



Professional Treatment Guide



DERMATOLOGY
INSTITUTE OF
VICTORIA

About the Dermatology Institute of Victoria

The Dermatology Institute of Victoria (DIV) accepts referrals for all skin conditions across all age groups. We have over 50 state of the art cosmetic and medical dermatology treatments available.

Led by Associate Professor Greg Goodman, our mission is to provide exceptional experience and results from clinical experts in a professional environment. Our dermatologists have a broad range of experience covering vast aspects of medical and cosmetic dermatology including:

- » acne
- » body fat
- » broken blood vessels
- » dermatitis
- » eczema
- » excessive sweating
- » facial enhancement
- » hair loss
- » keratosis pilaris
- » pigmentation
- » psoriasis
- » rosacea
- » scarring
- » skin cancer detection
- » skin cancer treatment including Mohs
- » skin tightening
- » sun damage
- » wrinkles

Dermatology Institute of Victoria
8-10 Howitt Street, South Yarra, VIC 3141
+61 3 9826 4966
reception@div.net.au
www.div.net.au

About Associate Professor Greg Goodman



Associate Professor Greg Goodman MBBS (Hons), GradDipCLINEPI, FACD, MD DERMATOLOGIST, leads an experienced team of dermatologists, GPs and procedural nurses at the Dermatology Institute of Victoria.

A practicing dermatologist for nearly 30 years, his areas of specialty include skin cancers, Mohs micrographic surgery, lasers in dermatology, cosmetic dermatology, facial ageing and the treatment of acne and acne scarring.

Greg is an Associate Professor at Monash University and Chief of Surgery at the Skin and Cancer Foundation. He heads the Micrographic Surgery unit for the treatment of some of the most difficult skin cancers.

An international trainer for many injectable products and a member of several global editorial boards and advisory committees, Greg's research on acne, scarring and the use of muscle relaxant injections, dermal fillers and lasers has been published extensively.

He holds a doctorate from Monash University in the treatment of acne scarring. He has a keen interest in skin care, facial ageing and beauty, having written extensively on this and created educational software to aid community and professional understanding of these areas.

Learn more about
Associate Professor
Greg Goodman at
www.greggoodman.com.au

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Classic dermatology techniques for the treatment of acne and other types of scarring

PRESCRIPTION INJECTIONS*

These injections are used to treat both keloid and hypertrophic scars. One type of medicine works by preventing fibroblasts from producing new scar tissue. Another is diluted with local anaesthetic and is sufficient treatment for early or smaller scars.

** S4 medications cannot be named in pre-consultation information*

CROSS (CHEMICAL RECONSTRUCTION OF SKIN SCARS)

CROSS is used to improve the appearance of deep acne scars or surgically depressed scars. It involves the application of a concentrated Trichloroacetic Acid [TCA] to the depressed area of scarring. The acid actually, "scars," the scar, stimulating collagen production, which raises the level of the scar closer to the skin's surface.

EXCISIONAL SURGERY FOR ACNE AND OTHER TYPES OF SCARRING

Excision is used to cut out acne and other types of scars. Once the scar is excised, the area will be sutured to produce a more cosmetically acceptable scar, which may then have other techniques applied to it for further improvement. The procedure is performed under local anaesthetic.

PUNCH TECHNIQUES

Punch elevation removes facial scars where the floor of the scar is 'released' and elevated using a circular cutting device.

Punch graft removes scars and occasionally pigmentation abnormalities. The damaged skin is removed using a circular cutting device. Healthy skin taken from a donor site is then grafted in its place.

Punch excision removes scars completely and the area is sutured to produce a more cosmetically acceptable scar.

SUBCISION

Subcision involves going underneath scars with a needle and moving it back and forth and side to side to detach and release the scar's attachment to deeper structures. This allows new connective tissue to form, which helps lift up these contour abnormalities.

Classic dermatology techniques for the detection and treatment of skin cancer

BIOPSY

A sample of skin tissue is removed, processed, and examined under a microscope for any abnormalities to determine the exact nature of the lesion.

