THE CENTRE FOR DERMATOLOGY

Dr Mani Raman
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Dr. Mani Raman is not only a leader in the field of medical and surgical dermatology, he is also a pioneer of new technologies aimed at improving the lives and looks of his patients. He is committed to finding the best and least invasive ways of restoring a vibrant and youthful appearance. He strives to maintain the most up to date technologies in facial and body rejuvenation.

A respected authority in his field, Dr. Raman is a sought after spokesperson and lecturer for the cosmetic dermatology industry. He is also an educator for medical students and postgraduate trainees both from Canada and abroad. Dr. Raman completed his undergraduate training at the University of Ottawa, and his medical and dermatology training at the University of Toronto. He is a Fellow of the Royal College of Physicians of Canada, Fellow of the American Academy of Dermatology and Dermatologic Surgery, and a Diplomate of the American Board of Dermatology. He also holds a Masters Degree in Physiology.

His major interests lie in non-invasive cosmetic rejuvenation techniques. This includes Botox, fillers (Restylane, Juvederm, Teosyal, Sculptra), lip augmentation, non surgical facial contouring and lifting, the newest in laser technology for wrinkles, photorejuvenation, tattoo removal and facial pigmentation.

He is also committed to medical dermatology, skin cancer removal and clinical trials investigating new and innovative therapies for skin diseases. Dr. Raman and his staff would be delighted to discuss any of the procedures listed in this booklet in greater detail during your consultation.
Dr Seema Rathee graduated from Dalhousie Medical School in Nova Scotia and completed her internship at University of Toronto. She was awarded a fellowship by the College of Family Physicians in 2008 for her dedication to continuing education. Although trained as a family physician, Dr. Rathee has worked in the field of dermatology in tandem with a successful family practice for 15 years. She also enjoyed a brief stint as a weekly medical columnist on CBC National Radio. Most recently she has decided to pursue a Diploma in Practical Dermatology from Cardiff University in Wales with a completion date of June 2014. Dr. Rathee joined the Centre for Dermatology in the fall of 2004. As her passion for medical and cosmetic dermatology grew, she decided to leave family practice in 2006 to focus her entire energy toward skin and skin diseases. Dr Rathee is trained in both Botox and Hyaluronic Acid Fillers and strives to create a youthful but natural look for her patients using these non-invasive techniques. She is also involved in many of the clinical trials taking place at this centre. Her compassionate and caring nature along with her dedication to continuing education gives her patients both comfort in her approach and confidence in her expertise.

**Philosophy | Rejuvenate : Relax : Resculpt : Replace**

The 4 R’s of esthetics are reflected in our philosophy to provide you with the most up to date and least invasive techniques for facial rejuvenation. Resurfacing devices and lasers can rejuvenate the outer layers of the skin to yield a more youthful, smoother, even coloured appearance. Botox can help to relax the facial muscles of expression that result in frown lines, worry lines and crows feet. Over time and with sun damage, the skin loses its elasticity and may begin to sag. This is especially true in the lower face and neck. Lasers and SkinTyte can resculpt the collagen and recontour the fatty tissue, thereby turning back the clock. As we age, loss of collagen and atrophy of fatty tissue can result in deeper wrinkles and folds that are too deep to be adequately affected by resurfacing techniques. Fillers can replace this lost tissue and help reverse some of these signs.
MOLE, SKIN TAG, BIRTHMARK AND CYST REMOVAL | Unsightly blemishes can be easily removed usually under a local anesthetic using minor cosmetic techniques, Ellman radiofrequency technology or resurfacing lasers. The procedure is generally painless and takes just a few minutes. In most cases sutures are not required and scarring is usually imperceptible.

RESURFACING

SILK PEELS | This brand new technology incorporates a dermal infusion process that allows us to deliver specifically formulated solutions deep into your skin in a painless manner without damaging your skin’s natural structure. This system can be customized to treat acne, superficial scars, wrinkles and pigmentation related to acne. Typically 3-6 sessions are required. Ask Dr. Raman if a Silk Peel is for you.
BROAD BAND LIGHT (BBL™) | BBL is an innovative technology that sets new standards for skin conditions associated with aging, active life-styles and sun damage. BBL energy allows your clinician to precisely treat age and sun spots, small facial veins, and many other skin conditions. The light energy delivered by the BBL will gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate new collagen. This process will restore your skin to its natural beauty, blending its natural colours and making it smoother, vibrant and younger looking. In addition, the photothermal energy will eliminate fine vessels that cause redness and reduce unwanted melanin that produces pigmented lesions. Any area of the body can be treated.

LASER HAIR REMOVAL | Our 800nm LightSheer XC Diode Laser is considered to be the most advanced laser hair removal system in the world. Unwanted hair can easily and permanently be removed from all skin types with no down time and without significant discomfort. Usually 6-8 sessions are required for over 90% hair reduction.
**PROFRACTIONAL LASER** | This new 2940 nm Erbium laser is excellent for the removal of deep acne and chicken pox scars, traumatic scars, old silver stretch marks, improving facial skin pores, discoloration and overall facial tightening. Fine microscopic columns of skin are removed by this laser resulting in overall skin tightening and rapid healing over 3-5 days.

**vBEAM PULSED DYE LASER** | This powerful 595nm laser is used for the treatment of blood vessels, rosacea, facial veins, red stretch marks, red acne scars, angiomas (vascular moles) and warts. A jet of freon (chilled) gas is applied just before the laser making the treatment almost painless. A small temporary bruise may occur lasting up to 1 week. Ask about vBEAM laser today.
**Q SWITCHED Nd:YAG LASER** | This versatile 532 and 1064 nm laser uses rapid bursts of high energy pulses for the removal of multicoloured tattoos, skin tightening, and for the removal of superficial and deep pigment such as age spots, freckles, moles and birthmarks. This laser can be safely used on all skin types from laser skin toning to laser peeling, returning your skin to a youthful glow. There is little or no down time. In many cases only 1 session is needed.

