



FROM LEADING BOARD-CERTIFIED DERMATOLOGIST
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MENu

PROCEDURES & TREATMENTS FOR MEN

EXPERT MEN'S SKINCARE GUIDE



THE MEN'S GUIDE TO INJECTABLES

EVERYTHING YOU NEED TO KNOW ABOUT INJECTABLE TREATMENTS FOR MEN

The world of injectables is vast, and often leaves men unsure of whether or not they can benefit from any of the products available. With a growing number of men realizing the advantages and edge that products like “Botox” an increasing number are turning to this injectable to give them an extra aesthetic benefit without losing their edge.

Many men opt for botox injections in the frown area, as it offers a subtle yet effective enhancement. Softening those lines can create a more relaxed and refreshed appearance, without appearing overdone.

With so many different options to choose from, it can seem overwhelming. Injectable treatments are categorized by type, according to the concern they target and what they do. Today's injectable menu offers a wide array of products to address not only wrinkles, but also the muscles that cause lines to form. Injectable dermal fillers smooth wrinkles while neurotoxins prevent the muscle contractions that lead to etched lines. We can customize your treatment based on what is best suited for you so that you look and feel your absolute best.

THE 3 MOST COMMON TYPES OF INJECTABLES



NEUROTOXINS

These injectables temporarily block nerve receptors on your muscles, which smooth the look of lines and wrinkles caused by repetitive movements. This works to reduce or erase the appearance of a brow line or crow's feet, and prevents more lines from forming.



HYALURONIC ACID FILLERS

By attracting water to areas that need to be plumped up, these fillers literally “fill in” the space between your skin's collagen and elastin fibers, removing your creases by enhancing plumpness. They can also be beneficial for men dealing with atrophic scars.



CALCIUM-BASED AND POLY-L-LACTIC ACID BIO-STIMULATORS

Also known as “collagen stimulating fillers,” these give an immediate filling effect but also continue to work over time. Formulated in a gel or water base, they can stimulate the body's own production of collagen, which provides a longer-lasting effect..

NEUROTOXINS

Neurotoxins such as Botox, Dysport, Xeomin, and Daxxify, smooth out the lines that form from repetitive facial movements such as smiling, frowning, and squinting. They can also be used on the brows, the forehead, chin, tip of the nose, the corners of the mouth, bunny lines, and above the eyebrows to lift a saggy brow line to give a fresher look.

**It only takes
a few tiny
injections for
you to see
noticeable
improvement
within days.**

Neurotoxins work by blocking the nerve receptors on muscles to smooth out wrinkles. While they do not provide the same type of plumping effect as fillers, neurotoxins can also be used for facial contouring. The product is strategically injected into the appropriate areas, and within 1-7 days, you will start to notice reduced movement in the treated areas.

WHAT YOU CAN EXPECT

You may be red or bruised at the injection site for a few days. Results can be seen in one to seven days. Dysport generally kicks in within a day or two; Botox, Daxxify, and Xeomin results can be seen within 3-5 days, but if you have particularly strong muscles it may take up to 2 weeks to take effect. The results typically last, on average, three to four months. Once treatment is discontinued, frown lines, crow's feet, and forehead lines will gradually return. However, after repeated regular injections, results last longer.

WHAT YOU NEED TO KNOW

BRAND NAMES Botox Cosmetic, Dysport, Daxxify, and Xeomin

TREATMENT AREAS A saggy brow line, crow's feet, forehead wrinkles and lines, between the eyebrows

PROCEDURE TIME About 10 minutes, depending on how many areas are being treated

RECOVERY A few hours to a few days

HOW LONG THEY LAST Up to 3-4 months

OTHER USES Treating excessive perspiration (Hyperhidrosis), lessening a gummy smile; eliminating neck bands and cleavage wrinkles; creating wider-looking eyes; treating migraines and TMJ; and reducing pore size

FAQs

WHO SHOULD CONSIDER INJECTABLES AND FILLERS?

The best candidates are men and women who are physically healthy, psychologically stable, and have realistic expectations. A typical neurotoxin patient may once have been over the age of 30 but more men and women are deciding to have this procedure at a younger age in order to prevent premature wrinkles from appearing.

WHO SHOULD NOT CONSIDER INJECTABLE TREATMENTS?

Those suffering from severe signs of aging, like extreme skin laxity. In these cases a skin tightening treatment such as Ultherapy or a laser such as UltraClear may be recommended.

ARE THERE ANY MEDICATIONS THAT SHOULD BE AVOIDED BEFORE TREATMENT?

Avoid vitamin E, St. John's Wort, ibuprofen, aspirin, and other anti-inflammatory medications for 10 days to two weeks before your injections. This will reduce the potential for bleeding, swelling, and bruising.