CURETTE

Primarily used for skin cancer treatment, although it does have other applications such as sunspot removal. The skin lesion is scraped off with a curette, which is like a small metal spoon with very sharp edges.

EXCISION

Cuts out skin cancers or moles/spots that may develop into skin cancer. The procedure is performed under local anaesthetic. Depending on the type of sutures used and the area of the body, the patient may be required to return within a certain period of time to have their sutures removed.

LIQUID NITROGEN

Allows relatively non-selective destruction of diseased skin tissue. Liquid nitrogen affects the top layer of skin more than the second layer. Given that scars form from injury to the second layer of skin, this approach can successfully treat surface spots without scarring, but often will alter pigment in the skin either temporarily or long term. It is most commonly applied at DIV by a cryogen spray, but may in certain circumstances be applied differently.

TOPICAL SKIN CANCER TREATMENT

A topical preparation is prescribed to the patient who then applies it to the area. The amount of time left on, and number of daily repetitions depends upon the specific medication and the type of cancer being treated.

CoolSculpting®

HOW DOES THE PROCEDURE WORK?

CoolSculpting® uses a targeted cooling process to eliminate fat cells in an easy, non-intrusive fashion.

Fat cells have a low freezing temperature that allows them to be targeted, leaving surrounding structures unaffected. Once crystallized, the fat cells, over time, die and are naturally eliminated from the body.

CoolSculpting® is not a weight loss solution for people who are obese, or a substitute for surgical methods such as liposuction. Good candidates have noticeable bulges in certain areas they'd like to get rid of such as the lower abdomen, love handles, thighs, sides or back.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

Photos and measurements will be taken prior to the procedure during an in-depth consultation. No anaesthesia or pain medication is required.

At the beginning of the procedure, the patient is placed in a comfortable position that allows access to the treatment area. In most cases, as the procedure is started, vacuum pressure draws tissue into an applicator cup between cooling panels. Sensations initially elicited by the vacuum and the cold generally subside as the area becomes numb. This can be quite a lengthy procedure depending on the area being treated.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

Generally, there is minimal recovery time after CoolSculpting®.

Most patients are able to return to their daily routine immediately after the procedure. Although for some people, the treated area may look or feel stiff with transient blanching (temporary whitening of the skin). They may also feel nausea or dizziness as the body naturally warms and sensation returns to the treatment area. Bruising, swelling and tenderness can occur in the treated area, which typically resolves within a week or two.

Dermal fillers*

HOW DOES THE PROCEDURE WORK?

The most common type of fillers, are made up of a substance that is present in humans, particularly in the skin and joints. A stabilised version of this substance is injected under the skin to add volume, correct deficiencies and wrinkles or add hydration. There are several products available with varying consistencies and methods for injection. They are a safe, temporary and versatile treatment for the improvement of many different areas and skin concerns.

Dermal fillers can be used to:

- Restore volume to the temples, brow and forehead, giving the upper face and eye area a lift
- Give or restore volume under the eyes in the tear trough area, helping to improve the appearance of dark circles, fine lines, volume loss and wrinkles
- Enhance lip size and shape
- Sculpt cheeks
- Alter and enhance the chin, nose, profile and facial shape
- Correct deeper lines such as the nasolabial folds and marionettes lines
- Treat facial wrinkles
- Improve the appearance of depressed scars and acne scars
- Add hydration to areas such as the hands or chest and improve wrinkling
- Fully rejuvenate the face

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

As many of these products now contain local anaesthetic, discomfort is minimal, however local anaesthetic cream or nerve blocks may still be required. The product is injected via a few different entry points depending on the area being treated, using either a needle or cannula.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

Swelling at the injection site is common and generally more severe when the lips are injected. This generally subsides within two days. Bruising can occur after injection, but usually resolves within seven days. It can take up to two weeks for the swelling and bruising to completely subside and the final result revealed.

** S4 medications cannot be named in pre-consultation information*

Erbium resurfacing laser

HOW DOES THE PROCEDURE WORK?

