

# Looking and Feeling Your Best

The Langdon Center for Laser and Cosmetic Surgery

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www.langdoncenter.com



## Four New Body Contouring Options Now Available at the Langdon Center

Dr. Langdon has always been at the forefront of acquiring new lasers and other medical devices in order to enhance his patients' experiences with cosmetic surgery. Two new technologies that improve the results of liposuction and enable a quicker recovery are laser-assisted liposuction (also referred to as laser lipolysis) and water-assisted liposuction. Both of these approaches provide a specialized type of energy during the liposuction procedure that improves the overall experience for patients. Dr. Langdon is one of the first surgeons in Connecticut to add SlimLipo™ laser lipolysis to his practice and is the very first in New England to introduce Body-Jet® water-assisted liposuction. The latest addition to our range of body-slimming treatment options is the ProLipo™ laser, which provides additional wavelengths for laser lipolysis. Another new option at the Langdon Center for reducing fat in a completely non-invasive way is the Zerona™ laser, which delivers external laser energy that penetrates the fat layer to disrupt fat cell membranes, thus reducing fat cell volume. The Langdon Center is the only cosmetic surgery center (to our knowledge) that offers all four of these new body-contouring methods, along with micro-cannular (tumescent) liposuction.

### SlimLipo Laser Lipolysis For Specific "Melting" of Fat

SlimLipo™ is an improvement on the older SmartLipo laser. Both of these lasers are used to deliver energy to the fat layer after local anesthetic solution has been infused. The SlimLipo™ (Selective Laser-Induced Melting) laser was designed to selectively melt fat cells while leaving intact the delicate connective tissue within the fatty layer. This selective laser energy has two advantages. One is that the melted fat cells are more easily removed from the body by liposuction using tiny microcannulas. Another advantage is that the heat from the laser causes contraction of the connective tissue structure, which results in a three-dimensional shrinkage of the treated area and a smoother, tighter skin surface.

### ProLipo Laser Lipolysis for Increased Contraction

The ProLipo™ laser adds two additional laser wavelengths for use during liposuction. One wavelength in particular provides very effective connective tissue shrinkage and is preferred for cases in which enhanced skin contraction is needed. ProLipo™ laser energy is used in the same body areas where SlimLipo™ is used. The ProLipo™ laser has particular advantages in body areas in which skin contraction is especially important after liposuction, such as the upper arms and the anterior (front) thighs.

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## Body-Jet for Gentle Extraction of Fat Cells

The Body-Jet® is the only device that uses a strong jet of saline (a salt water solution that includes local anesthetic) to “wash away” fat cells. Much as the sides of a house can be cleaned by power washing, the Body-Jet® can remove fat cells. The displaced fat cells are simultaneously suctioned from the body. The water jet energy removes fat cells without damaging blood vessels and connective tissue. The result is reduced bruising and swelling and quicker recovery times. Body-Jet® liposuction is especially advantageous in cases in which relatively large amounts of fat are removed.

Another application of the Body-Jet® is gentle “harvesting” of intact fat cells for use in augmenting the volume of various parts of the body. Fragile fat cells are removed using low-vacuum settings of the Body-Jet® and are collected in a special sterile container (the LipoCollector™). The

fat cells are washed and concentrated in the LipoCollector™ in preparation for transfer to recipient sites such as the breasts, face and hands. The results of lipo-augmentation are enhanced when the grafted fat cells are obtained with the Body-Jet® and the LipoCollector™.

## Zerona: a “Cold” Laser Used to Shrink Fat Cells

The Zerona™ laser is the only non-thermal (“cold”) laser used in aesthetic medicine. All other lasers work through heating the targeted tissue, as explained in Dr. Langdon’s book *Understanding Cosmetic Laser Surgery*. The Zerona™ laser produces visible light at a specific wavelength that penetrates into the subcutaneous fat layer and that has a direct, biochemical effect on fat cell membranes (the outer lining of fat cells). Microscopic pores appear in the cell membranes, through which the fat cell contents “leak” out of the cells, thus shrinking fat cell volume. In normal weight loss, the same process of fat cell shrinkage occurs.

