a healing process with very little, if any, downtime.

In addition, the FRAXEL Laser penetrates to a very precise, controlled depth, making the procedure safe and predictable, while reducing the risk of scarring or pigmentation problems.

Why choose FRAXEL Laser Treatments?

- FRAXEL Laser Treatments minimize the risk for causing bruising, bleeding, crusting or scarring.
- FRAXEL Laser Treatments provide a level of control that cannot be achieved with any other lasers.
- FRAXEL Laser Treatments require little, if any, recovery time.



How many treatments will I need?

Most indications seem to respond after only 3-6 treatments spaced about 7 to 28 days apart. The FRAXEL Laser produces a gradual remodeling of collagen under your skin's surface. Improvements in the appearance of your skin will continue for up to six months or more.



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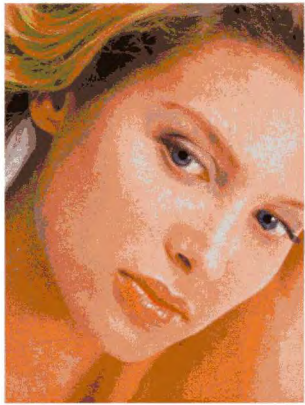
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FRAXEL™ LASER TREATMENTS



For a smoother, fresher,
younger-looking appearance!



About your skin

We were all born with smooth, baby-soft skin. As we go through life, skin is subject to numerous experiences that leave it less than perfect.

Some of us are lucky enough to escape these hazards, although time, heredity and gravity

are still doing their part to create fine lines and wrinkles, especially around the mouth and eyes. Over-exposure to the sun, alcohol use, and smoking are all known to significantly accelerate the development of these natural signs of aging.

Until now we have only had two laser options to treat aging and sun-damaged skin: ablative laser procedures and non-ablative lasers. Ablative lasers produced great results but came with significant side effects and prolonged recovery. Non-ablative lasers promised minimal recovery but provided less dramatic results — even after multiple treatments.

FRAXEL™ Laser Treatments

Using a new procedure called fractional photothermolysis, we are now able to dramatically improve skin texture, smooth out acne scars, improve pigmentation problems such as Melasma and brown spots, and reduce fine to moderate lines and wrinkles in just a few treatments with minimal or no downtime.

Using the FRAXEL Laser we can stimulate regeneration of the deeper collagen and elastin tissues while resurfacing about 20% of your skin's surface with each treatment. The FRAXEL Laser remodels the collagen within the skin without harming your skin's surface, while producing smoother, fresher, younger-looking skin with minimal or no downtime. The FRAXEL Laser provides all of the improvements associated with ablative laser procedures but without any significant interference with daily activities.



Before



After



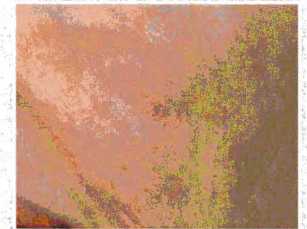
Before



After



Before



After

What is the treatment like?

First, the area to be treated is cleansed. For your comfort, a topical anesthetic ointment is applied to the treatment area. The anesthetic requires 45-60 minutes to take full effect. The doctor performs your treatment using an ointment as the contact lubricant between your skin and the computer's hand piece. The hand piece is gently guided across the skin like an airbrush painting your skin with micro-treatments beneath the surface of your skin. Treatments normally take about 20-25 minutes.

How will I look following my treatments?

Following FRAXEL Laser Treatments, fine lines around your eyes and mouth, uneven pigmentation and brown spots caused by the sun will fade away. Side effects are minimal and generally consist of a mild "sunburn" and some swelling. The swelling normally subsides in a day or so, while some redness may last for several days. Make-up can be resumed immediately and you may return to all routine activities.

**Find out if you're a candidate for FRAXEL Laser Treatments.
Call our office for a consultation.**

How is Laser Hair Removal different from electrolysis?