- Let Dr. Tomar know if you have used any other injectables recently, as not all injectables mix well together
- Schedule your appointments during a timeframe that allows you a couple of days to heal completely
- If you are sick, avoid getting your injectables until you are recovered

**TIPS TO
MAXIMIZE
YOUR
RESULTS**





BIO-STIMULATORS



These fillers, aka collagen-stimulating fillers, include Radiesse and Sculptra. They contain microscopic particles that prompt your body to make new collagen, for smoother skin and volume in all the right areas. Rather than instantly filling lines, they are longer-lasting and add volume that lifts the soft tissues, ultimately diminishing lines.

More than one filler may be used during a treatment to fix specific problems due to volume loss. For men seeking filler injections, strategic placement along chin and jaw line can work wonders. This not only enhances facial contours, but also amplifies masculine aesthetic.

Radiesse, a thicker calcium-based filler, stimulates collagen production, adds volume, and provides some lift, with results lasting about a year. Sculptra, a poly-L-lactic acid filler, offers notable volume with results lasting one to two years. Most patients need an average of three treatments spaced apart for optimal results.

WHAT YOU CAN EXPECT

Treatment for men differs from women. With men, enhancing the chin and a chiseled jaw line is more desirable. We'll start by applying a topical anesthetic to your skin, followed by a treatment consisting of 10-20 injections. Unlike other types of fillers, these are injected deeper to target volume-deficient areas. On average, results last one to two years for Radiesse and Sculptra, sometimes longer.

WHAT YOU NEED TO KNOW

BRAND NAMES Radiesse and Sculptra

TREATMENT AREAS Nasolabial folds, wrinkles, chin & jaw augmentation, and volume loss

PROCEDURE TIME About 30 minutes

RECOVERY A few days

HOW LONG THEY LAST One to two years for Radiesse and Sculptra

OTHER USES Add volume to thin hands (Radiesse); correct nasal asymmetry; fill in nose depressions and sunken temples; and reduce acne scars

It's about achieving a refined appearance that accentuates one's natural features, fostering a more confident and distinguished look.

FAQs

WILL INJECTABLES LEAVE MARKS ON THE SKIN?

Most patients will experience some swelling and bruising. Occasionally, patients can develop a tyndall effect, where the dermal filler product appears blue under the skin due to a light scattering of the particles in the filler. And although rare, sometimes patients can develop post-inflammatory hyperpigmentation (PIH).

WHAT ARE FAT INJECTIONS?

More permanent than most dermal fillers, fat injections involve harvesting the patient's fat which has been removed via liposuction from a target area and strategically reinjected in areas like the face or hands to replace lost volume. Often performed as a standalone procedure, this injection technique allows doctors to place the fat in a manner that allows for a significant number of the fat cells to survive (typically 30-50 percent), providing long-term results. This is one of the safest ways to fill in skin depressions and recontour facial lines because the filler comes directly from the patient's own body. Fat grafting can be used to minimize lines and wrinkles on the forehead and between the nose and mouth, and correct skin depressions or indentations. It can also be used to recontour jaw and cheek lines, revitalizing the more prominent features you may have had in your youth. It requires additional anesthesia, more downtime, and more patients choose hyaluronic acid fillers due to quick treatment and recovery.

GET THICKER HAIR WITH PRP/PRF & NUTRAFOL

WHAT IS PRP/PRF?

Platelet-rich Plasma (PRP) and Platelet-rich Fibrin (PRF) Therapy are used to treat aging effects and hair loss due to androgenetic alopecia or aging.

PRP and PRF utilize platelets in your blood, which, when you're injured, help stop bleeding and repair the damaged area with growth factors. These growth factors stimulate molecular signaling pathways, promoting hair growth and preventing apoptosis. PRP increases extracellular signal-regulated kinases and PI3-kinase/Akt signaling pathways.

Androgenic alopecia is hair loss caused by hair follicles shrinking from thick terminal hairs to thin vellus-like hairs. It affects up to 70% of men and 40% of women. Men typically have hairline recession and balding at the crown, while women experience diffuse thinning over the scalp. Both genetic and environmental factors play a role.

PRP and PRF are revolutionary treatments that regenerate hair growth by increasing circulation to the hair follicles, stimulating growth, and thickening the hair shaft. These treatments reverse hair miniaturization and prevent hair loss. PRP/PRF is administered as a series of injections into the affected area, stimulating growth and making hair follicles healthier and larger. There is no downtime, and patients can wash their hair normally after the procedure.

Results may appear several weeks after treatment, but it can take up to three months for full results. A series of treatments is recommended for optimal benefits. The duration of results varies due to genetic, environmental, and age-related factors. Once optimal results are achieved, treatments can be reduced to 2-3 times annually to maintain hair growth.