The Erbium laser is an ablative laser, meaning each time it is passed over an area, it removes a very fine layer of damaged skin. This is continued until it reaches a level less affected by the problem, allowing new healthier skin to be revealed. The Erbium laser can be used to resurface a range of skin conditions including wrinkling, post acne scarring, sun damage and remove benign skin tumours.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

This is a painful procedure, so if the full face is being treated, a general anaesthetic is often required. More commonly, smaller areas are treated under local anaesthesia, which is injected sometimes in combination with a local anaesthetic cream.

Protective eyewear is worn by the patient during the treatment. The procedure produces a burn and immediately afterwards is covered by a greasy ointment to keep the wound hydrated for several days until it is healed. It is important that the area remain hydrated as this optimises wound healing.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

It is normal for the patient to feel a burning sensation (like sunburn) for 10–90 minutes following the procedure. It generally takes up to two weeks for the initial healing to occur and during this time, the area will ooze and may be swollen.

When healed, the skin will look pink and may have some blotchy pigmentation, which gradually fades between two and twelve weeks.

Fractionated CO2

HOW DOES THE PROCEDURE WORK?

The fractionated carbon dioxide (CO2) laser is a fractional machine, meaning a treatment is performed over an entire area of concern.

The system can also be set to pick out only a fraction or a percentage of the skin to treat. Although the skin is removed by the laser beam, the fractional method ensures that healing is relatively fast yet allows for significant and sometimes deep treatment to be performed on the selected area. It can treat deeply or more superficially, making it very effective for fine lines, irregular skin texture, loss of elasticity, sun and age spots, pigmentation and acne scarring.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A local anaesthetic cream may be applied prior to the procedure. The procedure is moderately painful and may require further local anaesthetic by injection. If the procedure is planned to be more aggressive for severe conditions, then a general anaesthetic, intravenous sedation or inhalant anaesthesia may be suggested. Protective eyewear is worn during treatment.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

This treatment requires downtime, the patient may experience a feeling similar to sunburn, with redness and light superficial bleeding and “oozing” occurring in the days after treatment. Complete recovery may take up to two weeks, although in most cases, make up may be applied after seven days.

Fractionated radiofrequency

HOW DOES THE PROCEDURE WORK?

A safe skin rejuvenation method that utilises NanoFractional Radio Frequency technology, offering patients two different treatment options. The first has more discomfort and downtime but provides quicker results, whilst the other is virtually pain free with no downtime but results take longer to become apparent. Radiofrequency works by precisely heating the dermis which creates an injury in the skin. The body's healing response is to create more collagen, treating acne and other types of scarring, pores, skin tightening on the face and body (including neck, abdomen, buttocks and arms), wrinkles and general rejuvenation.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A local anaesthetic cream may be applied prior to the procedure, though not always required. Occasionally oral or other analgesia will also be used. It is normal to feel mild discomfort during the procedure. The energy settings are customised and treatment is designed specifically to the patient's skin and condition. The practitioner will move the handpiece across the treatment area in either a circular or stamping pattern. At the completion of the treatment a growth factor and soothing gel is applied to the skin.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

Immediately following the procedure it is normal to experience a feeling similar to mild sunburn that may include redness and skin dryness which may last one to two hours

Fraxel dual®

HOW DOES THE PROCEDURE WORK?

Fraxel Dual® is a non-ablative fractional resurfacing laser, meaning a treatment is performed over an entire area of concern but the system will pick out only a fraction or a percentage of the skin to treat. The non-ablative element means the laser cooks a cylinder of tissue that forces the skin to remodel itself, but does not remove it directly.

The fractional method of treating ensures that healing will be relatively simple but at the same time, allows for significant and sometimes deep treatment to be performed on the selected sites. The Fraxel Dual® offers two wavelengths. The 1550nm penetrates deeply and stimulates collagen remodelling through heat, making it a very effective treatment for acne and other types of scarring, textural issues caused by sun damage, fine lines and is great for general rejuvenation. The 1927nm wavelength superficially treats where pigment lives in the skin, so effectively targets pigmentation, freckles, age spots and lesions caused by sun damage. Both wavelengths can be used to treat pores. Depending on the condition being treated, a course of treatments may be required.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A local anaesthetic cream may be applied to the area prior and occasionally oral or other analgesia will be used. It is normal to feel some pain with this procedure. Protective eyewear is worn by the patient during the laser use.

