

## Cosmetic Dermatology-‘Turning Back the Clock’

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### Editorial

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### Editorial

How many years you wish to turn back the clock? Two years, Three years, Five years or more. It is all possible today with state of art technology and with safety. When you are 60 yrs old you can look 45 years old or even less if you regularly visit your Dermatologist. Have a good life style and do all safe procedures. Common Cosmetic conditions that I see in my practice are Open pores, Uneven pigmentation, Sun damaged skin, wrinkles, Sagging skin, Dark Circles, Tear trough, Benign and malignant growth on skin, Unwanted capillaries, Post acne scars and scars of other origin, Volume loss, Double chin, unwanted capillaries, Dull and glow less skin and so on. Cosmetic Dermatology is not only limited to face but now it involves entire body from head to toe. One wish to have every part of body as best aesthetic as possible.

Dermatology and cosmetic dermatology are two disciplines that share many common modalities. Combining the ‘disease’ and ‘desire’ aspects of dermatology will require integration on many levels. With advances in technology & science in the field, there is a need to be constantly updated with the new treatment options mainly Lasers and other energy based devices that have resulted in more safety and better results than in the past.

Several Cosmetic and clinical Dermatology conditions can now be treated more effectively using such devices .One of the most important research have been is principle of selective thermolysis and use of Lasers and energy sources in fractional mode. Having said that, much need training, experience and working without any conflict of interest is the way to go. Because the incidences and pattern of dermatological diseases differ from each geographic area, their management of clinical and cosmetic conditions differ too. That’s where you require special skills and understanding skin types. For

example, treating dark and black skin is a challenge without major side effects. We believe in Evidence based medicine.

Since decades, Dermatologists have been leaders and innovators in the development of cosmetic procedures. In the 1950s dermatologists performed pioneering work in the fields of dermabrasion and hair transplantation. Dermatologic surgery experienced a renaissance in the late 1960s and early 1970s that led to the founding of the American Society for Dermatologic Surgery. Early issues of the Journal of Dermatologic Surgery and Oncology (now Dermatologic Surgery) contained a wealth of information and groundbreaking studies to guide both practicing dermatologists and residents in training. Surgical dermatology became a vital part of dermatology residency training programs [1].

In the last one decade we have seen influx of large number of energy devices in cosmetic dermatology such as Lasers, Light sources, Radio-frequency, High intensive focalized ultra sound HIFU, Chemical peels, Neurotoxins, skin fillers, Liposuction, Vitiligo surgery, Lipo filling, Hair transplant and several other procedures. We wish to publish unbiased original scientific papers on such topics which will help our readers about safety, efficacy, guidelines and comparison of different forms of treatments .We also encourage new indications for use of energy devices and other procedures in cosmetic and clinical Dermatology. Similarly we expect more new research will improve safety, efficacy, less pain and no or less downtime. We will be able to use various combination treatments safely and more effectively.

Cosmetic Enhancements is on the rise in the last few years. More and more people report being unhappy with their appearance. In a US survey, 56% of women and 43% of men reported dissatisfaction with their overall appearance [2].

The Journal will cover all aspect Dermatology, cosmetic dermatology, Dermatology Surgery, and much more. With this journal, you will look forward to original articles, review articles including CME, Preliminary reports, Featured operative techniques, special topics, case reports and letter to the Editor etc. We will only promote science and not industry. Authors will follow publication ethics and guidelines issued. Statements and opinions expressed in the articles and communications section, are those of the authors and not those of the editors. Conclusion in each article published is crucial which helps the reader to gain insight. We also do not guarantee, warrantee or endorse any product or service advertised nor do we guarantee any claim made by manufacturer of such product or service. We are now able to use these Lasers and energy devices to treat not only cosmetic conditions but large number of Clinical Dermatological diseases can be treated more effectively by use of such energy sources. PDT is a promising modality for the management of various tumors, acne and nonmalignant diseases.

### What does the Future Hold?

With the multitude of major scientific advances that have already occurred in the diagnostic and therapeutic areas in dermatology, my first (easy) prediction is that an enormous additional number of scientific advances will continue to occur in the future. The sheer volume of this new knowledge in all areas of dermatology will add

to the complexity involved in the management of patients with skin conditions. While it is not impossible for a solo practitioner to remain optimally well informed as these advances occur and still permit the delivery of the best possible care for all of his or her patients, it will certainly become more difficult in the future. Having said that, the Future of Cosmetic Dermatology seems to be great as more and more new procedures and devices will help treating several cosmetic conditions more effectively with less or no pain, no down time and with more safety. We may be able to use such devices safely in treating few clinical and cosmetic Dermatology cases where we do not have satisfactory treatment available as on today [3].

The journal will serve as a resource to all aspiring & experienced dermatologists. The content is precise, practical and focused on state of the art contributions. This is most comprehensive Dermatology Journal which includes Cosmetic Dermatology. I am sure our readers will appreciate and benefit from the reading. Your comments and suggests are valuable to us and will help us achieve newer horizons.

### References

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