

# ANTI-AGING CORNER

BROUGHT TO YOU BY:



AUGUST



Carlos E. Mercado, MD

## Get Your Glow On with Eterna MD's Evolutionary Skin Resurfacing Laser

By: Karen LeBlanc

DOT therapy is the latest innovation for skin rejuvenation and Eterna MD Medical Rejuvenation Center is among the first in Central Florida to offer this groundbreaking SmartXide DOT CO2 laser system. Dr. Carlos Mercado and Dr. Mara De La Vega, both licensed and board certified physicians and owners of Eterna MD, are experts in cosmetic laser technology for a variety of aesthetic issues including skin rejuvenation and body hair removal. Always on the cutting edge of anti-aging medicine, Eterna MD is now offering DOT Therapy as the ideal treatment of pigment, skin laxity/texture, wrinkles and acne scars. Many patients are achieving optimal results in just a single treatment with DOT Therapy. In this edition of our Anti-Aging Corner, Dr. Carlos Mercado discusses the potential of this latest laser technology and its role in various procedures.

### What is the SmartXide DOT™ laser with DOT Therapy™?

Unlike older skin rejuvenation lasers, the Smartxide or DOT Therapy only removes a customized pattern of dots and not the entire skin surface. Using a computerized scanning technology, DOT Therapy stimulates enough areas for collagen production without burning off the entire skin surface. Patients can achieve optimal results in a single treatment with noticeable skin tightening. I can use DOT Therapy on the entire face including eyelids with only topical anesthetic. Because DOT Therapy has multiple treatment modes, I can customize each patient's treatment plan targeting problem areas that virtually take years off the face.

The newest approach in skin rejuvenation is DOT Therapy (Dermal Optical Thermolysis). It creates thousands of microscopic perforations which help with skin tightening. "The laser energy creates heat and that dot of heat shrinks the collagen," explains Dr. Mercado. "By shrinking the collagen, the result is fewer wrinkles." Before there were no solutions for what people call "Smoker lines" or perioral lines: those lines developing around the lips. The DOT provides excellent results for this area as well. Skin peels off in little, sandpaper-like flakes and requires only a cool compress, moisturizer, and SPF after."



### What are the uses for DOT Therapy?

The DOT Laser is ideal for acne scars, skin blemishes, skin laxity, texture, pigmentation, and wrinkles on the whole face including eyes and mouth. If people have DOT Therapy done as preventative maintenance, they could avoid the eye surgery to lift the lids.

**On DOT Technology:** Dr. Mercado has been waiting for this technology for the last 5 years. He was able to only recently bring it to Central Florida from Italy. "Patients are flying-in from out of the state to have the procedure performed," says Dr. Mercado. He further states that it ranks as the second most requested procedure in the celebrity ranks.



**WRINKLE REDUCTION AROUND LIP AREA**



**WRINKLE REDUCTION & SKIN TIGHTENING ON THE CHEEKS**

### Is DOT Therapy superior to other laser technologies?

In many cases, it only takes a single treatment with DOT Therapy to erase wrinkles and skin blemishes. Typically, the procedure requires little or no anesthesia and there is minimal patient downtime. A patient can put on makeup and return to normal activities in 48 hours. I can better customize treatments with DOT therapy for aesthetic issues such as mouth wrinkles, skin laxity of the neck and crow's feet around the eyes.

### How is DOT therapy different from the traditional CO2 laser skin resurfacing?

CO2 lasers are the gold standard in skin rejuvenation. The early technology was aggressive, requiring six to eight weeks of downtime with many complications such as pigmentation and scarring. Then light therapy evolved known as IPL or photorejuvenation but IPL is not suitable for all skin types. The Fraxel laser technology followed but requires multiple treatments to produce noticeable results. Now, we have the DOT laser that allows me to target difficult areas in a single treatment. For example, I can change the settings to treat wrinkles around the mouth. Prior to DOT Therapy, there was no effective laser technology for wrinkles around the mouth. We relied on Botox and dermal fillers.

### How does DOT Therapy compliment your other skin rejuvenation procedures?

DOT Therapy can complement our microlaser peels including the Transform Procedure that penetrates the skin 10 microns deep and the South Beach Peel, which goes even deeper up to 60 microns.

### Are skin resurfacing lasers different from hair removal lasers?

Yes, they are entirely different. Most hair removal lasers cannot read skin type 5 (African Americans and Hispanics). Eterna MD has a hair removal laser that can treat all skin types. With all of our laser treatments for hair removal and skin rejuvenation, we use a special cooling system so there is minimum pain involved. After every laser treatment, we do a complimentary ultrasound with collagen to reduce redness and swelling for minimal downtime.

Eterna MD offers a series of anti-aging seminars free to the public to learn more about the many aesthetic procedures available. On Saturday, August 23, Eterna MD is hosting a Cellulite Seminar and September 20, the public is invited to attend a Laser Options Seminar. For more information go to [www.etername.com](http://www.etername.com)

## Upcoming Seminars at Eterna MD's Lake Mary location:

**Cellulitis: a woman's beauty nightmare**  
August 23, 10:30 - 11:30 a.m.  
Please RSVP by calling 407.771.0404  
or by registering on our website at  
[www.etername.com](http://www.etername.com).

Be present to enter a raffle for a complimentary Triactive laser treatment. The lucky winner will be drawn at the end of the seminar.  
(for details, please refer to our July Gates of Seminole article)

**Laser Resurfacing/DOT**  
September 6<sup>th</sup>, 10:30-11:30 a.m.  
Please RSVP by calling 407.771.0404  
or by registering on our website at  
[www.etername.com](http://www.etername.com)

Be present to enter a raffle for a complimentary Laser resurfacing of your face. The lucky winner will be drawn at the end of the seminar.



### It's Possible!

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