

IADVL

Handbook of Aesthetic Procedures in Dermatology

highlights easy, reader-friendly steps with scientific rationale and practical tips for complete non-surgical, minimally invasive, day-to-day procedures conducted in a dermatologist's clinic with focus on setting up sound successful aesthetic practice, managing complications as well as maintaining safety during the pandemic. All the topics have been put together by the esteemed editorial team by inviting experts from India to contribute their super-specialty chapters.

Background: There is a rise in demand for minimally invasive aesthetic procedures and there are approaches beyond the standard with new innovations in techniques and newer procedures in current time. This is challenged by the newer advances and current times of the Covid-19 pandemic. The physician has also to deal with variable outcomes while treating skin of color as in Indian skin, which has variation of color expression, needs a scientific rationale to optimise outcomes and minimise complications. The Handbook aims to meet all the nascent requirements of the clinicians in the areas of dermatology conducting aesthetic procedures.

Editor

Shehnaz Arsiwala MBBS, DDV, MD (Dermatology)

is a practising dermatologist in Mumbai with 25 years of clinical experience. An expert in the field of aesthetics and lasers, she is founder and director of the Renewderm Skin · Hair · Lasers · Aesthetics Centre, Mazagaon, Mumbai. She is a consultant at the Prince Aly Khan Hospital and Saifee Hospital, Mumbai. Currently she is editor-in-chief, Journal of Cutaneous and Aesthetic Surgery (JCAS). She was convener and coordinator of IADVL SIG Lasers and Aesthetics from 2016 to 2019; associate editor, Indian Dermatology Online Journal (IDOJ); coordinator, focus group aesthetics: Association of Cutaneous Surgeons of India (ACSI); and co-editor of four volumes of an edited book on psoriasis.

She is an active member of multiple dermatology societies like IADVL, ACSI, CDSI, EADV, AAD, DASIL and has been scientific secretary for conferences in some of these like the CDSI, IADVL SIG workshops, DASIL, etc. and a few non-dermatologic societies too, and contributed in her field through her expertise.

She has to her credit editorials and scientific papers published in Indian and international journals, and books. She has conducted multiple workshops in lasers and aesthetics in the country during her tenure; is invited as an esteemed speaker in various conferences; been honoured with various awards pertaining to her expertise that include top Mumbai doctors' awards 2018, 2019, 2020, 2021, Silicon India Award 20 Outstanding Clinics in India, awarded 50 Outstanding Women in Health and Wellness in Asia in 2016, dermatologist award by giants group in 2000.



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Aesthetic Procedures in
Dermatology



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Foreword

The proportion of patients seeking aesthetic advice and requesting these minimally invasive procedures has steadily increased in our practice. These requested interventions cover the spectrum from procedures for management of dermatoses to those providing cosmetic improvement. With the plethora of inputs available in lay press and claims from untrained specialist, there is a paucity of scientific rational text. The need for an updated text on this topic is therefore obvious. IADVL is happy to present a synopsis in the form of this *IADVL Handbook of Aesthetic Procedures in Dermatology* that can serve as a ready reckoner for the practical aspects of procedures for rejuvenation of the skin including chemical peels, lasers, energy-based devices, injectables and cosmeceuticals for skin and hair. This book succinctly presents evidence-based and practical current data, tips from well-known subject experts who have contributed as author and key points listed at the end of each chapter. These are well illustrated with several high quality images. It is noteworthy that the editors have included chapters on record keeping and medicolegal issues that are currently very important for any practitioner carrying out procedures.

I am confident that the book will serve the needs of our students and physicians who would like to keep updated about aesthetic procedures in their practice. I appreciate the editorial team headed by Dr Shehnaz Arsiwala, the chief editor, along with the editorial team members—Dr Gulhima Arora, Dr Abhishek De and Dr Shilpa Garg for this commendable and painstaking effort.

I wish it great Success!



Professor Kiran Godse
President, IADVL 2020

Foreword

We are happy to present this new endeavor *IADVL Handbook of Aesthetic Procedures in Dermatology* that can serve as a ready reckoner for the practical aspects of various minimally invasive aesthetic procedures.

The minimally invasive aesthetic procedures have rapidly become the treatment of choice for medical and cosmetic indications to age-related facial changes. These procedures are effective and are associated with minimal discomfort, low incidence of adverse effects and short recovery times. High patient and physician satisfaction have contributed to their growing popularity and availability in the primary care setting. As patient demand for aesthetic therapies increases, an aesthetic dermatologist should be familiar with the common minimally invasive aesthetic procedures when advising patients or incorporating aesthetic care into their office practice. Hence, it is the need of the hour to have an updated text/reference on this topic.

