



LASER-FOCUSED

With so many advancements in laser technology, the most effective, natural-looking enhancements often come in a customized cocktail of cosmetic treatments. Here, **Dr. Bertha Baum**, the board-certified dermatologist and cosmetic specialist behind **Hollywood Dermatology**, shares some insight.



The technology surrounding lasers continues to advance," says Dr. Baum. "Some new ones combine microneedling and radiofrequency, giving the skin not only a glow, but a tightening glow."

Baum prefers to stack treatments during the same visit, as mixing the right procedures over the recommended period of time can address even the most stubborn problem areas. "Patients sometimes get their superficial veins treated on the face with a pulsed dye laser, and that same day, they have their sunspots treated with a resurfacing laser," she says. "A patient may expect to be treated with lasers three to five times. When we are more aggressive with the setting, in two to three sessions, the results will improve dramatically."

Baum says to expect to spend about 15 to 20 minutes in the chair during the laser treatments, and downtime is

always to follow. While reactions vary depending on the individual, in general, patients can expect some redness on the day of the procedure and some changes to the color of lentiginos or sun spots, as well as to the blood vessels.

The layering continues outside the office with topical products that complement the effects of longer-term treatments. "I always pair my treatments with skin care regimens because they go hand in hand," Baum explains. She also insists that you leave her office with a dermal repair cream, a healing post-procedural cream and a very necessary broad-spectrum UVA/UVB sunscreen (she prefers mineral-based formulas).

And you don't have to wait to reap the benefits. "We now really push for prevention," Baum says. "Even if you are in your 20s, there are treatments we can recommend."

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SEASONAL UPGRADES

Dermatologist-to-the-stars **Dr. Leslie Baumann** of **Baumann Cosmetic Dermatology** discusses the season's new and must-try skin treatments.

VOLLURE

BEST FOR: Anyone who wants to make their lips fuller or add volume to their cheeks.

THE TREATMENT: Vollure is a new hyaluronic acid (HA) dermal filler that is used to enhance the lips, cheeks and jaw line.

THE RESULTS: Vollure is softer than other HA fillers, but longer-lasting—about 1.5 years. The best thing is that it is easily reversible with a naturally occurring enzyme. It also swells less than other fillers.



ESKATA

BEST FOR: Anyone with seborrheic keratosis (SK), the flesh-toned, brown or black "barnacles" that occur on our skin in sun-exposed areas. They differ from moles because they feel like sandpaper when you touch them.

THE TREATMENT: Eskata is a 40 percent hydrogen peroxide gel applied in the office, usually twice a month.

THE RESULTS: The SKs turn into little scabs that come off in seven to 14 days.



KYBELLA

BEST FOR: Anyone with excess fat, but best for areas the size of a fist. Men are coming in droves to get rid of their double chins.

THE TREATMENT: Kybella is not new, but it deserves a mention. It is injected into fat to dissolve stubborn areas. Treatments are once a month, for three to four months. Downtime is two weeks of swelling under the chin area.

THE RESULTS: You will look a bit like a frog for at least three days, but once the fat goes away and the skin tightens, you will have a much better jaw line.

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