

Foreword

Aesthetic dermatology has been transformed over the past two decades. What was initially an arena that had collagen injections, aggressive peels, and argon and carbon dioxide lasers has now evolved into a field that contains a large variety of energy-based devices, injectables, and a wide variety of nonenergy-based topical treatments.

Energy-based devices now include lasers, broadband light sources, radiofrequency technologies, and ultrasound and microwave devices. These devices are now being used on and off the face. They are used to tighten, resurface, and remodel skin. Available devices treat unwanted vascular lesions, abnormal pigmentation, acne, and hyperhidrosis. While early devices took up an entire room, the newer machines are smaller than a suitcase. Some of the devices are now being paired with topical agents to optimize results, and there will be more with time.

Injectables include botulinum toxins, a wide array of dermal fillers, and the soon to arrive fat-melting injections. Indications for treatment have also expanded with time. Each year, there are newer agents.

In the past, there have been entire textbooks on the subject of lasers and energy-based devices, and entire books on aesthetic and cosmetic dermatology. Many of these have been well written – some even by me! The reality, though, is that the field has now become so vast that no one book can give the reader the full breadth of aesthetic medicine. Furthermore, since the field is constantly changing, there is a need for an ongoing updated series of books that covers the ever-changing field of aesthetic dermatology.

Aesthetic Dermatology will answer those needs. *Aesthetic Dermatology* does not represent one textbook or even a small series of textbooks. Instead, *Aesthetic Dermatology* will represent an ongoing, multiyear series of textbooks that will cover, and expand, all aspects of aesthetic dermatology.

One to two textbooks, on a variety of topics, will be published each and every year. The first volume is *Laser Treatment of Vascular Lesions*, the second will be *Cosmetic Radiofrequency*, and the third will be *Photodynamic Therapy*. Many more will follow. Enjoy!

David J. Goldberg, New York, N.Y.

Preface

Medical uses of light can be traced back as early as 4000 BC to the ancient Egyptians who utilized psoralen-containing plants in conjunction with sunlight to treat vitiligo. Nearly 60 years after the invention of the first medical laser in the mid-20th century, the field of laser and light medicine has grown vastly and is utilized by a multitude of medical specialties such as dermatology, ophthalmology, and urology. Today, we are fortunate enough to have multiple laser and light systems that target various tissue structures with an array of medical and cosmetic indications.

This book, the first in the *Aesthetic Medicine* series, will focus on the laser treatment of cutaneous lesions with a vascular target. Each chapter focuses on a particular laser or light modality and its specific application to a variety of both vascular and nonvascular lesions. Renowned specialists in laser medicine have lent their expertise throughout the book. Each section incorporates the current evidence-based literature along with the authors' personal treatment recommendations, as well as pearls and perils.

As each author in the book has skillfully demonstrated, laser medicine is as much an art as it is a science – there is no cookbook approach. The purpose of this book is to explore the options and parameters available to treat lesions traditionally responsive to vascular laser therapy as well as to expand the application of these lasers to a growing list of nontraditional lesions. Our goal is to allow readers to broaden their knowledge and further hone their skills in the laser treatment of cutaneous vascular lesions.

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