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New *Fraxel* FQR Skin Rejuvenation: Faster Recovery, Same Efficacy

Fraxel lasers have been a mainstay of skin rejuvenation treatments at SkinCare Physicians for years. They are superb at improving fine lines and wrinkles, removing brown spots and pigmentation, and enhancing overall skin texture. However, one of the limiting aspects of *Fraxel* laser treatments has been the recovery time, in some cases up to a week.

In our never ending quest to improve results while shortening recovery, our dermatologists have developed a novel protocol, *Fraxel Quick Recovery* (FQR), that reduces down-time to just a day or two. Patients achieve the same impressive improvement after a series of FQR treatments, but recovery is shortened



Before



After

dramatically. Following FQR, patients experience mild redness, occasionally some swelling, and rough skin texture for a few days, but most patients can put on makeup and go out the day after treatment.

The key discovery made at our practice involves new changes to the *Fraxel* laser settings we use to treat patients. Modifying just one parameter dramatically shortens recovery while preserving efficacy. Using our new protocol, two FQR treatments have on average about the same efficacy as one traditional *Fraxel*. Importantly, the cost of one FQR is approximately half that of traditional *Fraxel* laser treatments, so that patients do not incur additional expense. Come visit us to see how this exciting new FQR program can help improve your skin.

Introducing The New *Thermage* FLX For Skin Tightening

Thermage has been one of the most successful and reliable treatments offered at SkinCare Physicians for many years. We are able to predictably tighten skin of the face, jawline and neck in an easy, comfortable one hour procedure. Even skin of the abdomen can be tightened and smoothed!



Now *Thermage* has become even better -with the introduction of the brand new *Thermage* FLX machine. SkinCare Physicians is one of the first two practices in the United States to have this exciting new cutting-edge technology, which builds on the success we have had with *Thermage* since 1999 when our physicians performed the first *Thermage* procedure in the world. We have continued to improve results and the patient experience for nearly two decades, and *Thermage* FLX brings exciting new capabilities to us.

Thermage FLX dramatically shortens the

procedure time to 35 minutes, improves patient comfort with remarkable technology advances, and significantly enhances results. Several of the initial FLX patients commented that they looked smoother and tighter almost immediately after treatment. Jawline skin

looks snuggier, the cheeks look smoother, and skin of the upper neck becomes more shapely. One of the most exciting aspects of *Thermage* FLX is the preventive benefit. Since *Thermage* works by heating and tightening collagen, it can actually prevent skin aging. Patients who have a treatment at 2-3 year intervals will reduce skin aging and sagging as compared to those who are not treated.

Whether you want to prevent future sagging, tighten and smooth your face and neck, or smooth skin on your belly or other body areas, the improved *Thermage* FLX device can help. Please ask us about what *Thermage* FLX can do for your skin.

What's Hot: The Latest Updates

New Fillers That Last Longer!



In the last few years, there have been remarkable advances in soft tissue fillers. These products are used in some of our most popular procedures to improve wrinkles, deep folds and volume loss. *Juvéderm* expanded facial filler options

four years ago by creating *Voluma*, which restores volume to areas that lose their shape over time. It is especially useful for the cheeks. Last year, *Volbella* was added to our cosmetic arsenal. It is a delicate filler designed to improve small, thin lines such as those around the lips. *Vollure*, *Juvéderm's* newest product, improves moderate to severe wrinkles, particularly of the lower face. An advantage of the new fillers is that both *Voluma* and *Vollure* last longer than traditional fillers, sometimes as long as 18-24 months. The *Restylane* brand has also grown. *Restylane Silk*, for fine lines and wrinkles, is a favorite of our physicians. Even more recently, *Restylane Refyne* and *Defyne* became available. These fillers allow us more versatility when treating deep folds and wrinkles. They may also improve the appearance of lines when a face is in motion. By carefully selecting the appropriate fillers, the dermatologists at SkinCare Physicians are truly able to customize filler treatments for every individual patient.

Prejuvenate Yourself

Our very own, Dr. Kenneth Arndt, coined the term 'Prejuvenation'. This is the concept of catching the aging process early before lines and folds become ingrained and more difficult to treat. One of the easiest ways to start doing this is by having a treatment with a medication like *Botox*, *Dysport* or *Xeomin*. These similar products help to prevent and treat the wrinkles that are caused by muscle movement including forehead lines, frown lines between the eyebrows and crow's feet. It is a quick and convenient procedure with an excellent response rate that we have performed at SkinCare Physicians over 50,000 times.