After the procedure, a minimum of 15 minutes is required to ice the treatment area.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

The patient will experience a feeling similar to mild sunburn for one to two hours following treatment. Their skin may have a bronzed appearance for three to fourteen days and may vigorously exfoliate, especially if the 1927nm has been used. Swelling is common for two days post, especially with the 1927nm.

Complete healing time takes up to two weeks although, "social downtime," consisting mainly of redness and swelling is approximately two days with the 1550nm, and a little longer with the 1927nm wavelength.

Hydrafacial™

HOW DOES THE PROCEDURE WORK?

Hydrafacial™ is a non-invasive, non-surgical treatment designed to enhance the skin by directly targeting free radical damage.

It is a four-step process that combines intense cleansing, a peel, extractions/exfoliation and serum infusion. It is safe for all skin types and shows immediate results. Hydrafacial™ targets oily skin, treats acne, removes dead skin and blackheads, reduces pore size, protects against free radical damage and produces a glowing complexion.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

Hydrafacial™ is targeted to the patient's individual skin so a specific treatment kit will be chosen.

It is a four-step process that includes thoroughly cleansing the face and exfoliation using the patented handpiece and Hydropeel tip. The abrasive edges of the tip effectively remove dead skin cells and other pore clogging debris revealing healthy, new skin. A peel is then chosen specifically for the patient's skin and extractions are carried out using a vortex suction system, which thoroughly cleans out the pores. Antioxidants and hyaluronic acid is infused into the skin to nourish and protect.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

Directly after the treatment, it is normal to experience redness but this generally disappears within an hour or two. It is normal to experience dryness and flakiness in the days after treatment. Not everyone peels from having a light skin peel, however if the patient does, it should subside within four days.

Intense pulsed light (IPL)

HOW DOES THE PROCEDURE WORK?

Intense pulsed light machines work in a similar way to lasers but by using a range of wavelengths, can treat multiple skin issues at once, although, they are less specific. The target in the skin absorbs the light energy which is then converted to heat, causing damage. IPL can be used to improve the appearance of birthmarks such as port wine stains as well as broken blood vessels, flushed cheeks, freckles, age spots, sunspots, pigmentation, sun damage and can be used as a hair removal technique for dark hair.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A topical anaesthetic may be applied to the area before treatment and a cold gel is then applied. The patient wears safety glasses during the procedure although this is not quite as critical as it is with lasers. The light is passed over the treatment zone delivering precise pulses to the area. IPL treatments are usually less painful than other facial rejuvenation techniques. The patient is required to stay in the clinic and ice the area for a minimum of 15 minutes after the procedure.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After the treatment patients may experience a mild feeling of sunburn that can last for the remainder of the day. Redness and swelling is common and may last for one to two days. Some scabbing and even blistering may be seen, especially if brown spots are treated.

Laser hair removal

HOW DOES THE PROCEDURE WORK?

Laser hair removal is an effective long-term treatment for the reduction of unwanted hair. The laser emits a powerful beam of light that passes harmlessly through the skin, and is absorbed by the hair follicle. By selectively absorbing the laser energy, the hair follicles are disabled, impairing their ability to grow hair. This method is only effective for dark hair as the laser is attracted to pigment so blonde, grey or red hair cannot be treated successfully.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A number of laser pulses are accompanied by a tingling or slight burning sensation. The patient is required to wear eye protection.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After treatment the area may become red and feel like mild sunburn for a day or so.

Light skin peels

HOW DOES THE PROCEDURE WORK?

Light skin peeling is a non-invasive introduction to skin treatments. DIV has many different types of peels available in different strengths that are tailored specifically to the patient's skin type and concerns. Light skin peeling is often used for mild active acne, mild acne scarring, congested skin, dull or sun damaged skin or to reduce the appearance of pores or pigmentation.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

The patient's skin will be thoroughly cleansed and a skin prep solution may be applied. The peel itself is then painted on in layers and left to develop, it is then either washed off in clinic or left on to wear home. Application of sunscreen is important.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

It is common to feel a mild stinging sensation for a few minutes following application and the skin may go red. The area may feel tight after treatment, but the patient can apply a suitable moisturiser as frequently as required. The patient may experience a light exfoliation or peel more intensely. It is usual for any side effects to diminish by day five after treatment.

