LIPOSUCTION AND BODY SCULPTURE

Completely by Local Anesthetic

Body Sculpture by liposuction can be a dream come true. Localized accumulations of fat may be the result of a genetically inherited body type. These difficult areas that are often impossible to eliminate by exercise or dieting can now be removed permanently by liposuction, never to plague you again.

Liposuction is a technique that improves the body’s contour by removing excess fat from fatty deposits located between the skin and muscle. The basic concept of liposuction is surprisingly simple. A small stainless steel tube, called a cannula, is connected to a suction pump and the removal of fat is accomplished as the cannula creates tiny tunnels through the fat, which collapse, resulting in an improved body contour. Fat cells that are removed by liposuction do not grow back. As long as the patient does not gain excessive amounts of weight, the new, more pleasing silhouette is permanent. The most frequently treated areas in women are the abdomen, hips, thighs, knees, neck and chin. In men, the most commonly treated areas are the love handles, abdomen, breasts, neck and chin.

Different techniques of liposuction differ dramatically in effectiveness and risk. One possible risk factor is the risk of combining liposuction with general anesthesia, which may promote blood vessel dilation and blood loss. Dr. Berman reduces this risk by utilizing the Tumescent Technique. The Tumescent Technique, pioneered by dermatologic surgeons in the late 1980’s, was developed so that the surgeon could perform liposuction without general anesthesia, thus greatly reducing the risk of blood loss. Though many practitioners claim to use the Tumescent Technique, they surprisingly combine it with general anesthesia for convenience and speed of the procedure. Dr. Berman will exclusively perform this procedure under local anesthesia, most often with a mild “twilight” sedation.

The safety of the Tumescent Technique is what makes it stand apart from the general anesthetic approach. The Tumescent Technique results in virtually no blood loss, and to the best of our knowledge there have never been any reported serious complications using the Tumescent Technique for liposuction by using the proper local anesthetic approach. Over the years, Dr. Berman has treated numerous patients who previously had liposuction with general anesthesia. Virtually every one of these patients has found the Tumescent Technique to provide better and smoother results, and a more rapid healing and recovery.

50 year old female before and 2 weeks after liposuction of the hips, outer thighs and buttocks.

50 year old female before and one week after liposuction of the chin and jowls.

Patient of Dr. Berman
Broken capillaries or redness of the face, neck and chest, as well as brown spots of the skin are the result of excessive sun exposure, genetics, smoking, and hormones. Today, we have many approaches to eliminate such problems, including the remarkable new PhotoFacial procedure, laser procedures, microdermabrasion and even chemical peels. The PhotoFacial procedure, also known as Intense Pulsed Light (IPL), can remove such skin imperfections with no down time, creating smoother looking skin through a process called Photo-Rejuvenation. Depending on the conditions you are treating and the severity of the individual problem, a series of four to six treatment sessions may be recommended. You can return to work the same day and resume all your regular activities. By dividing the full program into several treatments, the procedure provides gradual improvement with very low risk - and, it preserves the wonderful “no down time” feature that people appreciate so much. A more aggressive approach to treat the red component of the skin would include a V Beam laser treatment, though this procedure may result in bruising which may last 3-10 days or more. Similarly, our YAG laser is a wonderful treatment to clear brown spots, however patients can expect slight skin irritation for a few days. Other laser available at our center include the Aura KTP and CoolGlide lasers which both work to clear individual red or blue spider veins.

Lastly, chemical peels can rejuvenate skin. Alpha and Beta Hydroxy Acids are skin smoothing agents derived from fruit and sugar cane, which even Cleopatra used for beautification! Medical studies prove that these agents work in two ways:

1. By gently dissolving the natural “glue” holding dead epidermal cells together, inducing an exfoliation process, and
2. By regenerating collagen in the deeper dermis.

Patients have no down time, and should see a reduction in mottled brown discoloration, fine lines, and acne. TCA (Trichloroacetic Acid) is a stronger peeling agent which can deliver excellent results, though down time is possible, depending on the strength of acid used.
LASER SKIN RESURFACING

Wrinkle, Scar and Precancer Removal

Laser skin resurfacing has revolutionized the treatment of aged, sun-damaged and scarred skin. It provides a safe and effective technique to erase wrinkles, precancers and sun damage of the face, neck, chest, back and hands. Laser treatments can also be used to reduce scars resulting from severe acne, previous surgical procedures or trauma. Dr. Berman utilizes two different resurfacing lasers to deliver “state-of-the-art” laser resurfacing — the Sciton Contour Erbium laser and the Coherent Ultrapulse CO2 laser. The on-site availability of two resurfacing lasers allows us to further individualize the treatment to a patient’s very specific requirements. Today, most patients return to their usual activity after only 5-7 days with our unique approach. For those who prefer no down time, we may outline a series of more gradual lunchtime laser procedures, allowing patients to return to their usual activity immediately.