The editors have included chapters on specific aesthetic procedures, as well as general aspects like setting up a clinic, maintaining records, medicolegal issues, communication skills and performing procedures in the midst of the pandemic. In short, this book includes evidence based and practical current data, tips from well-known experts and key points listed at the end of each chapter.

I am sure that the book will serve the needs of our students and physicians who need to be updated about aesthetic procedures in their practice. I sincerely congratulate the hard work and dedicated efforts of the editorial team headed by Dr Shehnaz Arsiwala, the chief editor, the editorial team members—Dr Gulhima Arora, Dr Abhishek De and Dr Shilpa Garg and all the contributors.

I wish this initiative all success!



Feroz K

Honorary Secretary General
IADVL (2020-2022)

Foreword

It is our great pleasure to present to you the title *IADVL Handbook of Aesthetic Procedures in Dermatology*. It was an unmet need of practitioners of aesthetic dermatology in skin of color to have a comprehensive handbook on aesthetic procedures. This title is a giant leap in that direction.

Dr Shehnaz Arsiwala, the chief editor, along with other editorial colleagues Dr Gulhima Arora, Dr Abhishek De and Dr Shilpa Garg did a stupendous job for the cause of Indian Association of Dermatologists, Venereologists and Leprologists over the last-years. They weaved an all-inclusive table of content including topics relevant for skin of color, selected authors who are eminent experts in the respective fields in their own ways, edited the chapters and brought out the masterpiece of nearly 400 pages.

As with the chapters addressing specific aesthetic procedures, the chapters on general aspects like the ones on how to set-up a clinic, choosing the right patient or in other words when to say no, record keeping, medicolegal issues, evidence-based aesthetics practice, effective communication to the patients about the procedures, etc. will help the young colleagues who are about to start their practice to do so on right foot and with much more confidence. For easy reference, key points are included at the end of each chapter. A chapter has been dedicated to guide practitioners on how to continue performing procedures during the ongoing pandemic.

The authors of these chapters must be hugely complemented for their tremendous work.

We congratulate everyone involved in this project and wish this title achieves the objectives of this project.



Deepika Pandhi

Chairperson, IADVL Academy



Dipankar De

Convener, IADVL Academy

Preface

Aesthetic procedures involving minimally invasive techniques in skin rejuvenation and hair regrowth are very popular amongst dermatologists and the patient demand for same has risen.

Rejuvenation of the skin involves a large number of non-invasive to minimally invasive procedures right from chemical peels, lasers, energy-based devices, injectables for skin and hair, cosmeceuticals and hair aesthetics. As more and more procedures are added to the armamentarium, many dermatologists desire to sharpen their practical skills and learn. There is a specific challenge for certain procedures, their approach and specialised protocol while treating dark skin types as the Indian physicians largely deal with Fitzpatrick skin types 3 to 5. Additional challenge includes the need for extra cautious approach in this time of COVID-19 viral pandemic. The IADVL Academy along with the editors has sought to bring forth a comprehensive handbook of aesthetic procedures to fulfil this unmet need.

The *IADVL Handbook of Aesthetic Procedures* highlights easy reader friendly steps with scientific rationale and practical tips for complete non-surgical, minimally invasive, day-to-day procedures conducted in a dermatologist office with some focus on setting up sound, successful, aesthetic practice, managing complications as well as maintaining safety during the pandemic. All the topics are put together by the esteemed editorial team by inviting experts from the country to contribute.

Writing a book is no easy task and every author has contributed immensely from their expertise in their respective field and the IADVL Academy and editorial team wishes to thank them for their time and invaluable contribution to this handbook.

I have personally loved the editorship of this book as being a part of IADVL Academy lasers and aesthetics special interest group (SIG) member and subsequently Co-ordinator and Convener from 2016 to 2020 has made this project close to my heart and wish to thank the academy chair Dr Deepika Pandhi to entrust me with this mammoth task and the IADVL president for this honour.

The editorial team encompassing Dr Gulhima Arora, Dr Shilpa Garg and Dr Abhishek De have worked day and night to bring this book together and I thank them for their immense contribution and time.

A special thanks to my family and my daughter who is also a dermatologist for critical appraisal as a reader at every stage as this book shaped up.

Happy reading!

Shehnaz Arsiwala

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