**MICROLASER PEEL** | This Erbium Profile laser with a computer guided scanner allows us to precisely remove layers of skin to improve skin texture, pores, scars and fine lines. This “weekend” peel is perfect for those looking for a full face rejuvenation but cannot afford a prolonged down time.
**SkinTyte™** | SkinTyte is a non-ablative approach to firmer skin. This treatment is based on the principle of selective thermolysis and utilizes pulsed light technology to deeply heat collagen while simultaneously cooling and protecting the entire treated surface. SkinTyte treatments are safe for all skin colours and can be performed on any area of the body where an improvement in your skin firmness is desired. Popular areas include face, neck, abdomen and arms.

**Cutera Laser** - This versatile dual mode green light 532 nm KTP vascular laser and long pulse 1064 nm Q switched Nd:YAG laser technology easily removes leg veins and periocular veins (around eyes) usually in just one session. There is little or no down time.
HAND REJUVENATION

“My hands give away my age” — well no more. Non surgical combinations of hyaluronic acid fillers and lasers can take years off the back of your hand. The procedures are relatively painless and have little if no down time.

HYPERHIDROSIS TREATMENT

Hyperhidrosis or excessive sweating is suffered by over 1 million Canadians. Botox injections can quickly relieve you of this embarrassing problem. Success rates for underarms is over 95% and for palms over 75%. Most 3rd party insurers will cover the cost of the Botox. Let us assist you with getting coverage. Book your free consultation with Dr. Raman today.
LI P A U G M E N T A T I O N - Our lips define our face. Lip enhancement is not simply for making lips fuller but to enhance the most important aspect of your face. Aging, chronic sun exposure, smoking and genetics can all result in decreased volume and flattened contour of our lips. A simple 5-10 minute procedure can give your lips back their youthful luscious look with relatively no down time with results that can last up to 1 year.

D A R K U N D E R E Y E C I R C L E C O R R E C T I O N - Dark under eye circles occur as we get older due to loss of a fat pad beneath our lower eyelids. These "tear troughs" can easily be corrected with hyaluronic acid fillers and provide immediate improvement for up to 18 months with one session.

F I L L E R S A N D F A C I A L C O N T O U R I N G

As we age the amount of HA (Hyaluronic Acid) and collagen in our skin decreases, resulting in the appearance of deep lines, sagging cheeks, wrinkles and thinning lips. The injection of Fillers is a relatively painless and safe procedure with results lasting from 4 months to 2 years. Repeated treatments can provide prolonged improvement.

Restylane®, Juvéderm® and Teosyal® are non-permanent soft tissue fillers derived from hyaluronic acid. Radiesse® is a semi-permanent calcium based filler that encourages your own natural collagen production. Sculptra®, also known as a "facelift in a bottle", promotes the deposition of your own collagen through a synthetic injectable material known as poly-L-lactic acid, the same material used for over 30 years in dissolvable sutures.

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NON SURGICAL FACE LIFT WITH FILLERS

This safe and quick procedure taking usually less than 30 minutes involves the use of hyaluronic acid fillers to perform a full face soft tissue augmentation. There is generally little or no down time with immediate results. This "non surgical face lift" typically lasts 12-18 months.

NON SURGICAL NOSE & EARLOBE RESHAPING

Say good bye to the bump on your nose and your saggy earlobes. This safe, simple procedure using fillers can rejuvenate your look in under 10 minutes.
Botox is the most common cosmetic procedure performed worldwide. Botox is used for diminishing the appearance of wrinkles caused by repeated muscle contractions such as frown lines, smile lines, and forehead lines. It is also used as a non-surgical option for “square jaw”, eyebrow reshaping, and neck lifting. Botox can also be used in combination with fillers and other non-surgical facial cosmetic procedures. The procedure is simple, painless, and can be performed in about 15 minutes. There is no down time, with rare minimal side effects. Results are usually evident in 3-10 days and last 4-6 months. Repeated treatments can provide long-term improvement.

- Frown: 30-50 units
- Forehead: 4-8 units
- Eyes: 9-15 units/eye
- Browlift: 6-10 units/brow
- Neck lift: 30-40 units
- Square jaw: 50-60 units

![Botox Cosmetic Images]

Botox Cosmetic®
Hypotrichosis is a medical term that means you don’t have thick, long eyelashes. But now there’s good news – Dr Raman recommends LATISSE, a safe and effective treatment that has been shown to grow longer, fuller, more luxurious eyelashes in as little as eight weeks. Unlike over-the-counter eyelash products that condition and moisten lashes, or mascara products that make your lashes look longer than they are, LATISSE has been clinically proven to actually grow noticeably longer, fuller and darker lashes. LATISSE is the only prescription product that is clinically proven and approved in Canada. Ask Dr Raman if LATISSE is right for you.

SELPHYL®

SELPHYL | This new procedure also known as the “vampire lift” uses your own plasma (your blood with the red blood cells removed) for the deposition of your own collagen into difficult to treat areas such as the fine lines under your eyes and to necklace lines. Ask Dr. Raman if this is the right procedure for you.
COOLSCULPTING®

COOLSCULPTING - A revolutionary body contouring technique that freezes your stubborn fat that is then naturally excreted from the body. This truly painless procedure takes about 90 minutes to perform. No needles, no anesthesia, no surgery and most importantly no down time. You will be back to work the same day.