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SEPTEMBER 2004

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You hear their names whispered at dinner parties or on the sidelines of your child’s soccer games, accompanied by phrases like “best Botox” and “the perfect peel.” They’re cosmetic dermatologists, MDs whose specialty is making you look more beautiful. The 21 we’ve selected across the country have been double-checked through personal references and professional organizations. Offering a range of treatments—some that provide instant results during a lunchtime visit—these doctors’ offices have become the buzzed-about beauty destinations.

Derm-alert!
Before you undergo any treatment, consider the following critical factors:
What are your expectations and why do you feel you need this cosmetic procedure? Make sure your answers are realistic and honest, and that your goals are achievable.
Have you tried less invasive options? There are still very effective topical treatments for everything from acne to wrinkles. Speak to your doctor about these less aggressive (and less expensive) options before you get injected or jump under the laser.
Do you have time for post-op care? This is serious medicine: Healing and results—which may include side effects or significant postoperative care—vary with each patient.
Is it worth the cost? Health insurance does not cover cosmetic procedures, so it’s likely you’ll be paying out of your own pocket. And—ouch—that hurts.
Have you checked your doctor’s history? For info, contact the American Academy of Cosmetic Surgery (312-981-6760 or cosmeticsurgery.org) or the American Academy of Dermatology (202-842-3555 or aad.org).—Amy Bratt

More than 8.7 million people had cosmetic procedures last year, including Botox and collagen injections.

Wonder derms.
Considering a chemical peel? Debating Botox? Before you start shopping for a cosmetic dermatologist, consult our list of the top most-talked-about...
Cosmetic Dermatologists

1. Gary D. Monheit, MD
Dermatology Associates
2100 Sixteenth Ave South, Suite 202
Birmingham, AL 35205
205-933-0987
Known for: Chemical peels, dermabrasion, collagen injections

2. Boris Zaks, MD
453 N. Camden Drive, Suite 780
Beverly Hills, CA 90210
310-532-3376
Known for: Botox, laser therapy

3. Mitchel Goldman, MD
Dermatology-Cosmetic Laser Associates
7630 Fay Ave
La Jolla, CA 92037
858-459-7011
Known for: Cellulite treatment, varicose vein treatment

4. Richard Glogau, MD
UCSF
350 Parnassus Ave, Suite 400
San Francisco, CA 94117
415-564-1261
Known for: Laser resurfacing

5. Lisa Donofrio, MD
The Satin Center, PC
82 Park St, 3rd Floor
New Haven, CT 06511
203-365-6133
Known for: Botox

6. Stephen Mandy, MD
University of Miami Cosmetic Center
1295 NW 145th St, Suite K
Miami, FL 33125
305-524-7546
Known for: Fat injections

7. Gabrielle Sabini, MD
North Atlanta Dermatology
3850 Pleasant Hill Rd
Duluth, GA 30096
770-814-8222
Known for: Skin cancer prevention, anti-aging procedures

8. Derek G. Kenneaster, MD
Carle Clinic
1813 W. Kirby Ave
Champaign, IL 61821
217-393-3480
Known for: Botox, laser therapy, vein treatment, hair removal

9. C. William Hanke, MD
The Laser and Skin Surgery Center
13450 North Meridian St, Suite 355
Carmel, IN 46032
317-582-8484
Known for: Microdermabrasion

10. Marc J. Salman, MD
6420 Dutchman's Plank #160
Louisville, KY 40203
502-894-9900
Known for: Botox, Restylane

Illustration by Anja Kroencke
10 most in-demand cosmetic procedures

1. Restylane and Hylaform (hyaluronic acid) Injected into facial tissue to plump up fine lines, furrows and scars. Allergic reaction is rare, but bruising may occur at time of injection. Recently FDA-approved and often combined with Botox.
   **Time:** Under an hour; results last about 6 months.
   **Works for:** Creases around the nose, thinning lips, contouring cheeks and chin.
   **Avoid if:** You have excessive wrinkling and sagging.
   **Expect to pay:** About $750 per syringe. Several syringes may be needed.

2. Botox (botulinum toxin A) Paralyzes face muscles so they can no longer make wrinkle-forming movements. Skin becomes smooth.
   **Time:** Under an hour; results should last 4–6 months.
   **Works for:** Bostoners expression lines, such as those on the forehead and around the eyes.
   **Avoid if:** You want to get rid of the deep lines that run from the sides of your nose to the corners of your mouth.
   **Expect to pay:** $250–$950.

