

SKINCARE PHYSICIANS®

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Emerging From The Pandemic

One of the most valuable characteristics of SkinCare Physicians is our collaborative and innovative group of providers and staff members. Each individual on the team has played an essential role as we have battled through the COVID-19 global pandemic. From the initial decision to close the office in March of 2020, to the cautious reopening in May and ultimately the new long-term plan for safe operations, it has always been a team approach.



In the spring of 2020, both our COVID-19 and Infection Control task forces worked together to design new office protocols to keep our staff and patients protected, enabling us to safely keep our doors open. We make every effort to decrease waiting times and where possible, decrease exposure time for our patients and staff. We have also undertaken strict policies to sanitize our work areas and outfit our staff with PPE that goes beyond the minimal recommendations. Many of our staff are already vaccinated!

Our influence on COVID-19 protocols extends beyond SkinCare Physicians. Dr. Jeffrey Dover worked with infectious disease and plastic surgery experts on a seminal publication about safely re-opening dermatology practices in the midst of the pandemic.



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.

The status of the COVID-19 pandemic changes on a daily basis. SkinCare Physicians is committed to constantly monitoring it, following MA Guidelines, and rapidly enhancing our safety protocols as new information becomes available. We look forward to welcoming you and continuing our mission for exceptional, safe patient care.

A Little Pampering Can Go A Long Way

By now, many of us are familiar with the term "COVID Fatigue". The daily challenges we all face have had a measurable effect on all of us. Fortunately, our patients have found that cosmetic treatments can do a world of good for not only how they look, but also how they feel. Scientific research confirms that it is possible to feel a bit better by doing something positive for our appearance. At SkinCare Physicians, we work with patients to find the optimal fit that creates a natural, refreshed look without overdoing it. And it doesn't take a lot to make meaningful improvements.

Our most popular treatments have been injectable fillers - Restylane and Juvederm - as well as neuromodulators - Botox and Dysport. These safe and effective treatments can remove wrinkles and create a refreshed look in a few minutes. Thermage remains our most effective skin tightening treatment, and has been



especially beneficial in video conference calls. Thermage firms the cheeks/jawline/neck, and eliminates the sagging jowl look that can be so evident when looking at yourself on a screen. Our cutting edge Fraxel Quick Recovery (FQR) improves skin quality, texture and brightness, diminishing dark spots and repairing the skin surface with minimal down time. Our aestheticians at Skincare Aesthetics also

have a variety of treatments to improve skin quality with virtually zero down time. Dermaplaning, medical facials, Hydrafacials, and Clear + Brilliant laser treatments have been our most sought-after aesthetic treatments during the pandemic.

Whether it is just a little tweak, or something a bit more significant you have in mind, our dermatologists have options to create the perfect treatment plan for each individual.

What's Hot at SkinCare Physicians

98% Success With Thermage

Thermage was originally developed at SkinCare Physicians 20 years ago, and has stood the test of time as the leading skin tightening treatment not only at our office, but also across the nation. The newer Thermage FLX technology



developed over the past few years has significantly enhanced both efficacy and patient experience. This 45-minute procedure produces a firmer jawline and a tighter, more shapely neck with zero recovery time. Repeated approximately every 1-2 years, patients also enjoy the

preventive benefits of Thermage skin tightening. 98% of patients achieve success with Thermage, seeing an improvement in shape and tightening, as well as holding back the aging process by producing better collagen and elastic tissue to keep the skin firm and smooth for years. Thermage can also be used on the abdomen, thighs, and arms to add firmness and improve shape in selected patients. The key differences with Thermage at SkinCare Physicians, as compared to other practices, are the new FLX technology and the decades of experience we have developing the nation's leading Thermage algorithm to ensure success. We have robust COVID protocols in place to ensure a safe experience, and will be delighted to answer your questions about our skin tightening program.