History of Laser Skin Resurfacing

In the mid 90’s, a Palo Alto, California company pioneered the process of laser skin resurfacing by developing the first laser used for this purpose, the Ultrapulse CO2 laser. Although this laser was initially intended to remove sun damage and pre-cancerous growths of the skin, the inventors were
happily surprised that it also reduced or eliminated wrinkles and scars! The CO2 laser treatments however were often associated with longer than desired healing times, and some patients noted a skin lightening effect from the laser. To overcome some of these disadvantages, a cooler Erbium laser was developed. Most Erbium lasers however were limited by their depth of penetration into the skin and by their insufficient skin-tightening effect. Another Palo Alto, California based company responded to this issue by developing a more advanced Erbium laser; the “Sciton Contour” laser, with its proprietary “Optical DiaThermy Technology.” With this laser, the surgeon could precisely “dial-in” the desired depth of penetration of laser light in microns (millionth of a meter), while at the same time dial-in the amount of heat necessary to tighten skin. With this technology, healing time is reduced and side effects are rare. In order to satisfy patients’ various requirements, Dr. Berman will often combine the Ultrapulse laser and the Sciton Contour Laser on the same patient during one treatment, delivering the most state of the art, individualized laser procedure possible.

**What is Laser Skin Resurfacing?**

In order to remove aged, sun-damaged and scarred skin, a laser beam is passed over the surface of the skin, gently and precisely painting away unwanted cells, one layer at a time. Clinical investigations have consistently proven that laser skin resurfacing induces new collagen formation in the skin, resulting in the reduction or complete elimination of wrinkles and scars. Importantly, the process of eliminating sun-damaged cells greatly reduces the chance of developing pre-cancers and skin cancers in later years.

**The Day of the Procedure**

All procedures are performed within our state-accredited outpatient surgery center. A topical anesthetic cream may be applied to the treatment areas prior to the procedure. Small regional areas are easily numbed up, while a full face procedure would require twilight local sedation, administered by our board-certified anesthetists. The length of the procedure depends on the amount of the surface area treated. Small areas may take 15 minutes, while the entire face is completed in approximately 40 minutes. After a short recovery period, patients return home. For full face resurfacing, a soothing facial mask is often applied which remains on the skin for 3 days, enhancing the healing process. After 3 days, patients return to our center. At that time, a clear dressing is usually applied to the skin, which remains on for 2 more days. With our latest techniques, most patients are healed in 5-6 days. Any pink areas may then be covered up with a powder or makeup. We encourage all patients to use a sunscreen and avoid excessive, direct sun exposure for many weeks following this procedure.

*38 year old female before and 5 years after laser skin resurfacing for acne scars.*

Today, there are several injectable substances used to correct wrinkles, depressions and scarring, including collagen, newer filler agents, and one’s own fat. Used appropriately, and often in combination with other techniques for facial restoration, results from these injections can be enormously satisfying. Collagen is a filler agent used to plump up a variety of cosmetic concerns, including thin lips, marionette lines around the mouth, wrinkles, atrophic acne scars and traumatic scars. Collagen is a safe and effective treatment for such areas, having been around for 2 decades. Collagen is usually injected twice a year through a tiny needle into the skin. An immediate correction is seen without the healing time associated with laser skin resurfacing.

Fat transfer or microlipoinjection is a century-old technique of transferring fat from one body area to another. The advantages of using one’s own fat combined with the ability to correct large defects make the procedure a popular option for many patients who choose to contour their skin. Fat transfer is helpful for both cosmetic and reconstructive purposes. Often referred to as surgical “sculpting,” the process is used to replace the loss of fat which occurs underneath the skin in association with the aging process. Fat transplant is performed most commonly to the face and hands, although certain types of scars and deformities may be improved with this skin-sculpting technique. Microlipoinjection is considered a safe and effective procedure. Since one’s own fat is used, there is virtually no risk of allergic reaction or rejection of the fat tissue. Thus, microlipoinjection is an excellent alternative for people who are allergic to collagen. The donor site (area from which fat is to be removed) and the recipient site (area in which fat is to be injected) are cleansed, surgically prepared and numbed with a local anesthetic. Using a very tiny needle and syringe, the fat is extracted through a small incision from the abdomen, buttocks or thighs. Once removed, the fat is reinjected into the recipient site. Favorable recipient areas on the face include the crease that extends from the nose to the mouth, the chin, and around the mouth and eyes. “Hollow cheeks” that have lost fat due to aging can also be filled out with fat transfer. Swelling, soreness and bruising is possible, but unusual. Patients can usually resume normal activity the day of surgery. The duration of the contour correction varies from patient to patient. While improvement is most often long lasting and permanent, follow-up injections may be necessary or desired for maintenance and possibly to extend the longevity and permanence of the fat transfer.

