

Pigmentation

Patchy or uneven pigmentation occurs due to the over production of melanin caused by sun damage

hormonal imbalance, environmental factors or something as serious as a pigmenting disorder of the skin or an internal organ disease. Diagnosing and treating the underlying cause with correct medical advice and following an appropriate skin care routine is important for better, faster and permanent results. Adjuvant therapies at Dr. Nivedita Dadu's Dermatology Clinic aimed at reducing pigment and keeping them at bay include:

A) Chemical Peels - Skin peeling has been used as skin rejuvenation therapy since centuries in the form of sour milk to red wine facials and baths. Chemical peels remove the top layer of the skin, and help the new skin to grow back there by imparting a younger, fresher skin with improved texture.

B) Meso Facials - A complex and extremely effective lightening treatment that illuminates the complexion, reduces discolouration and evens out skin tone. Vitamin C and other active ingredients infused into the skin using electrophoration provide protection from free radicals and renew the epidermal layer of your skin.

C) Insta-Glow Peel Facial - Designed for individuals for whom time is a luxury. These quick fix secrets will have your skin looking nourished, hydrated and glowing in no time at all.

D) Laser Toning - A treatment using 1064 nm wavelength of Q Switched Nd:YAG laser, based on the principle of selective destruction of pigmented cells.



Anti-Aging Therapies

Aging unfortunately is a process that cannot be stopped, but it can be surely delayed thanks to the

advances made in modern medical aesthetic science. Age related changes include appearance of fine lines and wrinkles, facial volume and fat loss, thinning of the skin and loss of skin elasticity which leads to sagging skin. Post a thorough facial assessment, we at Dr. Nivedita Dadu's Dermatology Clinic use a

multy approach to impede your aging concerns which includes therapies such as:

A) Age Reverse Peel- The anti aging peel that reduces fine lines, wrinkles, photoaging, pigmentary spots and stimulates collagen production there by making the skin firm, hydrated and wrinkle free.

B) Age Lock Facial- This treatment is perfect for reducing the appearance of fine lines and wrinkles on the face. Collagen and Hyaluronic Acid are penetrated into the deeper layers of the epidermis using electrophoration to reveal fresher, smoother and younger looking skin.

C) Age Preserve Laser - This laser treatment results in both rapid reepithelization of the epidermis as well as rebuilding of collagen, which amount to healthy, beautiful skin.

D) BOTOX - Botox® may be the treatment for you if fine lines & wrinkles are a cause of concern for you. It is injected into muscles to relax them and give you a more youthful and fresher look.

E) Fillers - JUVEDERM® is an FDA-approved filler used to temporarily treat moderate to severe facial wrinkles and folds such as nasolabial folds or "parentheses lines". Juvederm Voluma has the potential to instantly add volume to the cheek area. It gives you a subtle lift, helping restore contour and a more youthful profile for up to 2 years.

F) Restylane Vital - Improves the hydration and elasticity of skin by replacing the naturally occurring hyaluronic acid that is lost with age.

G) Age Freeze Technology - The Age Freeze system is a non-ablative radio-frequency medical technology that, when applied to the skin, therapeutically delivers a very controlled deep heating at the desired tissue depth to tighten the supporting structures on your face and body. The unique RF technology comfortably penetrates the tissues deep down into the dermal layers where collagen fibers exist. When collagen fibers are heated to the proper temperature, the fibers and connective tissues contract and multiply, which firms and improves the appearance of your skin.

H) Thread Lift - Also known as the lunch hour lift is a non-surgical alternative to face lift where in threads are used to lift sagging skin.

COSMETIC DERMATOLOGY

Dr. Nivedita Dadu's Dermatology Clinic provides an array of services under cosmetic dermatology which might be defined as that aspect of the practice of dermatology that emphasizes at looking good. At Dr. Nivedita Dadu's Dermatology Clinic, a comprehensive, multi-pronged approach to all your cosmetic problems includes Medical Management, Prescription & Targeted Therapies

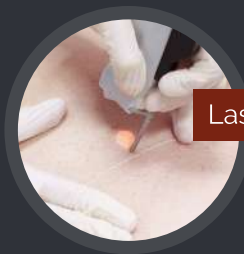
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Laser Hair Reduction

Laser Hair Reduction is swiftly overtaking traditional methods of hair removal like waxing, threading, razing, hair Removal creams etc.

which over a period of time take a toll on the skin in terms of texture of skin and hair growth, with no benefit in terms of reduction in hair density. Laser hair reduction is a boon to both women and men. Benefits vary from reduction in density, improvement in texture from coarse, thick and dark to finer, fewer, lighter and longer hair free periods.