Love Your Lips Again



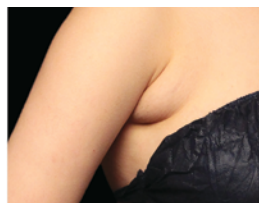
Are you starting to notice fine lines above your upper lip? At SkinCare Physicians, we combine cutting edge methods to address this issue. New fillers such as *Belotero*, *Restylane Silk* and *Volbella* were specifically designed to target fine lines, particularly those around the mouth. By adding non-invasive procedures to fillers, we are also able to encourage patients' own collagen to rebuild and naturally fill in lines. These sought-after procedures include *Pellevé* (a radiofrequency heat device) and fractionated lasers. Our latest innovation consists of placing a product called *Sculptra* on the surface of the skin following a gentle pass of our lasers. When *Sculptra* enters the skin via tiny channels created by the laser, the rebuilding of collagen is greatly enhanced. Let us design the perfect treatment plan for your lip lines.

Cellfina For Cellulite: Staggering Effectiveness That Lasts!

Cellfina changed the landscape for cellulite treatment, and we now have proof that results last for years. Our physicians performed the original pioneering *Cellfina* research, and recently saw patients at their 5-year follow up visit where the improvement was impressive. Patients were extremely satisfied, and their cellulite was nearly invisible a full 5 years after treatment. Other cellulite treatments offer subtle results that are temporary, but *Cellfina* is the only FDA-cleared treatment with superb efficacy and results that last for years. *Cellfina* is a one-time treatment with a quick recovery and predictable results. Cellulite improves within a few weeks, and continues to get better over time... a staggering observation and breakthrough for patients with cellulite. Visit us to find out what *Cellfina* can do for you.



Underarm Puffs And Other Small Bulges... Gone



Underarm puffs, full chins and other small fat bulges on the body can now be treated in a safe, non-invasive way with *CoolSculpting*. Treatments last under 45 minutes with no anesthesia and no downtime. Many patients have already enjoyed the

benefits of this effective technology on their stomachs and love handles. New applicators in a variety of shapes now enable us to capture hard-to-treat focal fat bulges on the underarm, chin, back and inner thighs. Our dermatologists have been at the forefront of the fat removing revolution and have nearly a decade of experience treating thousands of patients with *CoolSculpting*. If you have an area of grab-able fat that doesn't seem to budge, we can help.

A Giant Leap Forward For Atopic Dermatitis

Atopic dermatitis is a common itchy skin disease predominantly affecting children, but it can persist or start in adulthood. When severe, the itch can be non-stop. This leads to recurrent skin infections from scratching, as well as difficulty sleeping and concentrating. But a breakthrough treatment has recently been approved: *Dupixent*®



is the first biologic therapy for adults with moderate to severe atopic dermatitis not responsive to topical medications. The clinical trial results are astounding, with clear or almost clear skin achieved in 40% of subjects. Furthermore, itch levels dropped significantly in over half of the patients. If you or someone you know suffers from atopic dermatitis, SkinCare Physicians encourages you to schedule a consultation with one of our experienced world-renowned medical experts.

The Bulletin Board

9 Boston Top Dermatologists Are Right Here

Once again in 2017, SkinCare Physicians had a significant presence in the Boston Magazine's Top Doctors list. A remarkable 9 of our physicians made the 2017 list of 38 dermatologists, as well one in ophthalmology. Over one-quarter of the best dermatologists in the greater Boston area are right here at our practice, an evidence of our commitment to excellence.



What's Trending At SkinCare Aesthetics



Clear + Brilliant has become the #1 treatment at SkinCare Aesthetics this year. This easy anti-aging treatment is quick, affordable and most importantly effective. No surprise then that so many of our patients have added it to their skin care routine.

Clear + Brilliant is a gentle laser that refreshes your skin, regardless of your age, using a technology similar to *Fraxel*. It helps not only to prevent signs of aging, but also to recover and maintain your skin's natural glow, luminosity and smoothness. Treat yourself to *Clear + Brilliant* and see the difference.

Going Digital With Patient Records, Appointments And Bills

Many positive technology changes happened at our practice in 2017, from confirming your appointments with a simple tap on your smart phone, to paying your medical dermatology bill online. We also seamlessly transitioned to electronic medical records (EMR) using iPads to manage your care more efficiently and safely than ever before. EMR offers us the opportunity to decrease our charting time and increase our face-to-face time with you. And we are not done. We will introduce a secure patient portal system in the future. But, if you don't feel technically-savvy, you can still reach us by telephone.



