

FROM LEADING BOARD-CERTIFIED DERMATOLOGIST
DR. SUPRIYA TOMAR

SKIN PERFECTING LASERS

EXPERT BEAUTY GUIDE



RESTORE YOUR SKIN

LASERS ARE THE GO-TO TREATMENT FOR SUBTLE
TWEAKS THAT PRODUCE DRAMATIC RESULTS

Lasers come in numerous intensities and can treat just about any skin-related problem. So how do you know when to upgrade your topical treatments and enter the realm of lasers? If your skin lacks freshness, or you're not seeing the effects you desire from skincare creams and serums alone, then you may want to give lasers treatments a shot. Lasers address various problems (like the signs of aging, lines and wrinkles, acne, sunspots, uneven skin tone and texture, unsightly veins and blood vessels they can also remove tattoos and unwanted hair), but each laser is different, and your doctor can help you decide which type (or types) will work best for your concern.

Lasers are some of the best in-office tools we have available to erase signs of aging. Light-based lasers are ideal for acne-prone skin. Light-based treatments, like broad band light (BBL) and red light, help to regulate the skin's repair mechanism without disturbing its structure or underlying

layers. These treatments can minimize inflammation by improving cell metabolism.

On the opposite end of the laser spectrum, fractional resurfacing lasers, like Fraxel & UltraClear, produce an inflammatory response deep within the skin as a reaction to the microscopic wounds created on the surface. Unlike other inflammatory triggers, like sun exposure, fractional resurfacing lasers create a controlled stress to generate a healthy amount of injury, which in turn stimulates collagen production.

Laser treatments are always customizable, and our team at Supriya Aesthetic Dermatology will work with you to determine the precise laser settings required to achieve optimal results. By focusing on targeting problem areas, laser treatments can remove damaged skin cells to encourage the growth of healthier and more vibrant skin. The process helps create a more youthful look while tightening the skin and removing acne scars and age spots. Lasers can totally transform skin for a glowing airbrushed finish.



**LASERS ARE ONE OF THE
BEST TOOLS FOR ERASING
SIGNS OF AGING**

TWO TYPES OF LASERS

Signs of aging on the skin can be managed and minimized with the right laser.



NONABLATIVE LASERS

Ideal for those with minor skincare concerns, nonablative lasers offer a more gradual approach to transforming skin. These types of lasers don't penetrate as deeply as ablative lasers, but they can effectively improve skin tone and texture without the same amount of healing time needed following more intense laser treatments.

WHO THEY'RE FOR Patients seeking to address minor imperfections and gradually refresh the appearance of their skin.

WHO THEY'RE NOT FOR Patients with more severe concerns may be better suited for a more intense laser treatment.

WHAT TO EXPECT There may be some redness, but you'll be able to go about your regular daily routine. The pain associated with a nonablative laser is often compared to a three on a scale of one to 10. Nonablative laser treatments are typically recommended in a series of four to six monthly treatments with progressive clinical improvement noted after each treatment.

ABLATIVE LASERS

These more intense lasers delve deeper into skin to undo prolonged sun damage, severe skin texture issues, discoloration, and more stubborn lines and wrinkles. These treatments involve the use of intense beams of focused infrared light at high energies to selectively vaporize the skin in a layer-by-layer fashion. The intensity of these treatments usually require a little extra time for recovery, but offer dramatic and noticeable results after only one treatment.

WHO THEY'RE FOR Patients with paler skin and without recent sun exposure who have rhytids, mild skin laxity, atrophic acne scars, and enlarged pores.

WHO THEY'RE NOT FOR Patients with darker skin tones or who have had recent sun exposure or plan to expose the treated skin to the sun are at risk of side effects such as hyperpigmentation. Also, patients with active infection or inflammation in the area should not be treated.

WHAT TO EXPECT Your skin may be red and raw for a week, during which time adherence to a post-treatment skincare regimen provided by your doctor is crucial.

1 year

Some patients may see an immediate difference in treated skin, which will continue to improve for up to one year

A Combination Approach

Lasers can be combined with other treatments like chemical peels, fillers and injectables, and surgery to achieve the best result



WHICH LASER IS RIGHT FOR YOU?

ADDRESS YOUR SPECIFIC CONCERN



NONABLATIVE LASERS

NONABLATIVE FRACTIONAL RESURFACING

BRAND NAMES Fraxel Dual

BEST FOR Retexturing the skin and evening out mild acne scars, wrinkles, and discoloration on the face, hands, chest and neck

HOW IT WORKS It creates small columns of heated skin, safely injuring the skin so it heals faster.

WHAT TO EXPECT Skin will be numbed (you can ask for an oral sedative), so you'll feel less discomfort during treatment.

RECOVERY Your skin may be pink or red and will feel rough (like sandpaper) for two to three days afterward. You may experience some pain and redness, and will want to stay home for a few days. Treated areas need to be kept moist as the skin begins to flake off.