Microdermabrasion

HOW DOES THE PROCEDURE WORK?

Microdermabrasion is a system of exfoliation and light resurfacing that rejuvenates and cleans the skin. It uses a device similar to a vacuum cleaner to remove the outer layer of skin (the stratum corneum).

This procedure treats a range of skin concerns including acne, fine lines, enlarged pores, blackheads and whiteheads as well as the reduction of scarred tissue and blemishes caused by sun damage or pigmentation. It is commonly used in conjunction with topical skin applications for further effect.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

The patient's skin will be thoroughly cleansed using a cleanser and the Clarisonic cleansing device.

The microdermabrasion machine utilised at DIV has a hand piece about the size of a little finger, connected to a suction device and the open end is moved over the skin's surface in either a brushing or rubbing motion. Inside the open end is a small disc which has a fine diamond surface and acts in the same way as sandpaper. As the machine is moved over the skin, the dead skin cells are gently detached from the skin's surface. The procedure is often finished with the application of skincare serums and sunscreen.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After the treatment, the patient's skin may feel tight and there may be some slight flaking or dryness. We advise all patients to avoid swimming, exercise and sun exposure for one day after the treatment. Most people can return immediately to work.

Mini liposuction

HOW DOES THE PROCEDURE WORK?

At DIV we offer mini liposuction only, as well as limited harvesting of other sites for fat transfer techniques. This procedure is for small pockets of unwanted fat in areas such as under the neck, jowls or double chin.

The ideal patient for liposuction is healthy, preferably within 30% of their ideal weight with localised collections of fat that are very difficult to lose. The patient undergoing mini liposuction should be well motivated and have realistic expectations of the procedure. It is important that the skin tone is adequate to ensure that after the operation, the skin will be elastic enough to drape the new shape.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

We only offer this procedure to small areas so the treatment is undertaken in the clinic. The treatment area is cleansed prior to the procedure and a local anaesthetic administered. We use the tumescent method, where tumescent fluid (made up of saline solution, lignocaine and epinephrine) is injected through the incision into the treatment area using a cannula that helps to numb the area, control blood loss and facilitate fat removal. A different cannula is then passed into the fat layer and moved around in a number of directions to help loosen and break apart the fat. On the other end of the cannula, a suction device is attached to remove the fat. Small tunnels are produced that then collapse in, producing the smooth final result of liposuction.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After the procedure the patient may experience some pain, swelling and bruising. They may also be required to wear a compression garment for around two weeks. This tight-fitting garment helps hold the tissues together, reduces swelling by preventing fluid building up and helps the skin to conform to the new shape.

Most people feel they can return to normal activity in approximately one to two weeks.

Mohs (Micrographic skin cancer surgery)

HOW DOES THE PROCEDURE WORK?

After the results of an initial biopsy are known, the micrographic surgeon begins by making the smallest possible excision to remove the visible skin cancer. The surgeon immediately examines the specially marked and mapped specimen under a microscope to gauge whether the edges of the lesion are clear of skin cancer cells. If not, they will know where on their mapped specimen, deficient excision exists and go back to the patient and excise a further layer of tissue and re-examine it. This procedure is repeated until they can no longer detect any cancerous cells under the microscope. This technique allows the surgeon to remove the minimal amount of tissue required for clearance, resulting in a more cosmetically elegant outcome, whilst still ensuring all the cancer cells are removed. Unlike routine pathology that looks at a sample of the specimen, the Mohs method looks at the entire surface of the specimen and therefore is much more exact.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A local anaesthetic is injected into the skin before the surgery begins. As it can be time consuming to prepare the slides for the microscope, and the surgeon may have to return to the area several times, the patient may remain in the clinic for much of the day.