Breakthrough In Skin Care Products



SkinCare Boutique is the place to get the most effective, cutting-edge products to bring home. This year we introduced SkinBetter Science, a product line backed by research and science. It offers innovative formulations that

effectively deliver anti-aging and rejuvenating benefits to the skin. One of them, Alpharet, includes two dermatologist-beloved ingredients, retinoids and lactic acid, in one product... a breakthrough! We also enhanced our offering with new lip products that patients love. SkinMedica's innovative HA5 Smooth and Plump Lip System helps to give your lips a more youthful look while hydrating them. Please visit our Boutique and shop for refills online. It is worth taking a look.

Training And Research At SkinCare Physicians



Nearly 60 fellows have gone through a year of intensive training in cosmetic dermatologic procedures at SkinCare Physicians. After using cutting-edge technology and gaining insights from many of our physicians, these Board-

Certified dermatologists start their career with increased confidence. You may know a few of them as they worked along with us to help care for our patients. What you may not know is their commitment to advancing dermatology and cosmetic surgery research while at SkinCare Physicians. Over the past two years, two of our fellows have received sought-after grants from the American Society for Dermatologic Surgery to study hard-to-improve skin conditions, including lip lines and melasma. Our doctors were thrilled to mentor them during their research, a wonderful way to support the career development of our junior colleagues.

Making A Difference In The Lives Of Others

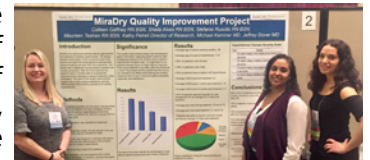


Dr. Travers received the 2017 IMPACT Melanoma Keeper of the Hope award for outstanding contributions to melanoma awareness.

Caring for others in our community has been a long-standing tradition at SkinCare Physicians. Our staff always come up with new meaningful ways to put their charitable spirit to work and involve everyone at the practice. For the past two years, our Christmas Giving Tree was overflowing with wrapped presents and generous gift cards for low income and homeless students at a local school. Our physicians are also devoted to making a difference in the lives of others by supporting causes dear to their hearts.

Our Valued Staff

At SkinCare Physicians, we couldn't be more proud of our terrific staff. Their love of learning, and superb training, allows them to enhance our patients' experience on a daily basis. They work with our physicians to remain at the forefront of dermatology innovation, and are an essential part of what makes SkinCare Physicians such a special place.



A New Year, A New Suite

Our practice is ringing in the New Year with a new suite on the second floor to meet the needs of our ever expanding Research Department and top-notch Billing Department. And, once we move into the second floor offices, we anticipate the opening of another new clinical suite on the third floor in the spring of 2018! This updated space will enable us to provide our patients with more services and more state-of-the art clinical care. We are excited to continue on this journey to make SkinCare Physicians and our 1244 Boylston Street address a destination location.



Our Mission

We strive to bring our experience and commitment to academic and clinical excellence to our practice through the latest in medical, surgical, cosmetic, and laser services. At SkinCare Physicians, we offer a broad range of treatments to our patients who have dermatologic, aesthetic, skin cancer, cutaneous, surgical or other medical or appearance-related concerns.

The mission of SkinCare Physicians is to deliver personalized service along with ethical, skilled, comprehensive care. Our renowned physicians offer a broad range of diagnostic and therapeutic procedures, providing patients with unparalleled service. This vision is the cornerstone of who we are and what we do.

SkinCare Physicians and our Affiliations

We are proud to have formal academic and teaching relationships with many of the preeminent teaching institutions in New England. Our doctors are nationally and internationally recognized for their leadership, and nowhere is this more evident than in their impressive array of academic appointments at major universities. Our affiliations include:

Yale University | Harvard University | Boston University | Tufts University | Brown University

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Aestheticians | Blepharoplasty | Botox/Dysport/Xeomin | Fillers | Cellfina | CoolSculpting | Kybella | MiraDry | Infini | Fraxel laser | Clear + Brilliant | Pellevé
Glycolic acid chemical peels | Hair transplantation | Laser hair removal | Laser removal of red & brown spots | Laser resurfacing | Liposuction
Microdermabrasion | Mohs surgery | Pediatric, adult, and geriatric dermatology | Photorejuvenation | Restylane/Juvederm/Radiesse/Sculptra/Belotero/Voluma/Volbella
Skin cancer surgery | Sclerotherapy | Tattoo removal | Thermage