



## Aesthetic Dermatology

### Procedures and Treatments

Derm Haven provides a complete line of the latest aesthetic dermatology procedures and treatments for specific issues and areas of the body, including the face, neck, eyes, nose, lips, hands, chest, legs, arms and more. The guide below provides a description of each aesthetic dermatology procedure and treatment we offer.

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#### Acid Peels

Chemical, or “acid” peels rejuvenate skin by exfoliating dead cells, eliminating blemishes and smoothing away wrinkles and fine lines. Sloughing off skin cells by treating skin with a chemical peel allows regeneration, with fresh-looking skin to emerge that is more evenly textured and hydrated. Derm Haven offers acid peels of varying strength levels to address skin problems ranging from mild to moderate acne to dry skin, scars and enlarged pores. Recovery time for acid peels are usually less than a week and involve some redness, flaking or slight burning immediately following completion of the a peel. Because most skin can be safely treated with acid peels every four to six weeks, this treatment is an excellent, affordable method to maintain skin health and hydration while minimizing the appearance of blemishes.

#### AnteAGE MD®

Growth Factor Solution for microneedling contains pro-healing, anti-inflammatory growth factors and cytokines to be applied during the microneedling process. They are derived from laboratory culture of human bone marrow mesenchymal stem cells, the specialized cells that science has determined function as “command and control” of healing in all injured tissues. Synthesized human TGF-B3 is added to further reduce inflammation and promote less fibrotic, more fetal-like healing. Hyaluronic acid provides lubrication and is a powerful humectant that promotes rapid re-hydration and volume enhancement within the upper layers of the skin. AnteAGE MD products contain no cells or cell remnants. They are removed during ultrafiltration, the final step in the laboratory culture process.

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#### Botox® Cosmetic

Botox which is injected directly into many lines and furrows where its primary ingredient-BTX-A- inhibits release of acetylcholine, a chemical produced in the body that is responsible for muscle contractions. By blocking release of acetylcholine, Botox “freezes” muscles that form wrinkles and prevents them from contracting. Within a week of having Botox injections, recipients of this procedure will see lines start to soften and their skin adopt a firmer, smoother texture. Botox is also useful for treating hyperhidrosis, or excessive sweating, of the underarms and palms.

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#### Dysport®

A neuromodulator similar to the methodology and results produced by Botox, Dysport is specially formulated to relax and smooth lines and wrinkles in the same manner. However, Dysport differs from Botox because it’s onset is sooner and it can disperse farther allowing less injections overall. In some reports, Dysport has dramatically improved skin wrinkling within 24 hours of the dermis receiving an injection of the botulinum toxin Type A ingredient.

#### Diode Laser Hair

A session involves moving the laser hair removal device over the treatment area and activating it to send focused energy into the skin. Darker-pigmented cells in the follicles absorb the light emitted by the diode laser vaporizing the pigment and disabling several follicles at a time making this the most efficient hair laser method. Laser hair reduction works on a percentage of the follicles in a given treatment area each session. Each hair has a natural life cycle, which includes an active growth phase, a resting phase, and a phase that involves an old hair falling out and a new one starting to grow. In order to get the clearest skin possible, patients will need to have multiple treatment sessions spaced out over time so they can catch actively growing hairs that were resting during previous sessions.



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#### Erbium YAG 1064 laser resurfacing

Erbium is an isotope used in lasers, YAG stands for yttrium, aluminum, and garnet, and 1064 is the nm (or nanometers) corresponding to the laser wavelength. This laser is a safe and proven technology that has been effective in patients of all skin types. This is an ablative laser, meaning it will remove the top layer of your skin. The energy from the laser also penetrates the skin's surface, creating a rejuvenated, more youthful appearance by softening wrinkles and increasing collagen production. The Erbium YAG 1064 laser also treats pigment conditions, such as sunspots and freckles, as well as vascular conditions like leg and facial veins.

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#### Intense Pulsed Light Therapy (IPL)

IPL treatments dramatically reduce the visibility of many cosmetic skin issues such as age spots, fine lines, uneven skin tone, spider veins and port wine stains. Using an advanced type of broad-spectrum light technology that delivers therapeutic wavelengths of rejuvenating energy, In addition, intense pulsed light Intense pulsed light is much less downtime for your skin because it penetrates into your skin's layer without causing any harm to the upper layer (epidermis). Your skin's pigment cells convert the light energy into heat, and as a result, the heat clears up your spots and freckles by destroying the unwanted pigment.

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#### Jeuveau®

The most recent botulinum toxin, prabotulinumtoxinA-xvfs is made with state of the art technology using Hi-Pure Technology. This advancement takes additional measures to purify the protein, thereby increasing its safety. It is used only in aesthetics and works very similarly to Botox with the same amount of kilodaltons however with a quicker onset of action (~50% of patients in studies saw the start of improvement by day 2) to prevent the muscles from contracting and smoothes wrinkles fast.

#### Juvederm®

There are multiple Juvederm formulas in the product line, each especially suited for treating a specific sign of aging. All of them feature hyaluronic acid as their active ingredient, creating a gel that fills hollow spaces below the surface and provides significant hydration. A popular, injectable dermal filler Juvederm improves moderate to severe wrinkling and fills out unattractive nasolabial folds that appear as deep furrows extending from the mouth corners to the middle of the nose.