Q1. Why do I need to see a dermatologist for my facial hair?

Ans. While most of us may be thinking that dark, coarse hair in females is only a cosmetic concern, the truth is that these hair may be an indication of an underlying hormonal imbalance, which needs to be diagnosed and treated. By getting a laser under the supervision of a trained dermatologist, you will receive the right medical management and the best laser technology under one roof.

Q2. Why Dr. Nivedita Dadu's Dermatology Clinic?

Ans. All patients at Dr. Nivedita Dadu's Dermatology Clinic receive the expert medical opinion of Dr. Nivedita Dadu and under go a work up for hormonal imbalances (PCOS, thyroid etc.) before starting the laser procedure. Dr. Nivedita has worked at some of the most reputed government & corporate hospitals of delhi and has a vast and varied experience of handling laser cases. That's not all! To ensure you get optimum results, we at Dr. Nivedita Dadu's Dermatology Clinic use the best and the latest diode laser which is gold standard for painless fastest hair removal and suitable for Indian skin type.

Q3. Are there any side effects of laser hair reduction?

Ans. If the laser is being performed by a trained therapist, under the supervision of an expert dermatologist, taking care that all necessary precautions (like skin moisturisation and hydration) are taken and the laser parameters decided according to the type of hair (coarse or fine), the site which is being lased (face, underarm, genitalia etc) and the complexion of the patient (fair or dark), you can be assured of optimum results with no side effects.



Hair Fall Management

We at Dr. Nivedita Dadu's Dermatology Clinic use FDA approved scientifically proven European hair boosters, stem cells and growth factors to prevent hair fall stimulate hair growth and nourish and strengthen hair. We use techniques like MESOTHERAPY and PLATELET RICH PLASMA THERAPY to promote hair growth and manage hair fall.

Q1. I am an individual with excellent general health and seasonal hairfall is normal so when do I need to visit a dermatologist for my hairfall?

Ans. If you are residing in a densely populated and polluted city like me, then you need to know that pollution induces oxidative stress which may indirectly affect the hair growth pattern.

Q2. I have been taking over the counter biotin supplements for my hairfall. Isn't that enough?

Ans. There are several macro and micronutrients, vitamins, minerals and aminoacids like iron, zinc, calcium, vitamin D, vitamin H, vitamin B12, vitamin B3, vitamin E, vitamin C, copper, selenium, arginine, glutathione, cystine and methionine that are important for hair. Therefore taking biotin alone may not be sufficient.

Q3. So you mean that treatment for hairfall varies from person to person?

Ans. Yes. Hairfall management will be different for each patient depending upon- pattern of hair thinning, gender of patient, age of patient (perimenopausal women), eating habits (vegetarians), associated hair problems (premature greying of hair, dandruff, seborrhoea, psoriasis, itchy scalp, burning sensation or redness in scalp), associated hormonal changes (thyroid, polycystic ovaries), genetic or auto immune hair problems.

Q4. What are the common, avoidable causes of hairfall?

Ans. Unhealthy diet, smoking, any physical or emotional stress, post pregnancy, recent history of illness or surgery, history of being on medicines that may have hairfall as there side effect, cosmetic procedures like hair straightening, smoothening and coloring.

Q5. I have used minoxidil and dont want to try it again. Is there any other treatment for me?

Ans. There are various advanced, non minoxidil hair growth serums like biomimetic peptides that arrest hairfall and promote hair growth. These can be used alone or as adjuvants to other therapies like mesotherapy and PRP for best results. Mesotherapy is a popular french technique of delivery of different vitamins, nutrients, growth factors and medicines in various combinations in different layers of the skin to get desired results. We At Dr. Nivedita Dadu's Dermatology Clinic use FDA approved scientifically proven European hair boosters, stem cells and growth factors to prevent hair fall, stimulate hair growth, nourish and strengthen hair. Platelet Rich Plasma Therapy is a technique in which Patients blood is drawn like for a routine blood test, it is processed and platelet rich component of the blood is injected in the area of concern. These platelet rich part of blood is rich in various growth factors which promote hair growth.

Q6. Do medicated hair care products have an advantage over regular over the counter hairfall shampoos, conditioners and serums?

Ans. Medicated hair care products are research based products designed to address specific needs of patient through ingredients that increase scalp blood flow, improve scalp oxygenation, promote anagen phase of hair, have anti inflammatory and antifungal properties and inhibit enzyme that causes male pattern hair loss.



