

# Exclusive Interview With Dr.Chasin Of Reflections - An Insiders Guide Into Cosmetic Surgery

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By jacquelineluxe • November 21, 2011



Today's society is filled with cosmetic and aesthetic procedures done everyday. With 13.1 million cosmetic procedures done in the United States alone, it's a jungle out there. We caught up with Dr. Mitchell Chasin - the Medical Director of Reflections in New Jersey, to have an insiders guide into the world of cosmetic surgery.

**JacquelineLuxe: Dr.Chasin can you please share with us the latest trends in laser and aesthetic technology that are being practiced today?**

**Chasin:** Technology is always advancing in the world of laser and aesthetic medicine, and right now skin rejuvenation and non-invasive body contouring are very hot. On the facial rejuvenation front, one of the newest technology is Syneron-Candela's ePRIME.

ePRIME uses a set of micro-needles to deliver radiofrequency energy right into the layer of skin where it's needed most. It helps to promote the production of collagen, hyaluronic acid and elastin, providing smoother, fuller and tighter looking skin in one single treatment. On the non-invasive body contouring front, we're seeing good results using Zeltiq's CoolSculpting technology, and we're expecting some other very exciting devices in 2012.



**JacquelineLuxe: It seems as though cosmetic procedures are ever more popular, with both women and men having more aesthetic works done. Dr. Chasin what would you say are the most popular treatments clients are receiving these days?**

**Chasin:** BOTOX continues to be the most popular treatment, mostly because everyone has heard of it and it has such a great track record of success and safety. Once people come in and see all the other things we can do for them, they're hooked! Facial rejuvenation technologies like Fraxel, eMatrix, Ulthera and ePRIME are very popular, and we also see many people who are interested in Laser Liposuction.

Also, we've pioneered a new technique for treating excessive underarm sweating called AxiLase, which is drawing people from all over the country. And it's not just women – our practice is seeing more and more men who come in looking to stave off the signs of aging and gain a competitive edge in the dating world and at work.

**JacquelineLuxe: There are always the 'Do's & Don'ts' with any aesthetic procedure. Dr. Chasin, can you share some tips with our audience as to the correct and safe approach with having a procedure done.**

**Chasin:** First off, Google is your friend. Google the condition you want treated. Google the procedure you're interested in. Google your doctor and read the reviews. A little research can save you a lot of time and trouble. You also want to call the office and ask how many devices your doctor owns. It is important to look for a doctor who is committed to aesthetic medicine, and the number of lasers she or he owns is an indication of their investment in the field.

Also, many doctors have a single do-all laser in the office that does many things, but does few of them well. Ask a few questions to make sure that you're getting the best technology available to achieve your aesthetic goals.

During your consultation, be sure to ask about how many times the doctor has performed the treatment, ask to see before and after pictures of that doctor's patients (and not ones supplied by the aesthetic companies) ask what the treatment feels like, ask how much downtime you can expect and any other questions that will help you make an informed decision.

Finally, trust your gut, if it doesn't feel right, find a different doctor. Don't be afraid to walk away.



**JacquelineLuxe: Acne is not only a teenage skin disorder, but it still affects both women and men in their adult years. Is there a cure out there, besides the regularly endorsed benzoyl peroxide skin treatments? And how can we effectively take care of acne with one of your procedures?**

**Chasin:** There are a variety of laser and light sources we use to treat acne. Treatment recommendations are based on type of acne, skin type and whether scars are present. A very powerful treatment option is combining the Vbeam Laser, which acts as an anti-inflammatory and neutralizes the acne forming bacteria, with Fraxel to reduce the appearance acne scars.

**JacquelineLuxe: The holidays are upon us, and it's time to be looking our best! Dr. Chasin, what types of procedures would you recommend to perk up our skin and make us look fresher!**

**Chasin:** For a quick fix, I recommend Botox and dermal fillers, which can dramatically reduce fine lines and wrinkles in short period of time. For even more profound results, I recommend a series of skin resurfacing treatments such as Fraxel or eMatrix, which will reduce the appearance of sun spots and wrinkles which were caused by the summer sun, especially when combined with Q-switched lasers.

But of course the best way to look great during the holidays is to smile and make merry with your friends and family. Nothing makes someone look better than happiness!

To learn more about Reflections medical procedures, visit [reflectionscenter.com](http://reflectionscenter.com).