

THE FINE-TUNER

In an industry that often skews toward excess, dermatologist Robert Anolik, MD, believes that less is more. **By April Long**

In-the-know patients seeking the very best in everything from skin resurfacing to derriere de-dimpling keep one name at the top of their must-see list: Robert Anolik, MD. The New York dermatologist takes a diversified approach to antiaging, nimbly combining state-of-the-art laser technology with prudent needlework—he was the protégé of the late Fredric Brandt, MD, renowned as one of the world's most skilled injectors of Botox and fillers—to achieve subtle but transformative results. “Sun damage and age reveal themselves in so many different ways,” Anolik says. “When a new patient comes in, they’re often focusing on one issue, like a brown spot, but much of our conversation goes toward thinking about the overall picture of beauty and how to keep skin looking fresh, healthy, and natural. I think doing a little bit of many different things is better in the long run than doing a lot of one thing.”

DO YOU HAVE A FAVORITE LASER IN YOUR ARSENAL? I’m really excited about a new use for a laser

called PicoSure. What makes it different is that the beam can be delivered to the skin rapidly, at the rate of a picosecond, which works well for knocking out sunspots and tattoos. But while we were studying it, we also discovered that it stimulates collagen and elastin, so it can be used to address fine lines and texture. The fact that it can improve acne scars is especially impressive, because to treat scars in the past, you had to use wildly aggressive lasers that would give you a week or a month of downtime. With the PicoSure, people have just a few hours of being flushed pink. If someone has extensive acne scarring, I recommend a series of monthly treatments; and if someone is looking for general rejuvenation, I recommend a single PicoSure treatment

every few months along with a good skin-care regimen: a sunscreen in the morning, a powerful retinoid at night.

YOU’VE BEEN WORKING WITH KYBELLA, THE FAT-MELTING INJECTION FOR DOUBLE CHINS, SINCE IT WAS FDA-APPROVED LAST YEAR. HOW ARE ITS RESULTS? I’ve been using it a lot. You do have to factor in some downtime. The most common side effects are bruising, swelling, numbness, and pinkness, but most of my patients have experienced those things for only a few days. It typically takes two to four treatments to get the best results, but it’s extremely effective, and the satisfaction rate has been very high. I think the demand is just going to keep rising.

CAN IT BE USED OFF-LABEL TO TREAT BODY FAT? It can, but right now I wouldn’t endorse it. I’d like to see more studies before we say that it’s safe to use in that way. But whether it’s Kybella or something else, there will likely be an injectable to diminish body fat in the future.

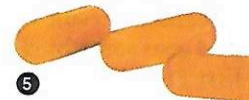
YOU WERE ALSO AN EARLY ADOPTER OF CELLFINA, THE CELLULITE TREATMENT. Yeah, I believe it’s the most effective way to treat cellulite. With a simple incision, we can release the band that’s pulling down and creating the dimpling.

It’s an improvement that lasts for years, and it’s minimally invasive. My patients just wear Spanx for a week afterward, and most go back to their regular activities. It’s really well suited for someone who has dimpling on the buttock and the upper back of the thigh. If someone’s concerned more with laxity, though, I wouldn’t reach for it.

WHAT WOULD YOU USE INSTEAD? Laxity on the body is still a big challenge. I’m using the newer handpieces from Thermage, which can deliver lots of radio-frequency energy throughout the skin—that’s the best way to strengthen the collagen.

ARE YOU USING BOTOX IN ANY NEW WAYS? I use it every single way, thanks to my incredible mentor—from minimizing the enlarged masseter muscle for people who grind their teeth, to preventing the corners of the mouth from pulling down, to relaxing the platysma muscle that causes neck lines. I expect to be using the topical cream form of botulinum toxin when it gets FDA-approved. It will be particularly helpful for treating unwanted sweating on the armpits and palms—those are difficult areas to place needles—as well as crow’s-feet. But you’re still going to need an expert cosmetic dermatologist to place it on key muscles; if it’s just wiped over the areas where people get lines, it’s going to give them that unattractive frozen look.

WHAT ADVANCES ARE WE GOING TO BE TALKING ABOUT A YEAR FROM NOW? I think we’ll see more topical delivery of cosmeceuticals and drugs to enhance the quality of the skin. For example, right after I treat someone’s face with a Fraxel Dual laser, I might take advantage of the fact that the epidermis is really permeable by applying a brightening solution or a low-density hyaluronic acid filler, like Belotero. Instead of injecting it, I’ll spread a layer all over the surface of the skin, so it will seep in. You get a diffuse fullness and an eradication of superficial fine lines. I’ve seen the effect last a few months, but I hope that we do a larger study. The ability of the skin’s surface to retain water weakens dramatically with age, so hyaluronic acid isn’t just good for volumizing as a filler—it can also give this overall moisturizing effect when it’s delivered to just the top millimeter of the skin. ■



DOCTOR’S ORDERS

1. The DR. DANA Nail Renewal System “hydrates and improves the quality of nails,” Anolik says.
2. SKINMEDICA HA5 Rejuvenating Hydrator “contains a plant-derived stem cell extract that’s designed to support skin’s own production of antioxidants and hyaluronic acid.”
3. CHRISTIE BRINKLEY AUTHENTIC SKINCARE Recapture 360 + IR Defense Anti-Aging Day Treatment “integrates copper, which is helpful in the promotion of collagen, elastin fibers, and hyaluronic acid in the skin.”
4. A postlaser healing aid, DR. ROGERS Restore ointment “is 100 percent plant-based and completely petroleum-free.”
5. To ward off melasma and sunspots, Anolik recommends popping HELIOCARE supplements, “a fern extract that diminishes your sensitivity to the sun,” in addition to using SPF.

