

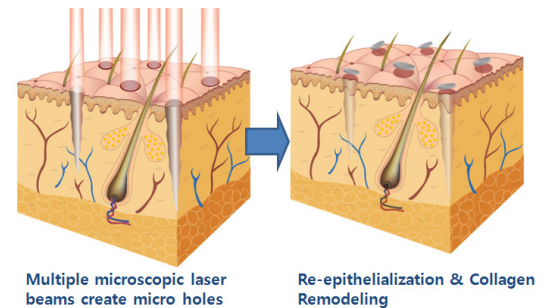
## DOT Therapy Ablative Laser Skin-Resurfacing

### Turn Back The Clock.

You can't stop the hands of time, but you can take steps to reduce many of the unwanted signs of aging. Until recently, cosmetic plastic surgery was the only effective treatment for improving one's overall facial appearance. But, major surgery is cost prohibitive and today's active lifestyles leave little time for post-operative recovery. At Associates in Dermatology, we offer non-invasive solutions that can help to visibly reduce the telltale signs of growing older.

### What is DOT Therapy?

DOT Therapy (Dermal Optical Thermolysis) is a cutting-edge laser treatment that provides remarkable results while helping to reverse signs of aging. It counteracts years of sun damage or acne scarring, restores a youthful vitality to your face and stimulates collagen production. Noticeable results can be achieved in a short time with improvements to your skin's texture as well as you skin tone. It can also shrink the appearance of pores, firm and smooth your skin by lessening the impact of fine lines and facial wrinkles.



### How Does DOT Therapy Work?

DOT Therapy has set a new standard in laser skin resurfacing. During the procedure, your healthcare provider will apply a pattern of tiny scanned pulses of laser energy to your skin with a controlled laser. The DOT procedure is customized to your skin. Your healthcare provider can adjust the laser's settings to tailor treatment and obtain the best results for you. Adjustments can be made throughout the procedure to more accurately treat specific areas such as the area around the mouth.



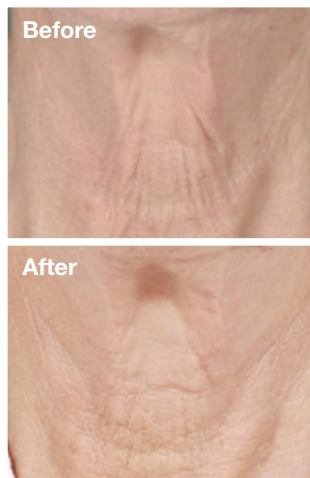
The DOT Therapy laser precisely creates thousands of microscopic holes (dots) in your skin. Unlike other laser resurfacing technologies, DOT Therapy leaves islands of healthy tissue surrounding the microscopic dots. This enables your skin to heal more rapidly and minimizes overall damage.

### Remarkable/Visible Results\*

#### Full Face



#### Neck



#### Lip



#### Eye



\*Clinical results may vary depending on individual factors, including medical history, skin type, age, patient compliance with Pre-/Post-Care Treatment Instructions, and individual response to treatment. Several treatments may be needed.

# DOT Therapy Ablative Laser Skin-Resurfacing (con't)

## What Can DOT Therapy Do for Me?

If laser skin resurfacing is suitable for you, your physician or physician assistant at Associates in Dermatology will determine the ideal treatment plan for your needs. Typically, one treatment will reveal a brighter, younger and healthier looking skin, yet multiple treatments may be recommended for optimal results. DOT Therapy is ideal to give your face and/or targeted areas, such as the décolleté and the neck, a revitalized look. While the aging process cannot be stopped, with proper care and daily use of sun protection, you can maintain your resurfaced skin's appearance for many years!

## Is DOT Therapy Safe?

DOT Therapy is safe and effective, without injections or invasive cosmetic surgery. Sedation is not required. The patient is only exposed to a topical anesthetic. After the treatment, you can expect some redness of the skin that is similar to a sunburn, swelling and discomfort. However, this is completely normal and typical for such effective laser procedure. You will be asked to carefully follow your pre-treatment and post-treatment instructions provided by Associates in Dermatology's healthcare provider.

## Does the Procedure Hurt?

Approximately one hour prior to the procedure, your healthcare provider may apply a topical anesthetic to your skin to minimize discomfort during the treatment. Generally speaking, the DOT Therapy procedure has been compared to that of a sunburn, but the amount of pain will vary from one person to the next. The sunburn sensation is likely to continue for a couple of days following each treatment. These symptoms are normal and should improve within approximately three days. Your provider may prescribe an over-the-counter pain medicine to help alleviate any discomfort.

As your new skin replaces dead tissue, the outer layers will begin to flake or peel unevenly. This is normal. In most cases, your skin will return to its normal appearance in about seven to ten days. Steady improvements should occur for a few months after a laser resurfacing procedure.

## How Long Will a Treatment Take?

In most cases, DOT Therapy can be performed to an entire face within 30–45 minutes. Targeted areas take approximately 20 minutes.

## How Many Treatments are Necessary?

In most cases, excellent results can be achieved in a single session. Your healthcare provider will advise you on what results you can reasonably expect. To maintain results, patients may opt for follow-up treatments.

## What Precautions Do I Need to Take After the Procedure to Maintain My Results?

Expect some down-time following this treatment. Ask your provider for details regarding what to expect and recovery time. You will need to carefully follow all DOT Therapy Ablative Laser Skin-Resurfacing Pre-/Post-Care Treatment Instructions. Make sure to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the planned treatment areas for 4 weeks after treatment. If you need to be outdoors, use an umbrella or wear a large-brimmed hat, a pair of sunglasses and use a high SPF physical sunblock.

## What Patients are Saying.

“My friends and family noticed the difference and commented how radiant and glowing my skin was. And now, a month after the procedure, I couldn't be happier with how soft and healthy my skin feels. DOT Therapy definitely delivered!” –*Aimee, Orlando, FL*

“I was shocked to see that the fine lines around my eyes and mouth had been replaced with smoother looking skin.” –*Michelle, Dallas, TX*

“My skin's pore size really decreased after the DOT Therapy treatment, leaving me with a glowing, youthful complexion! What more could you ask for?” –*Charlotte, Dallas, TX*