A Solution For The 2020 Bulge

Have you noticed pockets of fat, which just don't seem to budge no matter how much you work at it? Or perhaps, 2020 took its toll on your regular exercise routine and you have a bulge that you would like to improve. Non-invasive CoolSculpting remains a popular and effective solution to improve areas of unwanted fat for many patients. For a decade, this procedure has been a mainstay at SkinCare Physicians. From the time that we participated in the initial research trials, CoolSculpting has been a reliable treatment for unwanted fat of the abdomen, love handles, upper back, upper arm, thighs and under the chin. Wondering if you are a candidate for CoolSculpting? Schedule a consultation.



Next Generation Of Cellulite Treatments

SkinCare Physicians is the epicenter for cellulite treatment and innovation. Following our ground-breaking development of Cellfina as the only FDA cleared treatment for the long-term improvement of cellulite, we are hard at work developing the next generation of technology. We have added injectable fillers utilizing the incredibly safe Sculptra filler to improve challenging cellulite dimples and create smooth contours. We often use Sculptra by itself, but in some cases with Cellfina. QWO is the newest FDA-approved cellulite treatment (also researched at SkinCare Physicians), utilizing injections of collagenase to gently break up the collagen fibrous septae that cause cellulite. Soliton is another company we are working with to develop non-invasive technology to reduce cellulite, and initial results are highly encouraging. These treatments are effective and long lasting, and are expanding our capabilities to safely and reliably improve the appearance of cellulite.



Fillers: Natural Results In Expert Hands

Fillers such as Restylane, Juvederm, Belotero and Teoxane continue to be favorites because they provide instant results. Their diverse applications include lessening folds and wrinkles around the mouth, restoring cheek fullness, improving undereye circles and gently plumping the lips. Their uses continue to expand, and recent advances allow us to create natural contours with superb safety and efficacy. Choosing the best product for a certain location on the face is essential in order to obtain beautiful, natural looking, and long-lasting results. New fillers are constantly available and the highly experienced dermatologists at SkinCare Physicians are skilled in determining which filler is the best option for a patient. Ask us if fillers may be helpful for your aesthetic concerns.



truSculpt Flex For Muscle Sculpting And Toning

Looking to achieve that long-sought after 6-pack, or firm up your abdomen and thighs? Muscle



Photos courtesy of S. Ronan, M.D.

sculpting is the latest addition to our body contouring arsenal. truSculpt Flex is a non-invasive device which causes muscle contraction, leading to improved definition, tone and strength. During a short one-hour session, up to 8 applicators can be applied to different muscle groups. The initial 3-week phase includes twice weekly treatments with subsequent maintenance sessions from as often as monthly to as infrequently as every 6 months depending on a patient's goals. truSculpt Flex is an excellent way to achieve well-defined muscles. It can also be an important tool for strength-building at any age... especially given how difficult it can be to get to the gym for regular strength training. And, when paired with fat-reducing procedures such as CoolSculpting, truSculpt Flex may be your answer to achieving that elusive body shape and muscle tone.

The Bulletin Board

Anxious About Breaking Out Under Your Mask?

You are not alone! Frequent mask wearing and repeated friction on the skin may obstruct your sebaceous glands, causing acne AKA "maskne". To keep maskne at bay, (1) wash your fabric mask after each use, (2) clean your face using a benzoyl peroxide wash once you're home, (3) apply a gentle



oil-free moisturizer to repair the skin barrier, (4) avoid new harsh skin treatments as masks may further irritate your skin, and (5) avoid

makeup under your mask as it may further occlude your sebaceous glands. If you can't keep maskne under control, it may be time to visit your dermatologist. Other conditions may also lead to a rash underneath your mask including irritant dermatitis, allergic contact dermatitis, or perioral dermatitis. The good news is that these skin conditions respond well to treatments and we can help.

Clear + Brilliant Gives A Boost To Your Skin

After a tumultuous 2020, if you are starting to feel like your skin needs a boost and are looking for a procedure with minimal down time, consider having a Clear + Brilliant laser treatment with one of our Advanced Dermatology Spa aestheticians. This treatment is



helpful to improve the appearance of fine lines and skin tone, as well

as lessen the appearance of pores. If your main concern is discoloration from freckles or age spots, Clear + Brilliant can help with this as well. In addition to treating aging skin, this laser can also be used as part of an anti-aging preventative strategy, particularly when paired with other treatments for wrinkles and skin looseness. Next time you are visiting with your SkinCare Physicians provider, consider asking whether an anti-aging program is appropriate for you, or schedule a consult with one of our cosmetic dermatologists for a more in-depth anti-aging strategy.