PULSED-DYE

BRAND NAMES Vbeam

BEST FOR Lightening pink and red pigment in the skin and rosacea

HOW IT WORKS Pulse-dye energy picks up red and pink pigment to make skin more uniform in color.

WHAT TO EXPECT Pulsed-dye lasers feel like a rubber band snap on the skin. You'll notice an immediate decrease in broken blood vessels, less redness, and a softer texture. Three to five treatments are recommended.

RECOVERY You can sometimes experience swelling for a day or two, and occasionally patients can experience bruising that goes away within a week.

DIODE NONABLATIVE FRACTIONAL

BRAND NAMES Clear + Brilliant

BEST FOR Resurfacing pores and fine lines

HOW IT WORKS It creates minuscule areas of heat to reveal smoother skin as it heals.

WHAT TO EXPECT Skin will look and feel smoother and boast a healthy glow in one to two days.

RECOVERY Next to none, but the 30-minute treatment can leave you a little red for about one hour.



BROAD BAND LIGHT

BRAND NAMES Forever Young BBL

BEST FOR Improving skin texture, minimal pigmentation, redness, broken capillaries, and hair removal

HOW IT WORKS A beam of high energy light is transmitted, infiltrating down into the skin tissue where it is absorbed. Although BBL is technically a light rather than a laser, and when used for pigment problems, the light is absorbed by melanin; if it's treating broken capillaries, the blood absorbs the light.

WHAT TO EXPECT BBL feels like a quick snap on the skin. A series of treatments is often recommended.

Results can last for a few years, as long as you take care of your skin and avoid the sun.

RECOVERY Skin may look red after treatment. Four to seven days after, the treated areas will darken, scab, and fall off.

STUDIES Forever Young BBL delivers on its promises of more youthful skin, and science can back it up.

Forever Young BBL boasts its abilities to make your skin look brighter, smoother, and more youthful. And according to a study by Stanford University in 2013, experts set out to discover if aged cells could be functionally rejuvenated with the outcome of not just more genetically youthful skin, but also healthier skin cells.

According to the study, BBL uses a broad band of noncoherent light waves, ranging from 560 to 1,200nm. These waves are absorbed by a number of components in the skin, restructuring the cell to be genetically younger than before. So in addition to making the visible signs of aging less noticeable, you're technically getting younger skin cells in the treated areas.

The study was performed over the course of 10 years, with recipients actually looking younger than when they started the treatments.

So if you're looking to literally turn back the clock on aging skin, Forever Young BBL is clinically proven to help you achieve this.



ABLATIVE LASERS

COLD ABLATION with UltraClear

BEST FOR Reducing severe lines, wrinkles, pigment, sun damage, deep acne, skin laxity, and traumatic scars

HOW IT WORKS It uses small columns of fractional energy to ablate areas of damage. Tiny wounds are created in the skin, and the surrounding skin helps produce new collagen and elastin. The laser remodels the collagen, which is why it produces such drastic results.

WHAT TO EXPECT You'll be given numbing options so that you won't feel the treatment. Your skin will be extremely red, swollen, and oozy (this starts immediately after and continues for three to seven days). It can take a few months up to one year to see somewhat tighter skin that's brighter with fewer wrinkles.

RECOVERY Plan for seven to 14 days of recovery. Skin will start to crust during the first week. The skin is open as it heals, so it is best to use a mild cleanser, healing ointment, and zinc-based sunscreen.

The UltraClear laser is exceptionally versatile, making it suitable for all skin types. It offers a range of treatments, from mild procedures with no downtime to more intensive ones that deliver remarkable results. This adaptability ensures that whether you need a subtle enhancement or a significant transformation, UltraClear can meet your needs effectively. Moreover, the cold ablation technology (a first of its kind) is designed to maximize comfort, minimizing discomfort during treatments. This combination of versatility, efficacy, and comfort makes UltraClear an ideal choice for anyone seeking skin rejuvenation.



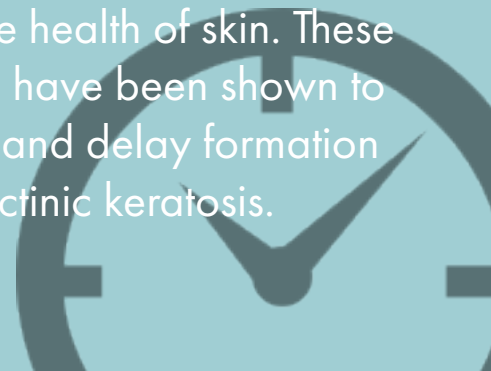
GET GLOWING SKIN AT ANY AGE

There is no such thing as "I'm too old" or "too young" for laser treatments.

Your skin can be resurfaced at any age if your physician feels you will benefit from it. Discuss your aesthetic goals thoroughly with us to determine which laser treatment option is best for you.