Tattoo removal

Blue cosmetic tattoos have been found on Egyptian mummies dating back to 1300 B.C. Tattoos are more popular than ever, though today’s enthusiasm can become tomorrow’s embarrassment! Fortunately, we can now remove cosmetic, traumatic and permanent make-up tattoos (those resulting from permanent eyeliner or brow application) by using lasers. Tattoo pigment is broken up into smaller particles by the laser, and is naturally eliminated from the body. Multiple sessions are usually required, and most patients return to normal activity immediately.
**BOTOX**

Botox is used at our center to treat hyperdynamic wrinkles, excessive sweating of the palms and underarms, migraine headaches, and vertical platysmal neck bands. Hyperdynamic wrinkles are the most common indication for Botox treatments, and are caused by repeated contractions of the delicate underlying facial muscles every time you smile, laugh, or frown. A very animated individual who contracts these facial muscles frequently will have greater facial muscle tone, and deepening of unwanted lines of the face. Botox is injected into the small facial muscles through a tiny needle, and it works in 2 ways. First, Botox relaxes hyperdynamic muscles, dramatically softening or eliminating wrinkles within 3-10 days. Secondly, over the ensuing months the relaxed muscle slowly thins down to a more normal state, providing further cosmetic benefit for unwanted wrinkles. This secondary effect has been seen in our center to last as long as 2 years! With more than 2.0 million treatments performed last year and a superb safety track record, Botox has rapidly become one of the most popular cosmetic procedures performed in the United States. The areas most commonly treated include forehead lines, furrows between the brows, crow’s feet, and upper lip lines. Patients undergoing laser skin resurfacing may obtain an indirectly permanent benefit from Botox; the administration of Botox before and after laser resurfacing permits the underlying foundation of muscle to be more relaxed and flat. This results in the optimal alignment of the collagen fiber network into a permanent, horizontal pattern.
Thinning hair and receding hairlines are commonplace, affecting both men and women. Today, hair transplantation can naturally correct thinning hair, permanently. Though hair transplantation has been performed since the 1950's, technological advances in recent years have permitted the cosmetic benefits to be enhanced substantially. The result of such advances has made hair transplantation the number one, most commonly performed cosmetic procedure for men in the United States. One may not be aware of the staggering number of people who have had a hair transplant because a good hair transplant is not noticeable. Certainly, most everyone has viewed an obviously bad transplant, one that was done with large plugs, resulting in a “pluggy,” “doll’s head,” or “corn stalk” effect. These poor outcomes were due to older techniques, using large, round punch devices to take out and move 15-20 hairs per punch graft. Today, by moving only 1 hair at a time to the frontal hairline, it is virtually impossible to obtain a “pluggy” look. Because these results are so much more superior to the traditional technique, Dr. Berman exclusively relies on the newer approach, as opposed to the punch graft technique still used by others. Done properly, using this micrografting technology, our team can move thousands of hairs from the back of the head quickly, painlessly, and with natural results.

Hair transplantation is a medical procedure which really only redistributes your naturally growing hair. Hair which is growing in great density on the back of your head can be moved to areas where there is a shortage or thinning of the hair, such as the balding areas in front or on top of the scalp. Because of the abundance of hair on the back of the scalp, removing some hair from this area does not cause any cosmetic problem. Additionally, these hairs are genetically programmed to grow throughout your lifetime, thus transplanting them to a different area on the scalp allows them to still grow well, throughout your lifetime.