After clearance, repair is usually possible on the same day and may range from allowing the area to repair itself over time (secondary intention healing), through to simple closure or flaps and grafts.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After the procedure there is no difference to what is expected from any surgical excision. Mild to moderate pain and some bruising may occur. Increasing pain should be reported to exclude infection and postoperative bleeding.

» *Mohs is a specialised skin cancer removal technique used for removing the nastiest melanomas or when seeking the most cosmetically elegant outcome. Associate Professor Greg Goodman was the first micrographic surgeon in Victoria and has performed Mohs surgery for almost 25 years at the Skin and Cancer Foundation, where he is Chief of Surgery.*

Muscle relaxant injections*

HOW DOES THE PROCEDURE WORK?

Expression lines occur when we smile, laugh, cry, wince, grimace, scowl or frown. The delicate muscles underlying the skin contract in concert with each other producing expression lines or 'dynamic wrinkles' and it is these that may be treated with muscle relaxant injections. Muscle relaxant injections work by weakening the tiny muscles very precisely. After treatment, the expression lines and excess movement is diminished, however normal facial expression should appear natural. Injections can be used in many areas of the face, neck and chest because of the way they affect muscle. This includes frown lines, forehead lines, crow's feet, excessive muscle roll underneath the eyes, bunny or wolf lines on the sides of the nose, a drooping nose, gummy smile (excess show of gum above the teeth on smiling), excessive squareness of the face, upper lip wrinkles, downturned mouth, popply chin, poor jaw line definition, vertical neck bands and vertical lines in the chest area. They also have many medical uses such as for the treatment of migraines, bruxism (teeth clenching/ grinding) and excessive sweating (see sweat reducing injections).

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

This treatment is usually both simple and safe. Small amounts of the muscle relaxant are injected with a very fine needle into the treatment area. As the needle is so fine and only a small amount of liquid is used, discomfort is usually minimal.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

There may be a small amount of bleeding or bruising at the injection site however most people feel they can return to work immediately after the procedure.

** S4 medications cannot be named in pre-consultation information*

Photodynamic therapy (PDT)

HOW DOES THE PROCEDURE WORK?

Photodynamic therapy is an effective treatment for sun damage, superficial skin cancers and acne. It involves 'staining' these structures with a natural chemical used in normal cellular pathways and then using a light or laser to safely and accurately penetrate the skin to specifically destroy the targeted tissue, leaving the surrounding areas unharmed. These tissues accumulate the chemical and transform it into an intermediary compound, that when light is shone, becomes toxic to the cell. The specificity comes from an inability to complete the pathway in the damaged cells banking up the potentially toxic intermediary chemical.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

The treatment consists of applying a photosensitising agent (usually a type of chemical called a porphyrin) to the area. After an appropriate time, which may vary from minutes up to hours, the pre-treated area is exposed to a pure coloured (blue, yellow, green or red) light or laser or nowadays even daylight for a length of time dependent on the light source and the lesions being treated. At the end of the treatment the patient is required to stay in the clinic and apply ice for a minimum of 15 minutes.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

Swelling is common especially on the upper cheeks, forehead and nose but usually subsides within a few days. A slight stinging and/or burning sensation may be experienced and if brown spots are treated, the area loses colour temporarily, returning to normal over a period of two to four weeks. Dryness and flakiness may also be experienced as the area heals.

Plasma skin resurfacing

HOW DOES THE PROCEDURE WORK?

Plasma skin resurfacing is used for facial resurfacing and tightening and is unlike other treatments available today. Plasma is the most common state of matter, (other more widely known states are solid, liquid and gas), it is an ionised gas which allows the escape of free electrons. These electrons are directed at and absorbed by the skin, giving up their energy as heat in the skin tissues and inducing subsequent tissue remodelling.