Ideal candidates for PRP/PRF therapy are those with androgenetic alopecia, medication-induced alopecia, or age-related hair loss. A series of treatments typically provides optimal benefits.

WHAT IS NUTRAFOL?

Nutrafol is a nutraceutical that targets hormonal, inflammatory, and stress related causes of hair loss and thinning, and has the additional benefits of providing high quality nutritional support.

Nutrafol addresses existing hair loss and thinning while serving as a preventative and anti-aging regimen for maintaining healthy hair growth and thickness. It can be used alone or with treatments like hair transplants and PRP.

Initial results can be seen in 3-6 months, with some patients noticing growth in as little as two months, along with decreased shedding and improved thickness. Consistency over time enhances results. Take four Nutrafol capsules daily with a meal containing healthy fats for optimal absorption.

Hair loss causes differ for men and women. Men produce more testosterone and DHT, linked to male pattern baldness. Nutrafol for men contains more saw palmetto, a natural DHT blocker, making it tailored for men's hair loss.

The standardized, clinically tested, bio-optimized, botanical nutraceutical ingredients in Nutrafol work by helping:

- Balance/lower cortisol and other stress hormones
- Repair and prevent inflammation and oxidative stress
- Rebalance damaging hair hormones like DHT
- Improve circulation and blood flow
- Provide necessary nutritional building blocks for hair production

Many Nutrafol users report benefits like decreased anxiety, improved sleep, reduced sugar cravings, and better skin health, though these additional benefits are not guaranteed.







THINK SKINCARE'S JUST FOR WOMEN? THINK AGAIN.

Many men overlook skincare, but times are changing. Just like women, men face similar skin concerns, making skincare essential for everyone's skin health. Given the differences in hormonal and genetic makeup, a tailored approach is necessary for proper skincare, including maintaining facial hair and shielding against UV damage. Incorporating a few key products into your daily routine can keep your skin healthy, with options to customize to your needs.

CLEANSING



PAPAYA ENZYME CLEANSER

This gentle, lightly foaming wash is formulated with men in mind, particularly those who shave daily and often experience skin irritation. Specifically designed for most skin types, it harnesses the power of Papaya enzymes to gently brighten and soften the skin while effectively cleansing it. Enriched with vitamin E, it helps fortify the skin's barrier to promote a clear complexion. Key ingredients include Papain Enzymes, Green Tea Extract, and Vitamin E, offering a comprehensive solution for men seeking relief from irritation and improved skin health.

MOISTURIZING

Skin relies on moisture to remain youthful and healthy, but when you have thicker skin it's going to take more than the average moisturizer to do the trick. That's why we recommend the Intense Lipid Restore Creme for men. It will help your skin stay moisturized without overloading your pores.



INTENSE LIPID RESTORE CREME

If you're particularly active and find yourself sweating frequently, Daily Youth Creme is a good option to keep your pores moisturized and clear. Fortified with ceramides, it increases your skin's own ability to create natural moisture and soothes irritation, making it a great pair with Papaya Enzyme Cleanser.



DAILY YOUTH CREME

Looking for a moisturizer that comes with an extra boost? HA Collagen Restore Creme is a lightweight formula that packs a serious boost of moisture. Infused with hyaluronic acid, it provides days of hydration and helps your skin naturally restore lost collagen from aging or years of minimal proper skincare.



HA COLLAGEN RESTORE CREME

SUNSCREEN



**ULTRA SHEER SUNSCREEN SPF 50
& PURELY PHYSICAL SPF 47**

If you're in search of a top-notch sunscreen, both UltraSheer Sunscreen SPF 45 and Purely Physical SPF 47 are excellent choices that offer outstanding protection.

LASER TREATMENTS

FAQs

Lasers come in numerous intensities and can treat just about any skin-related problem. So how do you know when to upgrade your typical treatment options and enter the realm of lasers?

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

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 damage. Light-based treatments, like Intense Pulsed Light (IPL) 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.

The most popular laser for our male patients is Fraxel resurfacing. It has a short downtime and not only improves the appearance of skin & sun spots by stimulating collagen; it also makes the skin healthier by reducing sun damage and actinic keratoses. According to a study in the Journal of the American Academy of Dermatology, there was an 86.6% reduction in the total number of actinic keratosis lesions at the 6-month follow-up for participants.

Laser treatments are customizable, and our providers will work with you to determine the best way 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.

TWO TYPES OF LASERS

NON ABLATIVE 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.

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 requires numbing and a longer healing period, but with better results.

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 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.

LASERS ARE ONE OF THE
BEST TOOLS FOR ERASING
SIGNS OF DAMAGE





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'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.

LEADING BOARD-CERTIFIED DERMATOLOGIST

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