

SKINCARE PHYSICIANS®

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Anti-Aging Injections: Maximizing Results

Injectable fillers are a central component to many high-quality anti-aging treatment plans, and our dermatologists often get asked whether all injectable filler products are the same. The simple answer is no, while the more complicated answer is that each filler has important, beneficial and unique properties. Some are thin, others are more robust, a few are injected deeper, while several delicate fillers are administered more superficially. Each of these properties enables our expert injectors to create customized results for

our patients by choosing the right filler.

Fillers are incredibly safe liquids or gels that can be injected to smooth wrinkles, contour cheeks and jawlines, and enhance lips. Importantly, the safety and efficacy of injectable fillers is predicated on their precise placement by skilled injectors, and all SkinCare Physicians' injectors are board certified dermatologists with a detailed knowledge of skin and facial anatomy. We also perform many of the FDA-monitored research studies for the safety and efficacy of these fillers, so we have advanced first-hand experience with most fillers.

Our dermatologists use fillers with Botox, Dysport or Daxxify to create predictable and natural results for all of our patients. It is obvious that every treatment should look natural, and many of us wonder why we see so many individuals looking odd or distorted after cosmetic injections. These unnatural outcomes are not the fault of the filler (or Botox), but are directly



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.



related to the skill set of the injector. Our dermatologists have over 150 years of combined experience in cosmetic dermatology, and are recognized internationally as leading experts. This is why so many people travel long distances to have their treatments at SkinCare Physicians. Come see us.

Fraxel Is Your Friend: From Brown Spots To Skin Texture

Every day at SkinCare Physicians, we strive to help patients refresh, rejuvenate and revive their skin. We understand that each patient's goals are unique... it may be a desire to even skin tone, or minimize the appearance of brown spots and sun damage. Perhaps the goal is improving acne scars, fine lines and wrinkles, or slowing the aging process. The Fraxel laser is one treatment that is so versatile, it can address each of these concerns.

Worried about brown spots? Fraxel Quick Recovery (FQR), designed by SkinCare Physicians, is our most popular treatment for brown spots – especially on the face, neck and chest. FQR can be tailored to an individual's treatment goals and recovery time constraints. Unlike a classic Fraxel treatment which often requires a week of down time, FQR recovery is between



2-4 days. A series of 2-4 FQR treatments can significantly diminish discoloration and even skin tone. This procedure can also improve pre-cancerous lesions called actinic keratoses.

Worried about acne scarring and skin texture? Fraxel has been a reliable device for acne scarring for nearly 20 years. The laser creates micro-thermal zones of tissue injury without damaging the surface of the skin, thereby stimulating collagen. This mechanism of action remodels the outer layer of the skin so that skin appears

more like normal skin. It also has an ability to improve the appearance of fine lines and wrinkles that develop as we age and worsen with sun exposure.

Visit with a SkinCare Physicians specialist to see if our favorite laser treatment is right for you.

What's Hot at SkinCare Physicians

RF Microneedling: A New Favorite

Treatments that incorporate radiofrequency and microneedling (RF microneedling) have become a staple at SkinCare Physicians in the past few years. One useful quality of these interventions is their versatile nature. When carefully chosen, they can lead to improvement of skin looseness, fine lines, wrinkles, and even acne scarring. During RF microneedling, heat is delivered through tiny needles that



puncture the skin in a safe and controlled fashion. This heat triggers a wound healing response that boosts collagen and elastin formation. For best results, we recommend a series of three monthly treatments with less than one week of mild recovery after each session. RF microneedling has been particularly helpful for patients bothered by looseness and horizontal lines of the neck. We have several devices to choose from depending on the patient's goals: Morpheus, Legend and Genius. Please come in to discuss whether one of these treatments may address your specific concerns.

NEW! Brella SweatControl Patch

Brella SweatControl Patch is a brand new, non-invasive treatment for frustrating underarm sweating, also known as hyperhidrosis. Following ground-breaking research at SkinCare Physicians, the Brella Patch received FDA clearance in April 2023 and we are among the first practices in the country to offer this prescription treatment. During a short in-office procedure, the patch is applied to the underarms. Sodium in the patch interacts with water on the skin, generating a small amount of heat that creates focal injury to the sweat glands and inactivates them for a time. Most people report decreased sweating that lasts for 2-4 months after the treatment. Our dermatologists have multiple medications and procedures to address underarm sweating, and Brella provides a terrific option for patients seeking months-long improvement.



Standing The Test Of Time: Thermage Skin Tightening

Our physicians performed the first-in-the-world Thermage treatment over 22 years ago, and it remains our most popular and reliable aging prevention and skin tightening treatment for the face. A simple 60-minute non-invasive procedure (with zero recovery), produces 1-2 years of noticeable rejuvenation. Our patients love the ease and predictability of Thermage. Our providers use several other skin rejuvenation procedures including Sofwave, Legend and Morpheus depending on your skin, but the key is to start early. These treatments excel at aging prevention. Our own Dr. Arndt coined the widely used term "prejuvenation" to highlight the importance of early anti-aging intervention, and nowhere is this more important than on the face. We can also apply our skin tightening technologies on select areas of the abdomen and legs, so ask us how we might be able to help.



