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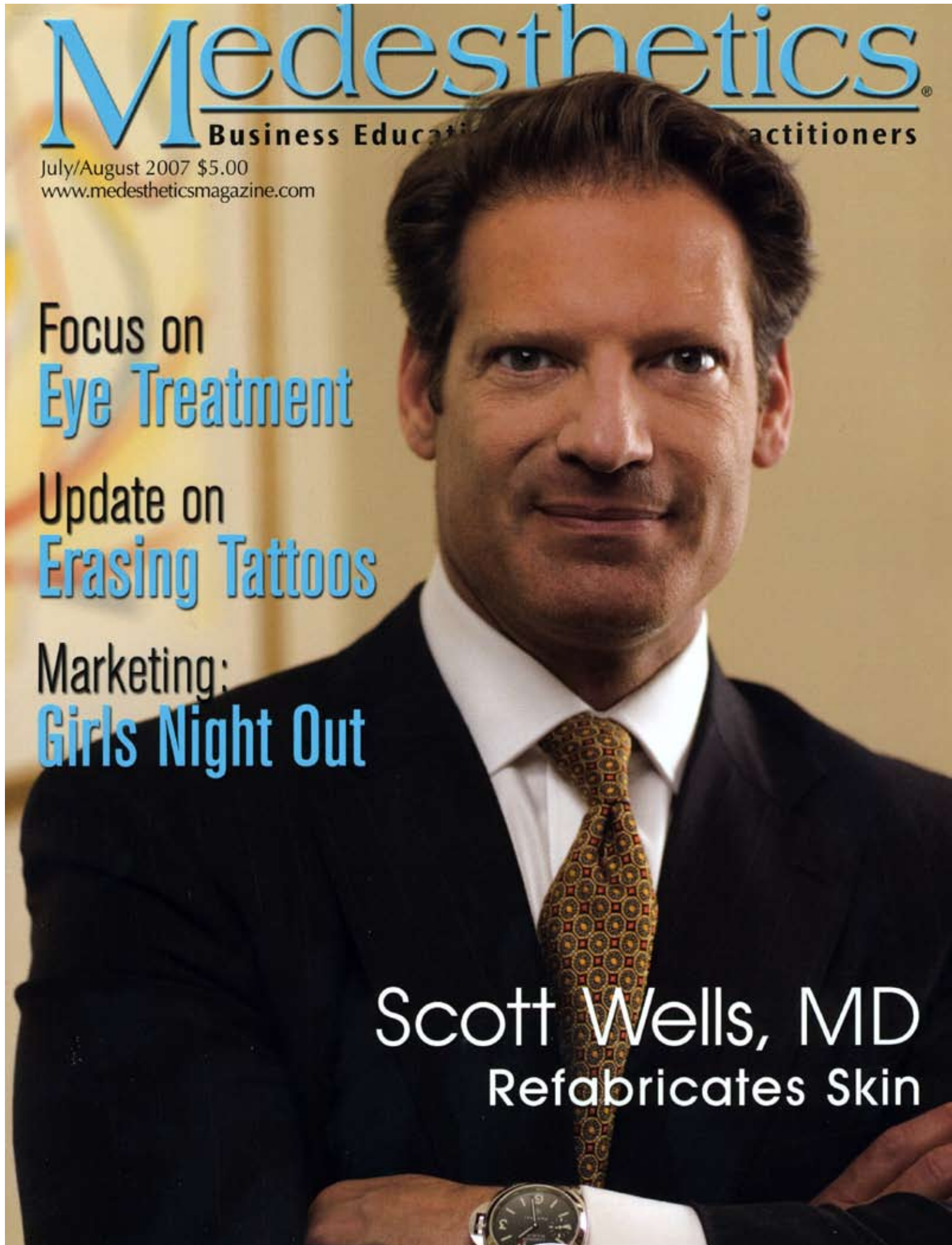
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Scott Wells, MD
Refabricates Skin





INSIDE Skin N.Y.

By Linda W. Lewis

Photography: Patterson Graham

Scott B. Wells, MD, director of the Park Avenue Plastic Surgery Center and medical director of Skin N.Y., a state-of-the-art medspa, began offering aesthetic treatments in his plastic surgery practice about five years ago. Since then, he has developed a program, which he calls "Skin Refabrication," and a philosophy dedicated to perfecting a comprehensive approach to age management using all of the latest technologies available. Dr. Wells followed his undergraduate work at The Johns Hopkins University in Baltimore with a medical degree from New York Medical College in Valhalla. After a residency in general surgery at Beth Israel Medical Center in New York, he be-

The team approach at Skin N.Y. includes esthetician Yurga Kors (left), Dr. Wells and Teresa Spencer, RN, aesthetics laser specialist.



came board certified in general surgery before completing a second residency in plastic and reconstructive surgery at State University of New York. Dr. Wells received his board certification in plastic surgery in 1995 and shortly thereafter received his certification in aesthetic laser surgery at Harvard. In April 2007 he sat down with us to talk about the changes in his practice over the past few years and where he sees it going.

"The fundamental premise in my plastic surgery practice is that the ideal approach to obtaining desirable surgical results includes aggressive restoration of lost elasticity in aging skin. We take a

broad approach that includes sophisticated preparation of the skin, impeccable surgical technique and continuing maintenance to produce a natural and nonsurgical appearance," says Dr. Wells. "Rejuvenation surgery of the face is based primarily on redraping soft tissues. For optimal results a surgeon needs to pay attention to the 'fabric,' as well as 'tailoring,'" advises Dr. Wells. "Like any woven fabric, skin (essentially a weave of collagen) becomes distorted if it is stretched excessively. It is this distortion that causes the perception of unnatural results when we observe undesirable plastic surgery. Until you address the loss of elasticity, it is impossible to achieve youthful, smooth skin and

elegant contours. My mantra is: You can't make a linen suit wear wrinkle-free."

For years Dr. Wells' practice was strictly surgical, a mixture of blepharoplasties, breast augmentations, face-lifts and liposuction. He worked with CO₂ laser resurfacing over a decade ago but, like most surgeons, found patients wouldn't tolerate the downtime. It wasn't until 2004 that he again became interested in the more noninvasive methods of skin rejuvenation. Since then he has converted several exam rooms in his Park Avenue Plastic Surgery Center to treatment rooms for his Skin N.Y. Medispa. He is medical director for the medispa, Teresa K. Spencer, RN, BSN, is aesthetic laser specialist and European-trained esthetician Yurga Kors directs nonsurgical aesthetic services.

TEAM APPROACH

Patients who come to the Plastic Surgery Center or the Medispa for a consultation sit down with Dr. Wells, Spencer and Kors for a comprehensive assessment. "Together we look at the patient, keeping in mind our organic philosophy. We look at the components of the aging process and try to rejuvenate each (skin laxity, gravitational descent, volume loss) in a manner that directly addresses and reverses the ways in which it has changed. This is what we call 'Balanced Organic Rejuvenation,'" explains Dr. Wells. "We don't just pull the skin tight; we rebuild collagen and volume to lift naturally. In addition to our surgical interventions, we want to be proactive with follow-up management strategies, helping to maintain those results. We call our approach 'Comprehen-



Skin N.Y. includes several treatment rooms with a variety of lasers and other devices.



A dessert cart that Dr. Wells picked up in New Orleans serves as an attractive display case for retail products.



sive Beauty and Age Management," explains Dr. Wells.

"We encourage clients to begin skin care when they are younger and we suggest frequent smaller procedures, appropriately timed rather than one or two major face-lifts. We may use only noninvasive or minimally invasive treatments for younger patients. If we determine surgery is necessary, we will likely include other treatments

to get the skin in optimal shape for the surgery," he continues.

Nearly every patient requires some noninvasive treatment and every patient is given a recommendation for home care products. Dr. Wells is not a fan of "old school" retinoids for maintaining healthy skin. He believes heavy retinols and hydroxy acids actually inflame the skin, giving patients what he calls "an inflamed retinized"

ON THE MENU AT SKIN N.Y. MEDISPA

Signature Lifting Facial, \$200 (series of 6, \$950)

Refinity Peel, \$200 (series of 6, \$1,000)

Oxy-Mist (BioCosmeceuticals²) Treatment (speeds healing), \$70

Facial Skin Refabrication Treatment (fractional skin resurfacing and infrared tightening), \$1,500

Active FX (Lumenis) Laser Resurfacing, \$2,800

Skin Refabrication Package (Active FX, two follow-up LuxLR (Palomar) treatments, skincare products), \$5,500



look. His Skin N.Y. line of products is built around antioxidants to give the skin all the elements it needs to rebuild at the cellular level and slow down signs of aging.

His Skin Refabrication program uses fractionated infrared and laser technologies to tighten existing collagen and stimulate the production of new collagen. "Deep dermal heating is currently the best way of tightening and restoring the existing collagen and stimulating new collagen formation," he notes.

Kors does custom facials, acid and enzyme peels, and dermaplaning, as well as other treatments to prepare the skin for surgery. Spencer and Wells have embraced the Active FX (Lumenis) as a state-of-the-art resurfacing tool that uses fractionated CO₂ to get rid of fine lines, discolorations and other signs of aging in a single treatment. "The Active FX provides an initial collagen boost," says Dr. Wells. "We follow this with two LuxIR (Palomar) treatments to complete the process of contracting existing collagen and beginning to 'bank' new collagen. The body continues to produce new collagen for up to a year after the initial treatment. We generally recommend one IR treatment per year for maintenance."

The team is really responsible for spurring Dr. Wells' interest in more noninvasive therapies. Spencer is a

graduate of Columbia University and started her nursing career as a neuro-oncology nurse. "I loved my work and my patients, but after several years I found I had become oversensitized to human tragedy. I had always been interested in aesthetics and answered an ad calling for an aesthetic laser nurse," she reports. "I worked in a physician's office as a laser technician, as a trainer for Cutera and then started my own consulting business, which is how I met Dr. Wells. My motivation has always been to learn new things. Both Dr. Wells and I are driven to perfect what we're doing. I believe we're just getting started into something amazing."

Aesthetics director Kors is also an important part of the team. Born and trained in Lithuania, she came to the United States only to visit and stayed, expanding her aesthetics experience and ultimately landing a teaching position at Christine Valmay, one of New York's premier aesthetic schools. That bent toward learning is what eventually brought her to the medical field. Now, 12 years later, she concludes, "I love being part of a great team."

NEW RECIPES

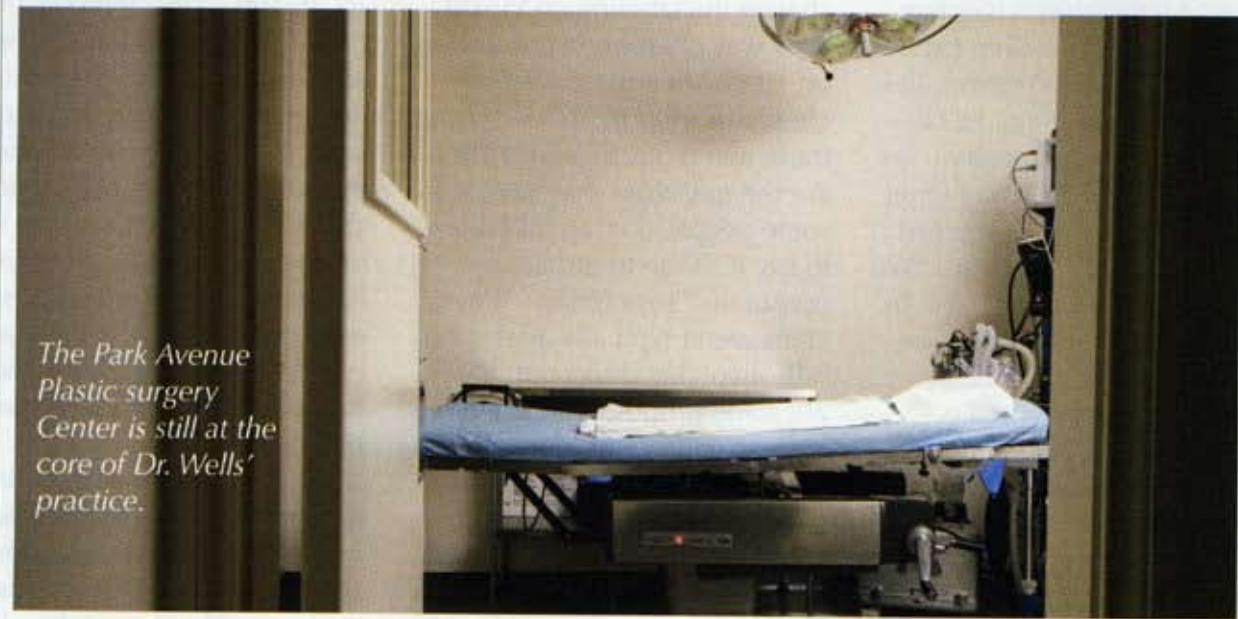
"My father always wanted to be a doctor but didn't have the opportunity. From a young age he sparked the dream in me and I've never looked back," recalls Dr. Wells, who has

The waiting room at Skin N.Y. is both stylish and comfortable.

three sons of his own, ages 19, 17 and 12. Will one of his sons follow in his footsteps? "Maybe, but my oldest son wants to go into the restaurant business. I guess it's a generational thing. I've always loved cooking. It isn't unlike surgery—put a knife in my hand and I'm happy," he says with a smile.

without extensive surgical training. I think a team approach would be better. I would prefer to work with a dermatologist and others to give the patient the best options from every specialty."

What interesting innovations are on the horizon? "I see mesotherapeutic procedures to infuse products



The Park Avenue Plastic surgery Center is still at the core of Dr. Wells' practice.

His favorite procedure is blepharoplasty using the Diamond Laser Scalpel (Clinicon). "Because the diamond blade incises without tearing the skin and the laser cauterizes as you proceed, preventing bleeding, the surgery heals in about four days," explains Wells. "Patients see great results with little downtime."

Dr. Wells isn't always quick to jump on every new trend in surgery, though. "Much of the innovation that we are seeing right now consists of tools to make it easier for nonsurgical physicians to do minisurgical techniques—things that are low-risk versions of surgery that can be done

into the skin that will stimulate fibroplasia. Currently there is no proven product for use with mesotherapy, but I see potential," he says. "To me what we will do with needles or transdermal infusion may be similar to what we currently do with fractional lasers, punching tiny holes in the skin to induce a wound-healing reaction. If we take advantage of the opportunity to introduce regenerative substances into the dermis at the same time, the results could be even better." ✦

Linda W. Lewis is executive editor of Medesthetics.