Electrolysis is a much slower process. With electrolysis a needle is actually inserted into each hair follicle, one at a time. Once inserted, an electric shock burns the follicle to retard hair growth. Laser Hair Removal uses the cool light of the laser to scan the treatment area and within minutes all of the hairs in the laser's beam are treated. Most patients who have had both procedures say that Laser Hair Removal is less painful, faster and more convenient.

What are the laser treatments like?

Laser Hair Removal is a gentle three-step process. First, we gently cleanse the area to be treated. Next, we shave the area. Then the area is scanned with the laser. The laser energy passes through the skin and is absorbed by the pigment in the hair follicle. In a fraction of a second, all of the treated hair follicles are disabled.

Treatments can last from a few minutes to a few hours depending on the size of the area being treated.

Following treatment

After your treatment, the area is cleansed and you can return to your normal activities immediately. Your physician may recommend that you use a specially formulated skin care product line or prescribe a skin care regime especially formulated for your skin type after laser treatments. The use of sun screen is recommended on any treated areas exposed to the sun.



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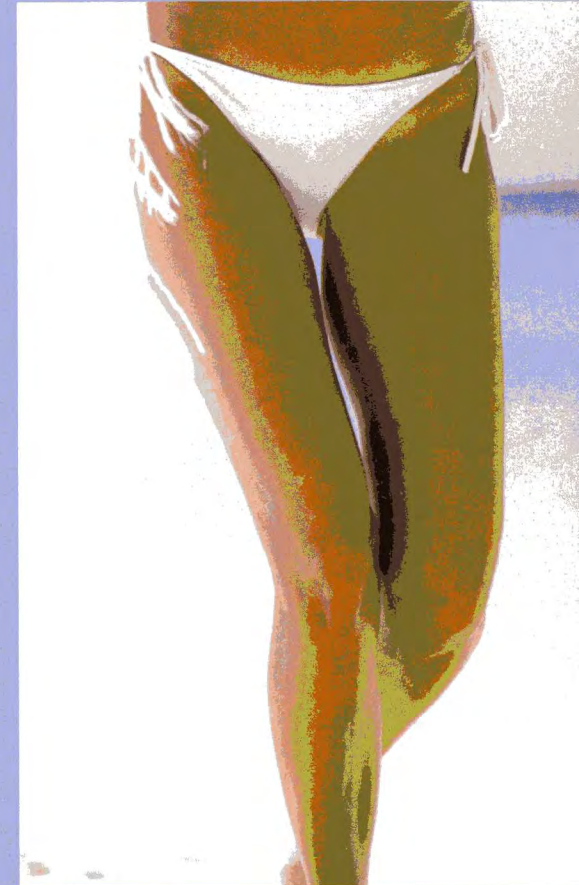
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LASER HAIR REMOVAL



For results that
last longer

For many men and women, unwanted hair can be a nightmare.

Getting rid of it can be painful. Until now the only options for removing unwanted hair were smelly hair removal creams, sharp razors, stinging wax or painful electrolysis needles. Our advanced approach to beautiful skin provides the ultimate solution. Now, men and women alike will be pleased with the results made possible by our Laser Hair Removal process.

What is the Laser Hair Removal process?

Laser Hair Removal uses a low-energy laser to gently remove unwanted hair, putting an end to routine shaving and waxing. This advanced technology transcends the older, painful hair removal treatments to deliver long-lasting results. Because the laser treats more than one hair at a time, it is possible to treat larger areas such as the back, shoulders, arms, legs and face. Laser treatments leave your skin looking and feeling smoother and silkier. Best of all, Laser Hair Removal treatments are a safe, fast, gentle, and effective alternative method for hair removal.



What are the benefits of Laser Hair Removal?