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#### KYBELLA®

An injectable treatment for adults that destroys fat cells to gradually improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called "double chin." Specifically, it is an injection of deoxycholic acid, which is a molecule that occurs naturally in the body. Deoxycholic acid plays a role in the bodily process of breaking down and absorbing dietary fat. For most people it will require more than one treatment but after we achieve the results you desire it is a permanent destruction of those cells.

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#### Microneedling

This procedure stimulates automatic wound-repair responses in the skin. Because the "wounds" made by microneedling are so small, the healing efforts not only repair the tiny punctures, but they also repair old injuries, sun damage, and signs of aging in the skin around each puncture. Patients will notice an improvement in texture and tone in the weeks and for months after their treatment. This procedure requires minimal downtime and can be done any time of year. The newly generated collagen will break down—as does all collagen—so periodic maintenance treatments would be required to maintain the results long-term.



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#### PDO threads

ThreadLift is a minimally invasive procedure that is used to tighten sagging skin around the face and neck. The procedure utilizes small threads made from polydioxanone (PDO); the same material used to create dissolving sutures. These very thin threads are inserted under the skin and are used to manually reposition the skin to create a tightening effect. The idea behind ThreadLift is similar to a facelift, but without the surgical removal of excess skin or surgical repositioning of the tissues beneath. The threads then dissolve over 3-4 months to create collagen in their place.

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#### Radiesse®

Smooth away moderate to severe wrinkles and nasolabial folds with Radiesse dermal filler, a biocompatible, non-allergenic, injectable volumizer formulated with calcium hydroxylapatite, a biostimulating molecule with similar properties to your own collagen matrix that infuses skin with a healthy, radiant glow. Radiesse works different than other dermal fillers to give structure to the face or when hyper diluted restores a youthful plump to areas that have become thin and hollow due to aging, weight loss or illness.

#### Restylane®

The Restylane family of products are injectable dermal fillers into the facial tissue for the correction of moderate to severe facial wrinkles and folds, or to augment areas. Containing rich, hydrating amounts of hyaluronic acid, Restylane incorporates “non-animal stabilized hyaluronic acid”, or NASHA, to infuse skin with nutrients necessary to create smooth, healthy, supple skin. Once injected into the dermis, Restylane instantly adheres to the skin’s water molecules, creating a volumizing effect that erases wrinkles, fills out folds and increases the integrity of lax skin while supporting with flexibility for natural movements rather than stiff volumization.

#### RHA®

The RHA Collection is Resilient Hyaluronic Acid, dermal fillers designed to move naturally with your facial dynamics. These innovative fillers are made using a gentle manufacturing process so they more closely resemble the natural hyaluronic acid (HA) found in the skin. Available outside the US since 2015 it is the most recent filler to the market here and features a robust 15mo duration while looking natural not stiff.

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#### Sculptra® Aesthetic

A lactic-acid-based biodegradable injectable that promotes collagen production for the reduction of wrinkles and folds. Although, improvement of wrinkled and elasticity loss may not be as immediately discernible with Sculptra Aesthetic, the benefits are gradual building of collagen rich skin which leaves no drastic changes detectable to others. The ingredients composing this biostimulator can prevent skin from experiencing degradation for up to 24 months. When the full benefits of Sculptra Aesthetic emerge after a couple of sessions, skin will look radiant, smooth and years younger than untreated skin.

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#### Tattoo removal

Q-Switched Yag/KTP laser. The Q-switched Yag laser uses dual wavelengths (1064nm/532nm) to remove a vast range of tattoo pigments. This laser represents a breakthrough for tattoo removal because earlier lasers could significantly lighten the skin for results that weren’t cosmetically pleasing. This laser can target different ink colors and is especially effective removing black or blue ink. During the treatment, pulses of laser energy penetrate the skin and break up the ink pigment. The body naturally rids itself of these tiny particles and the tattoo fades significantly and, in some cases, is virtually invisible.



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#### Vein Sclerotherapy

A minimally invasive treatment injecting a solution that damages the cells lining the inside of blood vessels. Ultimately, the targeted veins collapse and are replaced by healthy tissue. Sclerotherapy is best-suited for smaller, uncomplicated spider and reticular (“feeder”) veins. A typical sclerotherapy session is about 30minutes, depending on the extent of the treatment needed.

Eliminating unsightly spider veins on the legs and face can be accomplished painlessly and without injections using Laser technology as well. When targeted by laser energy, veins are heated to the point of collapsing and being rendered unusable. Soon afterwards, the body simply absorbs the veins so that the legs or face are no longer covered with spidery, bluish-purple veins. Patients need to wear compression stockings or support hose at all times for the first 3 days after the procedure, and then during the day for the following 2 weeks.

#### VERSA®

A homogenous dermal filler created using a state-of-the-art wet milling technology. This ensures that all of the particles are uniform and perfectly spherical. Results from such a filler include balance, smoothness, and just the right amount of volume. It has been found in some studies that swelling is 24% less common with Versa when compared to other dermal filler injections. The molecular weight of HA in Versa is also high quality, which means that it takes longer for Versa to break down compared to similar treatments and it comes in a generous 1.2cc syringe giving you more product to go further.

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#### Xeomin®

Xeomin is made through a unique precision manufacturing process that isolates the therapeutic component of the molecule and removes the complexing/unnecessary proteins that don't play an active role in treatment. Xeomin contains incobotulinumtoxin A, chemically different than the injectable dermal filler Botox, Xeomin not only reduces severe skin wrinkling and folding but is produces a softer face with more mobility for those who prefer a more natural look.