DID YOU KNOW?

Laser resurfacing helps improve not only the appearance of skin, but also the health of skin. These treatments have been shown to decrease and delay formation of actinic keratosis.



RADIOFREQUENCY & ULTRASOUND THERAPIES

RADIO FREQUENCY (RF)

BRAND NAMES Genius RF, EndyMed and Profound RF

BEST FOR Skin tightening

HOW IT WORKS Radio frequency energy heats the skin, and lifts and tightens the skin around the eyebrows, on the neck, and under the chin by stimulating collagen.

WHAT TO EXPECT Typically, one treatment is needed. Profound is said to be somewhat uncomfortable and requires lidocaine injections. EndyMed does not cause discomfort.

RECOVERY The skin may be flushed or red and there could be some swelling or tenderness, which usually subsides quickly.

ULTRASOUND

BRAND NAMES Ultherapy

BEST FOR Skin tightening

HOW IT WORKS Ultrasound energy lifts and tightens the skin around the eyebrows, on the neck, and under the chin by stimulating collagen.

WHAT TO EXPECT Typically, just one treatment, which takes 60-90 minutes, is needed. Ultherapy is said to be somewhat uncomfortable and requires pain medication or anesthesia.

RECOVERY The skin may be flushed or red and there could be some swelling or tenderness, which usually subsides quickly.

Combining RF WITH MICRONEEDLING

We made the choice to offer Genius RF at our practice, primarily thanks to the depth in which Genius can reach with the RF. The depth combined with the heat from RF provided patients who tried it with incredible results, smoother skin, a reduction in scars and lines, and minimal recovery time.

It also delivers RF energy more accurately. So what does that mean to you? When you receive a Genius RF treatment, it will deliver RF energy through the micro needles at a certain depth. However, most of these treatments will be performed with multiple passes over the same areas of skin (usually 2-3 times), and with each pass your skin's impedance will change (this means how easily the energy can pass through the layers of skin). This can have an effect on how much of the energy actually penetrates your skin and delivers the results you're looking for. The Genius RF device will scan your skin and provide feedback to the practitioner performing your treatment, and automatically readjust the amount of energy being delivered based on your skin's impedance and it will increase or decrease the amount of energy accordingly. This smart technology is why Genius is our preferred method of RF treatments.





MEET
SUPRIYA TOMAR, MD

Meet Dr. Tomar West Palm Beach & Jupiter Dermatologist

Introducing Dr. Supriya Tomar: A True Artist in Cosmetic Dermatology

Dr. Supriya Tomar is not just a dermatologist; she's an artist. Renowned in Palm Beach and celebrated nationwide, her expertise with injectable fillers has made her a sought-after magician of aesthetics. To Dr. Tomar, the face of her patients is her canvas, and her palette consists of injectable fillers, while her syringes serve as her brushes.

With a masterful touch, Dr. Tomar strategically places fillers to lift sagging skin or wields lasers to transform her canvas, resulting in the restoration of youthful radiance for her patients. Nationally recognized as a top injector, she boasts a growing list of celebrities who seek out her artistic expertise.

Dr. Tomar employs a comprehensive approach to skincare, blending advanced laser therapies, fillers, Botox, medical-grade skincare product formulas she curated herself, and non-surgical modalities to enhance and rejuvenate her patients' skin. She achieves remarkable results by promoting healthier and more youthful skin. Dr. Tomar's personalized approach ensures that each patient receives a tailored regimen that maximizes their skin's health and radiance.

Dr. Tomar's journey began with honors and the highest departmental distinction in Biological Sciences at the University of Illinois. She then earned her medical degree from Rush University School of Medicine in Chicago and completed her dermatology training at the University of Pittsburgh Medical Center. She further honed her skills in Mohs Micrographic Surgery at The Center for Dermatology and Skin Surgery in Tampa, a leading skin cancer treatment facility.

Beyond her impressive credentials, Dr. Tomar is celebrated for her commitment to enhancing the natural beauty of her patients. Her approach is artistic and holistic, focusing not only on treating lines and wrinkles but also on restoring contours and architectural balance to recapture a youthful appearance.

As one of the most sought-after injectors in Palm Beach County, Dr. Tomar has earned accolades such as the Platinum Award from Allergan and Galderma. Patients from across the nation seek her expertise, recognizing her as a true artist in the field of cosmetic dermatology.

Dr. Tomar is an active member of prestigious professional organizations, including:

- American Academy of Dermatology
- American College of Mohs Micrographic Surgery and Cutaneous Oncology
- American Society for Dermatologic Surgery
- American Society of Laser Medicine and Surgery
- Women's Dermatological Society
- Palm Beach County Medical Society

With Dr. Tomar's artistic vision and unparalleled expertise, you can trust her to help you achieve your aesthetic goals and reveal the masterpiece within.

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