Acne And Acne Scar Treatment

Refractory cases of acne are dealt with a multi-pronged approach- stopping the trigger of acne by

targeting the culprit hormonal imbalance, prompt acne management ensuring they do not leave scars, addressing your pigmentation concerns and helping you follow the right skin care routine. Dr. Nivedita Dadu's Dermatology Clinic offers acne reduction therapies like Teenage Peel, Acne Clean Up; for acne scars, Collagen Induction Therapy and scar Treatment Laser are good solutions. Apart from scarring the skin, acne also scars a person's self confidence and psyche.



Periorbital Pigmentation

POP treatments are effective for dark circles and puffy eyes, that otherwise give a very fatigued look. They include

Chemical peels, which rejuvenate skin around the eyes, iPeel Eye Fillers that work by filling the depression which causes dark circles under the eye, and Laser Toning, selectively destructing pigmented cells.

If you are suffering from dark circles by now you would have known that under eye creams alone do not work. Most cases require one of the following treatments:

A) iPeel- The commonly known eye bags or the puffiness under the eyes and pigmentation are a result of the combined effect of inflammation, chronic sun damage and the downward pull of gravity on under eye circles. Chemical peels are effective in rejuvenating skin around the eyes by exfoliating damaged upper layers of skin to reveal new, healthier skin, increasing elasticity, and moisturising skin.

B) Eye Filler- Juvederm eye fillers work by filling the depression, which causes dark circles under the eye; giving you a fresh youthful appearance taking away the effects of fatigue on your face. It restores the lost volume around the eyes giving eyes a more alert and refreshed appearance.

- Do you feel that you have taken acne treatment several times earlier but only received temporary results?
- Is your acne leaving brown marks and scars and making your skin dull and patchy?
- Is your acne more on the chin and jawline?
- Do you think you are too old for this teenage skin issue?
- Is your acne associated with hairfall ?

Ans. Do not lose hope. We at Dr. Nivedita Dadu's Dermatology Clinic understand your concerns. With Dr Nivedita's vast and varied clinical experience, refractory cases of acne are dealt with a multipronged approach – stopping the trigger of acne by targeting the culprit hormonal imbalance, prompt acne management ensuring they donot leave scars, addressing your pigmentation concerns, helping you follow the right skin care routine, avoiding the acne aggravating factors, following the right diet and treating your acne scars. For teenagers who have mild acne and donot require oral medications, Dr. Nivedita Dadu's Dermatology Clinic offers acne therapies like-
A) Teenage Peel- A mild peel that reduces acne, black heads, open pores, post acne pigmentation and scars.

C) Laser Toning
A treatment using 1064 nm wavelength of Q Switched Nd:YAG laser, based on the principle of selective destruction of pigmented cells.



Stretch Marks

These are scarring and discoloration of skin as a result of rapid stretching of skin associated with rapid growth

rapid growth or rapid weight changes, the most common causes being puberty, pregnancy, body building etc. Treatment includes medical management and procedures like collagen induction therapy and lasers.

A) Collagen Induction Therapy- works by creating micro wounds in the dermis of the skin that stimulates collagen production. Over time a thick layer of tissue develops which fills in the cavities left by scars

B) Scar Treatment Laser- For treating stretch marks, we use Fractional erbium fiber (ResurFX, Lumenis) laser. ResurFX laser employs the "only one pass" formula. ResurFX is effective, saves your time and protects your skin. ResurFX uses a 1565 nm fiber laser and a very advanced scanner. This laser offers a noninvasive solution that uses fractional laser technology to deliver rapid energy, reliable stretch mark reduction with less risk, less pain and minimal downtime - get your treatment and be ready for work the same day! The microbeams penetrate deep causing regrowth of cells and collagen remodeling.

B) Acne Clean Up- Designed to cleanse the skin of superficial blemishes and unclog and cleanse pores. For patients who have acne scars, medical treatment alone may not help. Such patients require one of the following therapies-

A) Collagen Induction Therapy- Works by creating micro wounds in the dermis of the skin that stimulates collagen production.

B) Scar Treatment Laser- For superficial to medium depth scars we use Fractional erbium fiber (ResurFX, Lumenis) laser. ResurFX laser employs the "only one pass" formula. ResurFX is effective, saves your time and protects your skin. ResurFX uses a 1565 nm fiber laser and a very advanced scanner – bid goodbye to your scars forever! This laser offers a noninvasive solution that uses fractional laser technology to deliver rapid energy, reliable scar removal with less risk, less pain and minimal downtime - get your treatment and be ready for work the same day! The microbeams penetrate deep causing regrowth of cells and collagen remodelling. For deeper scars we suggest you under go fractional co2 laser treatment. Though the down time is more, the results are superior to other lasers.