This non-contact treatment provides uniform and deep thermal penetration while initially leaving the skin in the treated area completely intact (no wound is created). The patient's own skin acts as a protective dressing until new skin has fully regenerated underneath. Once this process is completed, the outer layers of skin are then shed. As the top layer of skin is replaced it is a successful treatment for surface issues such as wrinkles, sun damage, general skin tone and texture as well as a skin tightening technique.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A topical anaesthetic is applied prior to the procedure and then local anaesthetic is also injected. During the treatment plasma energy is transferred in the form of a cloud of electrons to the treated area without direct contact to the skin. A greasy moisturiser such as petroleum jelly (Vaseline) or similar will be applied to the treated area.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

A generous amount of a greasy moisturiser such as petroleum jelly (Vaseline) or similar needs to be re-applied before going to bed and used several times daily until healing is complete at about a week.

After the treatment, the patient will feel a burning sensation for approximately one to two days. Healing is usually quite rapid. Redness and erythema will develop after the procedure and the duration of this will depend on the energy utilised and the individual skin type. Swelling may also occur but it is only temporary. The treated area will gradually improve for up to twelve months after the procedure.

Q-Switched YAG laser

HOW DOES THE PROCEDURE WORK?

The Q-Switched YAG is a versatile laser that offers different wavelengths to target a variety of skin conditions. When treating pigmented lesions such as sun spots, age spots, freckles, pigmentation and some birthmarks, it targets melanin occurring superficially in the skin. Melanin is what gives our skin its colour and determines if we have a light or dark complexion. Pigmented lesions are dark in colour simply because there is a high concentration of melanin in that one area. The pigmented lesion absorbs the light energy from the laser and converts this energy into heat, selectively destroying the target but leaving the surrounding tissue unharmed. With another more deeply penetrating wavelength, it can also be used to remove coloured tattoos and deeper birthmarks. When used for rejuvenation, Q-Switched lasers stimulate collagen production improving the appearance of fine lines and wrinkles, pores and acne scarring.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

For laser toning, Q-Switched lasers are usually not painful as the energy is low, so generally no anaesthetic is required. The laser treatment is quick and offers no downtime for rejuvenation purposes and generally patients can return immediately to normal activities. With tattoos and deeper marks, higher energies are often required and local anaesthesia may be needed and a more significant healing phase is required.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After the treatment the patient may experience some short term scabbing, which lasts about one to two weeks if brown spots or tattoos are treated. After the treatment the area will feel similar to light sunburn. Typically any discomfort experienced will disappear after one to two days. The wavelength used for superficial pigment will usually be less painful and need one to two weeks to heal.

Radiofrequency energy

HOW DOES THE PROCEDURE WORK?

A skin tightening device that precisely heats the deep layers of the skin using advanced radiofrequency technology, without damaging the top layer. The heat causes the collagen in the skin to contract and tighten. After treatment the skin starts to produce new collagen. The result over time is an improvement in skin quality, firmness and tightness. Radiofrequency Energy can be used to treat sagging skin under the chin and around the jaw, nasolabial folds, wrinkles around the eyes and mouth, neck sagging and chest lines.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

Radiofrequency energy is a comfortable procedure, so no anaesthesia is required. The practitioner moves a small, flat, heated disk across the treatment area. The disk is heated to between 40 and 43 degrees. Slight pressure is applied and each area needs to be passed over five times. Because of the heat and pressure, some patients find the procedure mildly uncomfortable but most enjoy it, relating it to feeling like a warm massage.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

There is some slight swelling and redness in the days following the procedure however it is minimally invasive with little pain or downtime. Most people feel they can return to work immediately after the procedure.

Recell®

HOW DOES THE PROCEDURE WORK?

Recell® allows the practitioner to collect specialised cells from a small sample of the patient's healthy skin and process them for application to another area. The Recell® device separates skin cells and places them in a special suspension spray fluid. This suspension can be used to treat wounds and other skin defects that are much larger than the donor site. Recell® can be used to enhance wound healing, minimise scarring and reintroduce skin colour where a loss has occurred due to injury or disease such as vitiligo.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

Local anaesthetic is used to collect a small sample of skin (biopsy) from an area close to the skin to be treated. The biopsy is usually around one to two centimetres square and is also treated with the spray to help healing. While the practitioner is preparing the area to be treated, the skin will be placed into the Recell® kit, which separates the cells in preparation for them to be sprayed onto the skin.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

The treated area and biopsy site will be covered with a dressing. The area will initially be numb but may sting soon after the operation. Patients can take medication to reduce any discomfort. The dressing will be removed three to five days later. If the treatment is to reintroduce pigment, it will occur slowly over several months as the cells grow, mature and start to produce pigment (melanin).