The following will lead you through a typical hair transplantation procedure. While the patient watches a video, Dr. Berman anesthetizes the back of the scalp and harvests strips of hair-bearing skin, using the latest multi-bladed instrument. Each strip is meticulously dissected down to individual grafts; some grafts containing 1 hair follicle each (micrografts), while others contain 2 or 3 hair follicles each (minigrafts). Next, Dr. Berman follows his pre-designed graft placement, planting the smallest single-hair grafts into the frontal hairline to give a purposeful, somewhat random and natural distribution of hair. The 2-to-3 hair grafts are placed behind this hairline to fill in and enhance hair density. Dr. Berman takes into consideration the pattern of expected change of hairline and future hair loss, so that the transplanted hairs, now permanent, will sit naturally as the pre-destined baldness pattern of the non-transplanted hair evolves. Further, in an attempt to create the desired distribution of future gray hairs, Dr. Berman will assess present day coloration and mix or separate follicles that may gray in order to preserve the desired, natural appearance as the patient ages. Dr. Berman has published on hair transplantation in medical journals and remains acutely aware of the subtle nuances that go into the “good transplant.”

Not everyone is a candidate for hair transplantation. At your initial consultation, Dr. Berman will examine the density of hair on the back of the scalp in order to determine if there is enough hair for transplantation to the balding area. Multiple sessions may be required for optimal benefit, and patients should have realistic expectations prior to undergoing hair transplantation, or any other cosmetic procedure.
LASER HAIR REMOVAL

Studies show that nearly every woman and most men have at least some hair on their body that they consider undesirable, whether it is on the face, back, bikini line, neck, legs, underarms, eyebrow area, abdomen, breasts, or arms. Previously, treatments for unwanted body hair included shaving, waxing, tweezing, and chemical depilatories. These treatments provided only temporary results, and were often painful and difficult to perform. Even electrolysis, which uses an electric current to destroy one hair at a time is slow, requiring years of treatment and carries a risk of scarring, pitting and infection. Today, lasers provide a better, more rapid method of hair removal. The laser is passed over the skin, and light energy is absorbed by dark pigment in hair follicles beneath the skin, disabling hundreds of hairs at a time. The end result is either elimination or significant reduction of any regrowth of hair. It is important to perform test spots with increasing energy settings on every individual considering laser hair removal at the time of the initial consultation. In this way, we can later start the treatments at the highest energy to destroy the greatest number of hair follicles, while knowing that the overlying skin should not be irritated. Test spots will thus allow the patient to undergo the fewest number of sessions possible.

The proper selection of the optimal laser, depending upon hair and skin type is imperative. Our hair removal lasers include four LightSheer diode lasers, 2 CoolGlide lasers, and the Quantum intense pulsed light device. With these devices we are able to treat white, black, and even tanned skin. Additionally, patients with pseudofolliculitis barbae or “hair bumps” — ingrown hairs of the face, beard and bikini line, commonly seen in African-American patients — can now be treated. Our center has tested older systems, such as the Softlight laser; the long pulse Ruby lasers (Epilaser™, Palomar E2000), and the Alexandrite lasers (GentleLASE™). None of these systems were adequate for all skin types. The significant technological advantages of the LightSheer and CoolGlide lasers over older laser systems are: 1) a longer wavelength of light (LightSheer: 810 nanometers, CoolGlide: 1064 nanometers) which allows for deeper penetration, permitting the light to preferentially by-pass the overlying skin and target the hair follicles below, 2) the longer pulse duration (up to 100 milliseconds) which also permits deeper penetration while sparing the skin surface, 3) white sapphire, direct, contact cooling, which efficiently dissipates heat on the skin surface, compared to spray cooling in other systems, and 4) a quicker treatment, important for larger areas such as the back or entire leg.

Patients will require multiple sessions, however the number of treatments needed is dependent on the laser energy setting, and the patient’s skin and hair type. The laser treatments work by actually disabling the hair that is in the active growth phase at the time of the treatment. Not all of an individuals’ hair follicles are producing hair at the same time, but actually go through 3 different phases: growth, regression and resting. Since other hairs will eventually enter into the active growth phase at different times, additional treatments will be necessary to eliminate other hair follicles in a given area. The procedure is well tolerated, though sensitive areas require a topical anesthetic cream. Following the treatment, most patients return to their normal activity immediately.
MICRODERMABRASION

Microdermabrasion is a revolutionary, non-invasive treatment invented in Italy for skin rejuvenation. This procedure utilizes crystals to finely resurface superficial layers of the skin. Published medical studies prove that microdermabrasion exfoliates the outer dead layers of the skin and stimulates new collagen formation in the deeper dermal layers, revealing younger, fresher skin. Microdermabrasion is right for all skin types and for anyone interested in improving the appearance of fine lines and wrinkles, acne prone skin, black heads and white heads, mild acne scarring, pigmentation problems, uneven skin tones, and dull, lifeless sun-damaged skin. Microdermabrasion can even treat the neck, chest, and the hands. Individuals return to regular activities the same day. During your consultation, you may request a sample of the treatment on the back or your hand to sample its benefits and painlessness.