Zerona™ laser treatments are painless and are given in a series of six 40-minute sessions over two weeks. Before, during and after the treatments, an oral supplement containing niacin (which also raises “good” HDL cholesterol) is taken and patients are advised to walk daily and to drink adequate amounts of water, all of which enhance the clearance of the released fat cell contents. Results of Zerona™ laser treatment are assessed by circumferential measurement of the trunk and extremities.

We have seen impressive results from Zerona™ laser treatments. Unlike liposuction, in which fat cells are permanently removed, the results of Zerona™ treatments vary from person to person and, like normal weight loss, are not necessarily permanent.

For more information about body-contouring options at the Langdon Center, please see our web site ([www.langdoncenter.com](http://www.langdoncenter.com)) or call our office at 203-453-8625 to schedule a free consultation.

*“The ProLipo laser enhances skin contraction.”*



Before Liposuction



After Liposuction

*This 35-year old patient is shown before and 3 weeks after Dr. Langdon performed liposuction of the upper inner and upper outer thighs. The liposuction was done with local (tumescant) anesthesia and tiny (micro) cannulas.*

## An Update on Sunlight and Vitamin D

As we discussed in our previous newsletter (*Looking and Feeling Your Best*, Vol. 2, No. 2), the safest way to increase your body's vitamin D level is through the use of oral supplements, rather than through sun (UV) exposure. The American Academy of Dermatology (AAD) issued a position statement on vitamin D (in November 2009) that confirms Dr. Langdon's recommendations in our previous newsletter. The AAD follows the guidelines of the National Academy of Sciences Institute of Medicine (IOM) in recommending minimal vitamin D (in the form of vitamin D3) intake levels. The IOM recently (November 2010) tripled the recommended daily amount of oral vitamin D supplementation for most people. Individuals up to age 70 are advised to take 600 international units (IU) each day; older individuals should take at least 800 IU. The IOM also stated that it is safe for people to take even higher amounts of vitamin D, up to 4,000 IU daily (the previous upper safe limit was only 2,000 IU).

The AAD recommends increased oral intake of vitamin D for certain individuals at risk of low vitamin D. These include people with naturally darker skin (the darker the skin, the less sunlight-induced production of vitamin D) and limited exposure to sunlight (both those who live farther north and those who use adequate sunscreen). Older people and those who are overweight also need higher levels of vitamin D supplements. A blood test can determine your serum level of vitamin D.

### Most People Have Deficient Serum Vitamin D Levels

Many studies of serum vitamin D levels have documented that a large majority of Americans have low levels of the vitamin. A widely accepted minimum serum level of vitamin D is 30 nanograms per milliliter (30 ng/ml); 80 percent of Americans have serum levels less than this. Numerous retrospective studies have shown that for patients with many serious diseases, such as heart disease, diabetes and cancer (including

prostate, breast and colon), affected patients have significantly lower serum vitamin D levels than do control populations (matched for age, gender and other demographic variables) of healthy people. Still unknown is whether vitamin D deficiency actually plays a causative role in these serious diseases, or if the vitamin deficiency is an effect (caused by) the disease. A large prospective study sponsored by the National Institutes of Health has begun in which 20,000 healthy people will be followed over a number of years. Half of this group will take 2,000 IU of supplemental vitamin D each day and the other half will take a placebo pill. The goal is to determine if the vitamin D supplement lowers the risk of heart disease, cancer and other diseases.

### Your Multivitamin Is Not Enough

Many experts recommend that people take even higher amounts of supplemental vitamin D3 than the recently increased levels suggested by the IOM. Most multivitamins contain 400 IU. Supplements of vitamin D3 are widely available in doses of 1000 IU and 2000 IU. Supplemental vitamin D is even more important in the winter months when the skin's natural ability to produce vitamin D is limited because of decreased sun exposure.



## Fractional CO<sub>2</sub> Laser Resurfacing: A New and Improved Approach to Skin Resurfacing

At the Langdon Center we have been getting great results for our patients using the Fraxel laser for rejuvenation of facial and non-facial skin. Dr. Langdon was one of the first physicians in the country to acquire the Fraxel laser (in September 2005). As we discussed in a previous issue of *Looking and Feeling Your Best* (Vol. 2, No. 2), the Fraxel laser affects a fraction (usually about 20%) of the surface area of treated skin. Microscopic three-dimensional columns of skin (about 1 million of them over the entire face) are coagulated at each spot where the Fraxel laser penetrates the skin. The intervening untreated skin (amounting to about 80% of the total surface area) is not affected. New skin tissue is regenerated to replace each tiny column of treated skin during the recovery process. Sun-damaged or scarred skin is thus replaced with brand-new skin. Treatments with the Fraxel laser have the shortest recovery time of any highly effective skin renewal treatment. The quick recovery is made possible by the fractional nature of the treatment, in which approximately 80% of the skin is left undisturbed.

### The CO<sub>2</sub> laser is still the most effective treatment for rejuvenation of facial skin

As Dr. Langdon explains in his book *Understanding Cosmetic Laser Surgery*, one of the most important characteristics of any laser is the wavelength of visible or infrared light that the laser produces. Because of its wavelength the Fraxel laser does not cause much contraction (tightening) of treated skin. In contrast, the carbon dioxide (CO<sub>2</sub>) laser has been used since the mid-1990s for facial laser resurfacing; one of its advantages is the significant contraction of facial skin that it causes. Patients with more severe sun damage or aging of facial skin, associated with deeper wrinkles or looseness of the skin, are good candidates for CO<sub>2</sub> laser resurfacing. These patients can achieve the greatest possible improvement from CO<sub>2</sub> laser resurfacing; thus, the CO<sub>2</sub> laser is considered the “gold standard” instrument for facial resurfacing. However, the main drawback of “traditional” CO<sub>2</sub> laser resurfacing (in which 100% of the skin’s surface area

is treated) is that the recovery time is relatively prolonged (typically one and a half to two weeks).

### The new fractional CO<sub>2</sub> laser provides resurfacing with both a quick recovery and the benefits of skin tightening

A newer approach to laser resurfacing is fractional CO<sub>2</sub> laser resurfacing. A special “scanning” handpiece is attached to the CO<sub>2</sub> laser; the scanner “fractionates” the CO<sub>2</sub> laser beam into tiny spots, creating a fractional treatment similar to that of the Fraxel laser. With this technique, the greater degree of skin contraction afforded by the CO<sub>2</sub> laser is combined with the quick recovery of fractional resurfacing. Those patients with greater degrees of sun damage and skin aging can achieve skin tightening from fractional CO<sub>2</sub> laser resurfacing, with a quick recovery (typically 3 to 4 days). As with the Fraxel laser, improvement is directly proportional to the number of treatments that the patient receives. Most patients undergo three or more treatments of

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Before Fractional CO<sub>2</sub> Laser Resurfacing



After Fractional CO<sub>2</sub> Laser Resurfacing

*This 65-year old patient is shown before and 6 weeks after Dr. Langdon performed fractional CO<sub>2</sub> laser resurfacing. Note the reduction of scarring and the tighter appearance of facial skin.*

## New and Noteworthy

### Fractional CO<sub>2</sub> Laser Resurfacing . . .

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fractional CO<sub>2</sub> laser resurfacing. The patient in the photo was treated only once with fractional CO<sub>2</sub> laser resurfacing. Note the obvious tightening of her skin.

#### What is fractional CO<sub>2</sub> laser like?

Another difference between the Fraxel laser and the fractional CO<sub>2</sub> laser is the type of anesthesia required. The CO<sub>2</sub> laser requires more anesthesia (numbing) than is needed for Fraxel laser treatment. Prior to Fraxel treatment, the skin is numbed with an anesthetic cream applied to the surface. In contrast, in most cases local anesthetic solution is injected prior to fractional CO<sub>2</sub> laser resurfacing. The injected anesthetic affords complete numbing. After the treatment, patients apply a moisturizing ointment for a few days.

Most patients look good within four days of the treatment, at which time they typically have some redness but little swelling. Optimal results are seen after a series of three treatments; most patients see significant improvements with each fractional CO<sub>2</sub> laser resurfacing treatment.

For more information about fractional CO<sub>2</sub> resurfacing, please see our web site ([www.langdoncenter.com](http://www.langdoncenter.com)) or call our office at 203-453-8625 to schedule a free consultation.

### Dr. Langdon Appears on WTNH's "Connecticut Style"

Have you seen Dr. Langdon on the lunchtime lifestyle show "Connecticut Style" on WTNH (Channel 8, New Haven)? Dr. Langdon has been interviewed many times on the show and is, in fact, the most frequently invited (eleven appearances as of March 2011) health care professional to appear on the show. Each interview is several minutes long and is devoted to a specific topic. In his "Connecticut Style" appearances Dr. Langdon answers many of the questions that you may have about improving the appearance of your face and body and reversing the signs of aging.

Some of the topics that Dr. Langdon has discussed on the show include non-invasive laser procedures to erase sun damage, new methods of liposuction, minimal incision facelift, and even cosmetic surgery on celebrities at the Academy Awards! Most of Dr. Langdon's appearances can be seen through our web site; all are available for viewing at this site: [www.tinyurl.com/drlangdon](http://www.tinyurl.com/drlangdon).

### New Staff Members at the Langdon Center



*New staff members at the Langdon Center (left to right): Pam Neleber, RN, Colleen Acunzo, and Candice Vickerman, RN*

Dr. Langdon welcomes three staff members who have joined our team since the publication of our last newsletter. Colleen Acunzo, our patient coordinator, has over 25 years of experience in the field of wellness and cosmetic medicine. She was a founding staff member of the Spa at the Norwich Inn in Norwich, Connecticut, and served as Director of award-winning spas in San Diego County, California, and Boston, Massachusetts. Colleen and her family live in Branford.

Pam Neleber, RN, BSN, has a background in surgical intensive care nursing, including a staff position in the Surgical ICU at Yale-New Haven Hospital, where she focused on wound care of surgical patients. Pam resides in Guilford and co-chairs the "Green Team" environmental club at her children's school. She is also a regular volunteer at the Guilford Food Bank.

Candice Vickerman, RN, BSN, has over 15 years of surgical nursing experience, including at Yale New-Haven Hospital. At the Langdon Center Candice can be found in the operating room in her role as first assistant and scrub nurse to Dr. Langdon. Candice resides in Guilford with her family.

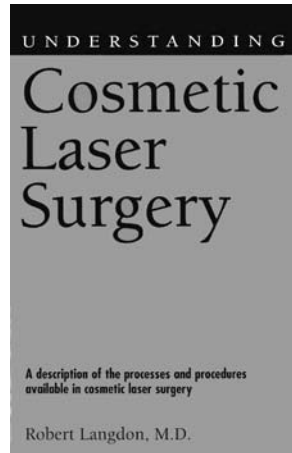
### Free Seminars Each Month at the Langdon Center

If you are wondering what are the best options to help you look and feel your best, feel free to call (203-453-8625) and RSVP for our next complimentary seminar. Dr. Langdon will explain the aging process and will review many "before and after" photos of actual patients that he has treated. The seminar is a great overview of contemporary laser and cosmetic surgery and gives you an opportunity to have your questions answered by Dr. Langdon.

## New and Noteworthy

### Now Available: Kindle Edition of "Understanding Cosmetic Laser Surgery"

Dr. Langdon's book *Understanding Cosmetic Laser Surgery* is widely available in both hardcover and paperback versions through major online booksellers. Now his book is available on the Amazon Kindle and is selling quite well. In fact, as of March 14, 2011, *Understanding Cosmetic Laser Surgery* is the fourth best-selling Kindle book in the category of Plastic and Cosmetic Surgery and is number eleven in the category of Skin Care.



### To Learn More . . .

Information about our services is available online:

[www.langdoncenter.com](http://www.langdoncenter.com)

We encourage you to visit our new web site for comprehensive information about many of the procedures offered at the Langdon Center. The site has a completely new "look and feel" and has generated a great deal of positive feedback from our patients. You can join our e-mail list to receive timely updates on events at the Langdon Center, announcements of special "online only" discounts on products and procedures, and a monthly e-newsletter. From our home page are links to our Facebook page and Twitter feeds, and to Dr. Langdon's blog: [www.drlangdonsays.com](http://www.drlangdonsays.com).

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Did you know Dr. Langdon has been commenting on many topics related to laser and cosmetic surgery on his blog? You can ask questions and see Dr. Langdon's answers posted on the blog and search through the "archives" of previous posts.

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