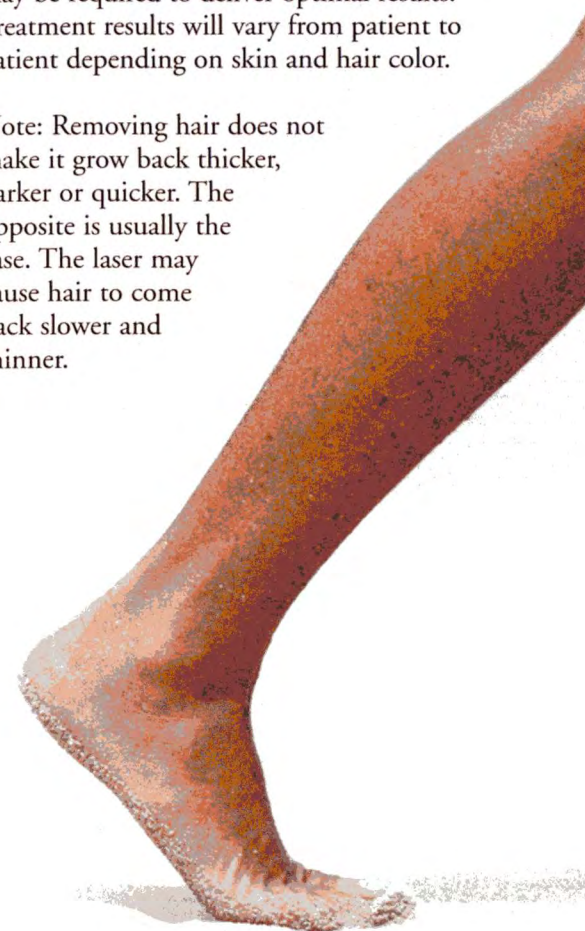
- Larger areas may be treated using lasers than with electrolysis, waxing or tweezing.
- It combines the speed of shaving with the lasting results promised by electrolysis.
- Laser Hair Removal is effective on almost any area of the body where smoother, younger, hair-free skin is desired.

How many treatments will I need?

The number of treatments you may require for optimal long-term benefits depends on the area you wish to have treated, the hair density and your hair's growth cycle. Your hair grows in cycles and many factors influence its growth. Age, ethnicity, weight, hormones, diet, medication and metabolism all play a part in your hair's location, thickness and resilience.

The laser slows the growing capacity of follicles in the growth cycle at the time of the treatment. Since some hair follicles may enter their growth cycle after your treatment, multiple treatments may be required to deliver optimal results. Treatment results will vary from patient to patient depending on skin and hair color.

Note: Removing hair does not make it grow back thicker, darker or quicker. The opposite is usually the case. The laser may cause hair to come back slower and thinner.



Find out if you could benefit from Laser Hair Removal. Call our office and arrange a private consultation with our laser specialists.



The Procedures:

Excisional surgery is the cutting away of scar tissue. **Punch grafting** is the removal of scar tissue and replacement with a graft of good, healthy skin.

Scar & wrinkle release is a minimally-invasive technique (also known as "undermining" or "subcision") that breaks apart depressed scars, deep creases, or fine lines with a special needle or instrument. New tissue is created that raises the scar or unwanted depression. It is also used to smooth wrinkles. The procedure takes about an hour.

Dermal filler injections are good treatments for shallow and deep scars. These fillers can be injected into the area of the scar, smoothing depressions. Results are immediately apparent. Patients usually require touch-up treatments every six months to two years.

Microdermabrasion can be likened to a superficial "skin polishing" using micro-crystals or a diamond-tipped handpiece vacuumed over your skin's surface to remove damaged skin cells.



These gentle treatments can provide noticeable improvement to scars. The treatments are progressive and are applied through a course of weekly sessions.

Chemical peels use a chemical solution to gently burn away in a controlled fashion the fine outer layers of the skin. The solutions are available in several strengths, depending on the degree of peeling desired. Healing of skin tissue can take from three days to three weeks. A new, smoother layer of skin is then formed.