LEG VEIN TREATMENTS

Most women develop unattractive red and blue spider veins on their legs as a result of genetic predisposition, pregnancy and the aging process. These unsightly veins are not needed by the circulatory system, and can be removed without creating a health problem. Though our center has 8 lasers/light sources, which are FDA approved to treat leg veins, we still feel that the gold standard for treating spider veins remains sclerotherapy injections. Certainly, lasers are used in our center to enhance the results. Many patients may need to repeat these procedures to achieve the desired result. After the procedure, patients may return to normal activity immediately, avoiding strenuous exercise for approximately 10-14 days.
As we age, our body changes, and eventually our claims of youth are undermined by the physical evidence which our aging body displays. Often, the first part of the body that belies our claimed age is the eyes. Worse yet, the eyes of some individuals force the world to believe that they are even older than they actually are. Fortunately, this can be corrected through blepharoplasty procedures. The upper eyelid blepharoplasty procedure yields dramatic results. The patient may choose to be lightly sedated or completely awake throughout the procedure. The upper blepharoplasty procedure involves an incision that is mostly hidden in the crease of the eyelid. Dr. Berman utilizes the Ultrapulse laser for eyelid lifts to enhance results. Sometimes it may seem like an upper blepharoplasty is needed when in actuality the brow, or forehead has “fallen.” In this case, a forehead lift alone may correct the hooding of the upper eyelid. Eyelid skin heals extraordinarily fast, though most patients take 4-6 days off from work. Camouflage cosmetics can cover any minor swelling or bruising after the first few days. Patients must avoid bending over, exercise or heavy lifting for 10 days. It is very important in eyelid surgery that all sutures be removed at 4-5 days from the surgery date to reduce the chance of healing with suture tracks. If the lower lids are bagging or wrinkled, a lower blepharoplasty may be in order. For lower lid procedures, an incision is made in the pink, inner part of the lid and a similar procedure is followed. No incision is made in the skin, thus no sutures are necessary. Patients enjoy permanent results from these procedures, and are pleased with their decidedly younger appearance.
David A. Berman, M.D.

Medical Director

After being raised in Palo Alto, California, Dr. Berman attended the University of California, Berkeley, where he received his Bachelor of Arts degree with honors. He then earned his medical degree from Baylor College of Medicine in Houston, Texas, and completed an internship in Internal Medicine at UCLA. He went on to become the Chief Resident of Dermatology at Northwestern University School of Medicine in Chicago. Dr. Berman is on the affiliated Medical Staff at Stanford University Hospital and is past Chief of Dermatology and Dermatologic Surgery at San Mateo County General Hospital. He is board certified by the American Board of Dermatology, and is a Fellow of the American Academy of Dermatology; a Fellow of the American Academy of Cosmetic Surgery; a Fellow of the American Society for Laser Medicine and Surgery; and a member of the American Society of Liposuction Surgery.

Dr. Berman lectures to physician groups and medical associations world wide; conducts scientific investigations, and has been featured on television for his work in laser and cosmetic surgery, including multiple Discovery Channel programs, The Learning Channel, ABC News, NBC’s weekly “The Next Step,” and Bay TV. He lives with his wife and enjoys music, travel, reading, biking, swimming and playing the piano.

Consultation Information

The Berman Skin Institute’s friendly and knowledgeable staff is happy to assist you in scheduling a consultation appointment, Monday through Saturday, with evening hours available. A consultation appointment gives you the opportunity to learn how one of the Institute's many services may be of benefit to you. When scheduling your consultation appointment, be sure to ask for a complimentary video/DVD to be sent to your home in order to learn more about the latest advances in the fields of Dermatology, Cosmetic and Laser Surgery. Dr. Berman and his staff look forward to helping you achieve your goals for self-improvement.

Aesthetic Services and Procedures

- Blepharoplasty (Eyelid Lift)
- Botox
- Brown Age or Liver Spots
- Collagen Treatments
- Dark Rings/Circles Under the Eyes
- Facial Capillaries
- Fat Transfer (Microlipoinjection)
- Hair Transplantation
- Laser Hair Removal
- Laser Skin Resurfacing
- Leg Vein Treatments
- Liposuction and Body Sculpting
- Peels
- Photofacial / IPL
- Redness of the Face, Neck and Chest
- Tattoo Removal

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