

# Core Principles More Essential Than Ever

The Department of Dermatology of Mount Sinai School of Medicine is honored to contribute this month's University Issue of *Cosmetic Dermatology*<sup>®</sup>. Our full-time academic and part-time voluntary clinical faculty have been dedicated innovators in dermatology for decades in many areas of cosmetic dermatology such as hair restoration, laser surgery, and injectable fillers. Generations of young dermatologists have learned from these pioneers and have further enhanced a number of cosmetic surgical techniques.

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This University Issue from the Mount Sinai School of Medicine Department of Dermatology encompasses a broad expanse of procedures—from new hair restoration techniques, to high dilution fillers, and sterility of injectables. The academic environment has the benefit of having energetic, inquisitive residents who can take our clinical questions, study them, and publish the latest findings. We teach them that to become excellent in cosmetic dermatologic surgery we must first approach each patient with a sound medical understanding. Every freckle first should be examined for its potential of being a lentigo maligna melanoma before we discuss which laser is best. Acne and alopecia may be signs of systemic illness such as polycystic ovary syndrome, thyroid disease, or nutritional disorders. Facial volume loss or asymmetry may reflect underlying tumors, side

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effects of medications, or systemic illnesses. In fact, at Mount Sinai we recommend each cosmetic patient also schedule a complete skin examination for skin cancer before we discuss cosmetic dermatology. Our biweekly resident-run cosmetic surgery clinics are busy with liposuction, laser surgery, hair restoration, and injectables. Our goal is to provide fellowship-level training in cosmetic surgical procedures even during residency.

More than ever, education about core principles of cosmetic surgery is essential as the number of procedures performed annually sky rockets. In 2009, *The New York Times* reported that the US Food and Drug Administration issued a concern about the number of off-label cosmetic procedures being performed.<sup>1</sup> Patients can buy fillers over the Internet and watch videos of nonmedically trained specialists that teach them how to self-inject. Kiosks in malls offer injectables. Spas may offer laser procedures. Noncore physicians may offer any cosmetic dermatologic procedure. Even physician extenders pay house calls and inject products in the uncontrolled environment of patients' homes. Hence, the number of adverse effects is on the rise. At our tertiary care referral center, we have managed serious adverse effects from each of these scenarios. We encourage patients to continue their procedures but under the care of core physicians who are board certified to perform and specialize in cosmetic surgery and do so in a medical office setting.

This issue of *Cosmetic Dermatology* will build upon the readers' knowledge of cosmetic dermatology and surgery with the latest techniques. Our focus is on new techniques, new treatments, and exciting new technologies in cosmetic dermatology.

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## Reference

1. Singer N. FD.A. orders warning label for Botox and rivals. *The New York Times*. May 1, 2009. ■