See Your Dermatologist From The Comfort Of Your Home

SkinCare Physicians is now offering secure telemedicine visits to evaluate and treat your skin concerns, including acne, rosacea, eczema, psoriasis, rashes, and even some concerning lesions. Our dermatologists can also do some

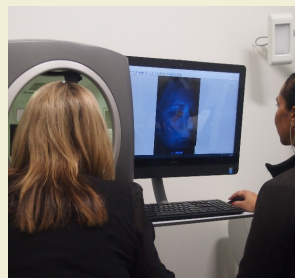


cosmetic consults via telemedicine. These virtual visits are just like an office appointment with your trusted dermatology provider, but use a mobile

phone, tablet or laptop from the comfort and safety of your home. Online appointments are easy to set up, usually covered by insurance, and available within a few days. Telemedicine is also an excellent option in the setting of inclement weather. See you online soon.

SkinCare Research Continues Amidst The Pandemic

Our team at SkinCare Research has been absolutely remarkable through this pandemic. They have successfully carried out numerous clinical research trials on many ground-breaking new treatments, all while safely maintaining the strictest COVID safety standards in the nation. Research and innovation



are at the heart of SkinCare Physicians, and help to reliably and scientifically expand the collective knowledge and skill

set of physicians around the world. Continuing with that mission has been central to SkinCare Physicians, and we are working hard to maintain the highest scientific integrity in the face of this challenging pandemic. Cellulite, fillers for facial shaping and wrinkle reduction, innovative neurotoxins similar to Dysport and Botox, skin rejuvenation, non-surgical fat removal: these are some of the fascinating areas that our SkinCare Research team continues to work on. If you are interested in becoming a subject in one of our research trials, please give us a call at 617-848-1638.

So Many Top Doctors, A Dependable Standard

In a challenging year for our community, having 9 of our physicians recognized again by their peers in Boston Magazine's 2021 Top Doctors list is a reassuring constant. Now more

than ever, this recognition is a tribute to SkinCare Physicians' continued commitment to bringing the most comprehensive, safest and highest quality medical, surgical and aesthetic dermatologic care to our patients.



While everything has changed around us, our dedicated doctors and staff remain true to our practice's core value: being industry leaders in caring for our patients and each other.

Innovative, Budget-friendly Skin Care Products

This year we introduced our new scientifically-based SkinCare Prescription products with attractive and reasonable prices, including age-defying eye, face and body creams. Custom-designed by our dermatologists, with innovative ingredients that we hand-picked, these products can be incorporated easily into everyone's daily skin care routine. They work alone or in combination with prescribed medication or in-office procedures.

You can shop for SkinCare Prescription products in the comfort of your home. Head over to our online store (store.skincarephysicians.net), and discover the full range of our favorite products to address all your skin care needs.



SKINCARE PHYSICIANS®

1244 Boylston Street, Chestnut Hill, MA 02467



Dr. Kenneth
Arndt



Dr. Jeffrey
Dover



Dr. Michael
Kaminer



Dr. Robin
Travers



Dr. Thomas
Rohrer



Dr. Jeffrey
Sobell



Dr. Karen
Kim



Dr. Brooke
Sikora



Dr. Laurel
Morton



Dr. Tania
Phillips



Dr. Katrinka
Heher



Dr. Kay
Kane



Dr. Prasanthi
Kandula



Dr. Mitalee
Christman



Kelly
Buchanan,
PA-C



Kathleen
Brodt,
FNP-BC



Colleen
Gaffney,
FNP-BC

SKINCARE PHYSICIANS®

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.

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, and Brown University.



SKINCARE PHYSICIANS®

1244 Boylston Street
Chestnut Hill, MA 02467
Phone: (617) 731-1600
Fax: (617) 731-1601

www.skincarephysicians.net



@skincarephysicians

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