Skin needling

HOW DOES THE PROCEDURE WORK?

This procedure works by moving micro-needles across the skin creating injury to the epidermis and dermis. These injuries stimulate natural collagen reproduction and elastin deposition. In addition to treating pores, fine wrinkling, loss of elasticity, minor acne scarring and other types of scarring it also enables topical applications to penetrate deeper into the skin, increasing their effectiveness. The combination of topical preparations and skin needling can be used to treat pigmentation, age spots and freckles. This increased absorption of active ingredients into the skin creates faster results and skin rejuvenation.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

An anaesthetic cream will be applied prior to the procedure. Slight discomfort may still occur during the treatment, the feeling is best described as a light, prickly, rolling sensation. During the treatment, the skin needling device is rolled across the skin in a criss-cross type pattern. At the completion of the treatment a soothing gel or other topical solution will be applied.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

The patient's skin may appear slightly pink or red which may last for two to seven days. Depending on the depth of the treatment, the skin may weep and become swollen. It is also common for the skin to feel quite sensitive. Complete healing should occur after one week.

Sweat reducing injections*

HOW DOES THE PROCEDURE WORK?

Sweat reducing injections are used for the effective treatment of excessive sweating from the armpits (known as primary axillary hyperhidrosis). Rarely it may be used for hands (known as palmar hyperhidrosis) and feet (known as plantar hyperhidrosis). It targets sweating at its source, inhibiting the release of acetylcholine: the chemical in the body that is responsible for signalling perspiration. DIV has some of Victoria's only Dermatologists who are accredited to supply this treatment through the PBS making Medicare rebate possible to our eligible patients.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A topical anaesthetic cream may be applied half an hour prior to the treatment to help minimise any discomfort. Some mild discomfort may be experienced from the injections when the procedure is performed. The product is then administered via small injections and approximately seven to ten days later, sweating may have decreased.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

Mild bruising may occur but usually when armpits are treated, there are no issues after the procedure. In the palms of the hands and the soles of the feet, some temporary muscle weakness may occur, especially in the muscles of fine motor control in the dominant hand.

** S4 medications cannot be named in pre-consultation information*

Vascular laser

HOW DOES THE PROCEDURE WORK?

DIV's vascular lasers offer a variety of different wavelengths that can be used alone or in combination to treat a range of skin conditions. Lasers work by emitting one wavelength, a single small part of the light spectrum, which targets a specific colour in the skin. The target absorbs the light energy from the laser, converts it to heat, destroying the lesion but leaving the surrounding tissue unharmed. Some vascular lasers emit a visible coloured light, green or yellow which targets facial blood vessels, age spots, sun spots, freckles, redness caused by scarring and birthmarks such as port wine stains and strawberry haemangiomas. Others will emit a wavelength in the infrared spectrum to treat deep or blue vessels.

WHAT WILL THE PATIENT EXPERIENCE DURING THE PROCEDURE?

A topical anaesthetic may be applied prior to treatment to numb the area. When treating deeper vessels, a local anaesthetic injection may be required, however this is uncommon. The patient wears safety eyewear during the procedure. The laser is passed over the treatment zone in sections at various wavelengths allowing it to penetrate at all levels to treat a specific problem. The patient is required to stay in the clinic and ice for a minimum of 15 minutes post procedure.

WHAT CAN THE PATIENT EXPECT AFTER THE PROCEDURE?

After the treatment, a mild sunburn feeling is common and can last for the remainder of the day. Redness and swelling is also common and may last from one to two days or even longer for more significant treatments. Some scabbing and even blistering may be seen, especially if treating brown spots, but is unusual if only blood vessels are being treated.



OUR CLINIC

Dermatology Institute of Victoria

8-10 Howitt Street, South Yarra, VIC 3141

+61 3 9826 4966

reception@div.net.au | www.div.net.au

FIND US ON:

