

THE Laser & Skin Surgery CENTER

Renuka Diwan, M.D.

29101 Health Campus Dr., #300
Westlake, Ohio 44145
www.diwan-md.com

(440) 871-9832
(800) 884-6084
Fax (440) 871-0816

Meet our new nurse.

Bonnie Falish, LPN joined our staff on May 5th, 2003. Bonnie brings a broad experience from her previous employment with both pediatric and geriatric medical practices. Her interest in seeking new challenges and skills brought her to our practice. She joins us in providing the best care for our patients. Those of you who have already met her know that she has been assisting with skin cancer and laser surgery, and the smooth running of our office.

New Collagen Products

Cosmoderm and Cosmoplast are new collagen products now available for treatment of wrinkles and depressed acne scars on the face. What's new about them? They are derived from human skin cells (that have been used successfully and safely for years in treatment of extensive burns) instead of cow skin. Because these products are made from human skin they do not cause allergic reactions and pre-treatment skin testing is not necessary. Immediate treatment for immediate results is now possible. This is also good news for patients who are allergic to cow-derived collagen.

Other new fillers are on the horizon, awaiting FDA approval. These products, their results and safety profile are being evaluated and the most suitable will be selected and offered to our patients. Don't hesitate to call for more information after mid-October.

New Laser System

The new Coolglide laser is the latest addition for treatment of facial veins, laser hair removal and non-invasive (also known as non-ablative) treatment of facial wrinkles. The longer wavelength of this laser (1064 nm) allows safer treatment of patients with a tan or darker skin types (Asian and African-American) and provides greater flexibility in scheduling laser treatments throughout the year. Results can be achieved without bruising and recovery is quick. With this new laser system we expect to avoid the recent technical difficulties with the Versapulse laser.

Laser Hair Removal

The same great results at a more affordable price! With the addition of Bonnie Falish to our staff we are now able to offer patients more affordable treatments for long-term hair reduction. While patients still have the option of being treated by Dr. Diwan, they can now have laser hair removal by our office nurse at a discounted fee. She has the qualifications required by the State Medical Board and has trained directly with Dr. Diwan. We continue to hold ourselves to the highest standards of care and our nurse will be supervised by Dr. Diwan for all treatments performed. Patients will still need a consultation with Dr. Diwan to detect any underlying medical conditions causing excess hair growth, understand the benefits of the treatments and plan them. They will also be seen in follow-up by Dr. Diwan to check on their progress. Schedule appointments now to be ready for next summer- you can be free of shaving/ waxing bikini lines and underarms (and arms and legs) for swimsuit season!



Botox, Lasers and Beyond

Enhance the results of your Botox, collagen and laser treatments by adding microdermabrasion to your regimen. Beyond the improvement of specific areas with collagen, Botox and laser treatments, an overall freshening of the skin surface can be obtained by the addition of microdermabrasion. The six-week regimen helps to improve fine wrinkling, superficial scars, uneven pigmentation, pore size and acne. Microdermabrasion is performed in the office with a topical anesthetic, if needed. Lynn Samarin, RMA has performed numerous microdermabrasions with superior results using our medical microdermabrasion unit (not available to salons). To help you further, microdermabrasion can now be added to your treatment program at a 50% savings (about the same cost as a facial but a lot more effective!) if you are treated at our office with Botox, collagen or laser procedures. Dr. Diwan can help you determine if this non-invasive procedure will meet your expectations. A combination of non-invasive treatments such as Botox, collagen, non-ablative laser rejuvenation and microdermabrasion provides better results and still keeps your recovery time short.

New Notes & News

Liposuction - an office procedure.

You no longer have to stretch the budget as much to shrink the waistline. Performing liposuction in our office has helped reduce the overall cost of the procedure by eliminating the higher surgery center fees and has made it more affordable for our patients. The majority of patients are able to have liposuction with local anesthetic (supplemented by oral pain medication or relaxants) in an office surgery room. Published reports have shown that dermatologists have performed liposuction in the office with an unbeaten safety record since the procedure was first introduced in the U.S. (see dermatologic surgical procedures under www.asds-net.org). We are performing liposuction safely in the office according to the Guidelines of the American Academy of Dermatology. Our patients have the added comfort of returning to the same familiar office and friendly staff for the procedure. With these enhancements, now may be the time to do something about those bothersome areas most women want treated- the tummy, hips, inside of the knees, etc.

Once again, plan ahead to improve your figure for the coming summer (it makes a great birthday or Christmas present!).

Blepharoplasty

Both upper and lower eyelid surgery for treatment of excess skin or "bags" around the eyes are now safely performed in the office by Dr. Diwan, reducing the associated non-surgical costs of a surgery center. For those who want to be "knocked out" for the surgery the procedure is performed at an outpatient surgery center, as before.

Sun-protection...

Summer is over but the need for sun-protection is not. Remember to have kids apply sunblock during recess at school (which is during the peak sun-exposure hours), soccer games or whenever they're outside because sun-damage adds up. The best sunblocks contain 7-8% zinc oxide. If you're not sure what to get, pick some up at our office and avoid the trial and error. Visors also help. Of course, we recommend the same for adults.



Skin Care

As it gets cooler your skin is likely to need some help to keep it supple and well-moisturized. We can help you get the best results for your skin (face, body or hands) and eliminate the trial and error in finding useful products. If you're not satisfied, for any reason, products purchased at our office can be returned unconditionally within two weeks.

Don't forget...

Don't forget to schedule your sclerotherapy appointments this fall and winter for spider veins on the legs. This is still the best method for eliminating spider veins. It takes a few weeks to complete your treatments and you'll want to be able to cover the tiny bruises (for a week) until they fade. So don't wait until spring.

Running on time.

We're always trying to see patients on time for their appointments but at times we run late. An additional patient care room has been added to our office to enhance the flow of patients and stay on time. However, delays occur when patients have additional requests that require more time than their scheduled appointments will allow. Even a few minutes for a few patients adds up to an hour delay for others. In consideration for everyone's time, we must limit visits to the allotted time and request everyone's understanding. To ensure adequate time for a complete consultation, please communicate all your concerns when making your appointment. Despite our efforts to stay on time, delays can occur due to factors beyond our control. If you arrive on time and you're kept waiting more than half an hour after your scheduled time we'll try to make it up to you by making available any product from the MD Forte skin care product line or a microdermabrasion-series at a 50% savings (although we hope this never happens). Just bring it to Sue's attention at the front desk.



Another reason to take care of yourself.

Giving back to our community is important to us. We have committed to supporting a local charity from our profits each year - one more reason to feel good about your skin care or cosmetic surgery because each time you visit us you're helping those who are less fortunate.

Getting ready for the Holidays.



Despite the stress of the holidays you can still look relaxed and refreshed! Plan ahead and schedule Botox, collagen, laser and microdermabrasion- you'll keep everyone guessing what your secret is. And if you want someone else to have the same benefits as you, a gift certificate for "a skin evaluation" or skin care products makes a thoughtful and appreciated present.

What lies ahead.

Many of you may have heard about the recently publicized "Thermage" or "Thermacool" treatment for tightening skin. It is being called "the medical facelift". This new device has been in use for about 24 months (investigational for much of that time). Besides the face it may also tighten the skin in other areas like the arms. Like with any new treatment, expectations and excitement are high. In time, experience will establish the benefits of this new modality and help to determine who is an ideal candidate, who would not benefit from it, and how long the benefits last. You can count on us to provide you with honest information and help you separate fact from fiction. If it is, indeed, what its made out to be we will be offering the treatment to our patients.

Please call if you have any questions or comments on any of the above.