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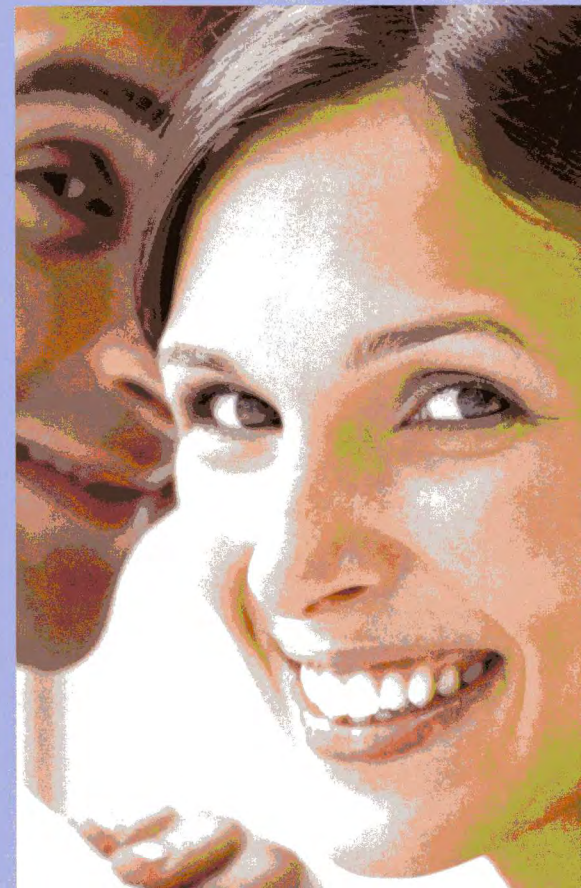
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FACIAL SCAR TREATMENTS



Repairing the damage



Throughout history, facial scarring has been a source of low self-esteem for men, women and children.

These scars can be erased or minimized with today's technology.

Facial scarring is usually caused by pervasive

cystic acne, trauma, burns, surgery or a result of aggressive chicken pox. Scars form as part of the body's healing process whenever multiple layers of skin are injured. Facial scars can negatively affect a patient's self-esteem, as well as their business and social life. Many of these patients seek treatment to improve the appearance or texture of their facial scars.

What are my treatment options?

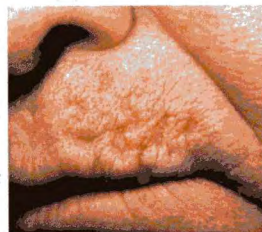
Today, doctors can choose from multiple treatment modalities. These options include excisional surgery, punch grafting, scar and wrinkle release, dermal fillers, microdermabrasion, chemical peels, non-ablative laser treatments, and laser resurfacing.

Which treatment is best for me?

During your conference with your physician, explain your goals and expectations of the treatment. Your doctor will assess the nature of your scars, your expectations and explain the probable outcome of your procedure.

Your doctor will prescribe the most appropriate treatment to achieve your expectations.

You may be shown several before and after treatment photographs of patients with similar scars, and your doctor will explain the procedure you can expect to receive and the results that you can anticipate.



Before



After



Before



After



Before



After



Before



After

Non-ablative laser treatments are not painful and there is no downtime. Most patients receive a series of about five treatments. Depending on the type of scar, improvement can be dramatic. The improvement is gradual and continues to improve even after the treatment stops.

Fractional skin resurfacing treats facial scars with the delivery of microbeams of light to form new healthy skin that is softer and smoother.

Laser resurfacing gives your physician precise control as the procedure gently vaporizes the damaged skin to reveal the smooth, fresh skin underneath. Scars are removed in a precise, rapid, bloodless fashion achieving excellent results. Laser scar removal can be performed with local anesthesia if limited areas are treated, while full face resurfacing is usually performed with the administration of intravenous sedation by an anesthesiologist. Both procedures may be performed in our doctor's office.

Your doctor will recommend the treatment or combination of treatments that are right for you.

To find out if you might be a good candidate for one of these procedures, please schedule an appointment with our office.