3. Fat Injections Used when a large volume of filler is needed (in hollows around the eyes, lips, cheeks) to alleviate a sunken-in appearance or to plump up hands to give a younger look. The fat is harvested from your own body, so there is no chance of allergic reaction.
   **Time:** 30 minutes to 1 hour; results last up to 6 months.
   **Works for:** Deep folds and depressions in the skin.
   **Avoid if:** You have cold sores or are taking Accutane.
   **Expect to pay:** $75–$250 for mild peels; $1,000–$5,000 for deeper peels.

4. Microdermabrasion Blasts skin with aluminum oxide or salt crystals and then vacuums them up, taking with them the top layer of dead skin cells. Typically performed on the face and neck, it can also be used all over the body, including hands. A milder alternative to a peel, it helps with scarring, acne, blackheads, wrinkles and stretchmarks. Gentle enough for dark skin.
   **Time:** 30 minutes to 1 hour; 2–4 treatments.
   **Works for:** Bostoners expression lines, such as those on the forehead and around the eyes.
   **Avoid if:** You have cold sores or are taking Accutane.
   **Expect to pay:** $75–$250 for mild peels; $1,000–$5,000 for deeper peels.

5. Non-Abllative Laser Rejuvenation Improves general quality, tone and texture of skin by thickening the collagen layer underneath (to make your skin look plump, smooth and firm).
   **Time:** Under an hour; treatments about every 4–6 weeks for 6 months; results are gradual.
   **Works for:** Improving skin quality or managing problems like acne and fine lines.
   **Avoid if:** You have deeper wrinkles and creates.
   **Expect to pay:** $400–$1,200 depending on area and volume.

6. Chemical Peels A resurfacning treatment that removes the top layers of skin, revealing new, smoother skin underneath. Anesthesia is usually required only for deep peels. Most dermatologists offer superficial peels, which use mild chemical solutions such as glycolic acid.
   **Time:** 30 minutes to 3 hours depending on depth of peel.
   **Works for:** Refining skin texture, reducing wrinkles and pigmentation problems and clearing blemishes.
   **Avoid if:** You have cold sores or are taking Accutane.
   **Expect to pay:** $75–$250 for mild peels; $1,000–$5,000 for deeper peels.

7. Ablative Laser Resurfacing Permanently removes the top layer by vaporizing damaged skin with carbon dioxide or Erbium:YAG laser. Leaves a new layer of pink skin, which, when healed, should be smooth and plump. Normally performed under local anesthetic and intravenous sedation.
   **Time:** Several hours plus 7–14 days of post-op recovery (ointment and bandaging); long-lasting results.
   **Works for:** Deep wrinkles, creases and tattoo removal.
   **Avoid if:** Your wrinkles are only shallow and superficial.
   **Expect to pay:** $1,000–$4,200.

8. Laser Hair Removal Performed by moving a laser over unwanted hair, where rays are absorbed by the pigment in the hair follicles. Works best on dark hair; the darker the follicle, the better the absorption. Hair falls out gradually over two months. There is some minimal pain—similar to a rubber band snapping on the skin. If you're very sensitive, your doctor can numb the area. You may experience slight swelling and redness (so avoid the sun afterward). Permanent hair removal is not guaranteed.
   **Time:** 1 hour; 3–4 treatments, 6–8 weeks apart.
   **Works for:** Hair on skin with dark hair.
   **Avoid if:** You have a tan or a darker skin tone; the laser gets absorbed by the pigment and doesn't reach the hair follicle.
   **Expect to pay:** $300–$500.

9. Intense Pulsed Light Therapy Constricts blood vessels and collagen in the dermis. This noninvasive technique banishes fine lines and blemishes with no recovery time.
   **Time:** Under an hour; 5–6 treatments, 3–4 weeks apart.
   **Works for:** Rosacea, acne scars, birthmarks and sunspots.
   **Avoid if:** You are pregnant.
   **Expect to pay:** $150 and up.

10. Varicose Vein Treatment In laser therapy, a monocromatic light source shines through the skin and causes the vein to collapse. In sclerotherapy, a caustic chemical is injected under the skin, damaging the vein and causing it to collapse. Both are relatively painless and are effective on small spider veins and larger veins.
    **Time:** 30 minutes to 1 hour; 2–4 treatments.
    **Works for:** Bostoners expression lines, such as those on the forehead and around the eyes.
    **Avoid if:** You have cold sores or are taking Accutane.
    **Expect to pay:** $75–$250 for mild peels; $1,000–$5,000 for deeper peels.