Cellulite: Dimple Smoothing Made Easy

We have pioneered a new generation of cellulite treatments, which can effectively smooth ripples and dimples. Avéli and Resonic were co-invented at SkinCare Physicians, and are the only cellulite procedures available with results that last many years. Resonic uses high-tech sound waves to tighten skin and eliminate the small fibrous bands under the skin that are the hallmark of cellulite. A single 60-minute non-invasive Resonic session improves the appearance of cellulite in over 90% of patients with zero recovery. Avéli uses a proprietary device to reach under the skin and find the fibrous bands, directly eliminating the source of cellulite with exquisite results. Dimples diminish, buttock shape improves, and skin looks smoother after this one-hour minimally invasive procedure. Recovery is rapid, and patients are thrilled with the outcomes. Additionally, Sculptra is a high-quality biostimulator injection that smoothes uneven cellulite dimples. A series of 2-3 treatments produce natural outcomes that can last for several years. Using this multi-modality approach, our physicians are the world's leading experts in cellulite therapy. Ask us how we might customize a simple treatment plan to help improve your skin.



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Avéli cellulite treatment

A New Laser Treatment For Acne

Acne affects the vast majority of individuals, but some patients suffer from particularly difficult-to-treat acne. When medications have failed or can no longer be used, there is a new laser option available to our patients. AviClear is a laser device that targets acne at its source by suppressing sebum production from sebaceous glands. The treatment protocol consists of three monthly sessions. As a laser procedure, AviClear avoids the systemic side effects seen with oral medications, though it is an out-of-pocket procedure. When a good skin care routine and carefully chosen prescriptions are not successful, patients may be candidates for this highly effective laser treatment. Visit our dermatology providers to learn if AviClear is an option and to discuss the risks and benefits.

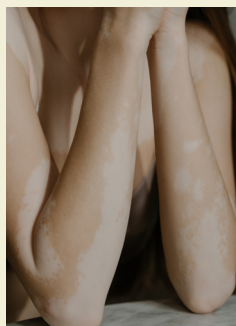


Before AviClear
Courtesy of Dr. J. Fromowitz

The Bulletin Board

Big News For Vitiligo!

The first FDA-approved drug to treat vitiligo (patchy depigmentation of the skin) is now available! Opzelura cream 1.5% is a topical JAK inhibitor that works by reducing the inflammation in vitiligo responsible for damaging the pigment cells of the skin. Two large studies revealed one third of subjects achieved at least 75% facial repigmentation by 24



weeks. Although the cream was well tolerated, boxed warnings commonly attributed to oral JAK inhibitors appear in the Opzelura package insert. To help put this into context, come in for a consultation with

one of our skilled and trusted providers to discuss whether this new exciting treatment might be right for you.

Getting Melasma Under Control

Melasma is one of the most stubborn incurable and distressing chronic skin conditions, but fortunately we have new treatment options. Recognizable by



its irregular brown patches on the cheeks, forehead and upper lip that darken during summer and fade in winter, melasma tends to impact

women with deeper skin tones, but also men. Our dermatologists have developed an evidence-based treatment approach to help patients control it over time. Once we have an accurate diagnosis of melasma and its depth, we propose a treatment plan that may rotate topical medications, oral prescriptions (for severe cases), chemical peels and low energy laser therapy (for already under-control melasma). Additionally, strict sun protection including wide-brimmed hats, UPF clothing and tinted sunscreen is essential. You will know your melasma is under control once you're wearing less make up! If you think you have melasma, please schedule a consultation with us.

10 Top Doctors At SCP

Year after year, most of our physicians receive Boston Magazine's Top Doctors honor. 2023 was especially remarkable as Dr. Sikora and Dr. Morton joined 8 of their colleagues by earning a spot on the list for the first time, a testament to their expertise, extensive experience, and top-notch patient care. When you visit our dermatology office for medical or cosmetic skin concerns, you benefit from our combined dermatologic knowledge and skills, state-of-the-art technology, and innovative treatment options. Come experience the highest standard of dedicated patient care in New England.



Training The Doctors Of The Future

Every year, we have well over one hundred applicants to our Laser & Cosmetic and Mohs Surgery fellowships, where we have trained over 70 fellows in the past 25 years. Our fellows are MDs who have completed 4 years of medical school, 4 years of residency, and have taken their board exams. This year's enthusiastic fellows, Dr. Nicole Salame and Dr. John Peters, are spending an additional year of advanced training at SkinCare Physicians to gain cutting-edge clinical skills, conduct research, and establish lifelong connections with all of us. We look forward to their invaluable contributions to our patient care, innovation, and academic projects.



SkinCare Research Under Superb Leadership

SkinCare Research has hit new highs this year! Under the superb leadership of our new research coordinator, Joanna Barbosa, we have both improved and expanded our research capabilities. Our research department has performed over 9 studies, and played a leading role in FDA-monitored studies for novel injectable fillers, neuromodulators, and

skin rejuvenation techniques. SkinCare Physicians and SkinCare Research have always been at the global forefront of clinical cosmetic dermatology research, and we are excited for the many new advances that lie ahead in the coming year.



SkinCare Aesthetics Is Growing

Maria Alfeo, one of our long-time medical assistants, took on a career challenge and has become our fourth licensed aesthetician. Working with our physicians for nearly 20 years, Maria has extensive knowledge of skin care and aesthetics, as well as superb patient care skills. While our providers gave her the confidence and inspiration to advance her career,



Maria realized her dream through her determination. Like our other aestheticians, practicing her new profession at SkinCare Physicians allows her to provide her patients with medical-grade

products and treatments. Visit her soon... she will help you look and feel great!

Retinol: Your Skin's Best Booster

A retinol or retinoid is the best thing to apply at night to stimulate collagen, prevent fine lines, and rejuvenate your skin. We suggest beginning with over-the-counter retinols such as the ones available in our Boutiques. While stronger retinoids like tretinoin are extremely effective, they require a prescription and may be more irritating to the skin.

Additionally, retinoids can help reduce acne breakouts. For best results, start using a

retinol at the first signs of aging in your 20s or 30s. Remember however, that they work gradually, requiring patience. Be sure to discuss retinols with us during your next visit.



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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.



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