

THE TITAN TECHNIQUE

Dr. David Goldberg Introduces the Ultimate Painless Skin Tightening Technique

Q: Dr. Goldberg, I have just entered my 50's and have begun to notice that the skin around my jaw line and neck area have started to lose its elasticity. I do not want to undergo surgery, are there any less-painful alternatives that will be just as effective in correcting this problem?

A: Absolutely. If you do not feel comfortable having plastic surgery, there are a great variety of non-invasive options to choose from that are just as effective. One of the newest and most popular procedures is known as The Titan Technique. This is a safe, FDA-approved, non-ablative procedure that utilizes a blended infrared light source that works to reverse sagging and other signs of aging by tightening the skin. The Titan is used to treat lax and redundant skin throughout the body including the abdomen, thighs and arms and is also used to tone, lift and tighten skin on the face and neck. The best candidates for the Titan Technique are men and women in their 40's and 50's who are beginning to notice a reduction in their skin's elasticity.

Q: How does the Titan Technique work? Is the process painful?

A: The Titan Technique works by using an infrared light source which delivers uniform, even heating to the dermal layer of the skin. The Titan uses heat to denature the collagen fibers in the skin which results in immediate collagen contraction. As the overall skin structure contracts, the body is tricked into repairing the skin thus tightening and smoothing the treated area. Unlike other non-invasive skin tightening techniques, which can be slightly uncomfortable, the Titan Technique is a near painless procedure. The laser pulse used in the Titan Technique is often described as a wave of heat that gradually increases during the five to seven second pulse of the hand piece. The Titan is equipped with a skin-cooling system that allows the continuous direct cooling of the skin before and during treatment to minimize any discomfort.

Q: How fast will I see results?

A: Some patients will see some results from the Titan Technique almost immediately. However, most patients will begin to see tightening in the treated area approximately three weeks following treatment. Additionally, patients should note that improvement can continue, even up to six months after a treatment.

Q: Is the Titan Technique Safe? Are there any side effects?

A: Yes, the Titan Technique is very safe and has little to no side effects. However, after treatment, it is common to see no reaction or some mild redness and/or skin irritations that resolve very quickly.

David J. Goldberg, M.D. (<http://www.skinandlasers.com>) is on faculty and Director of both MOHS Surgery, and Laser Research, Mt. Sinai Medical Center in New York; and Director of Skin Laser & Surgery Specialists of New York & New Jersey. He is past President of the American Society for Laser Medicine & Surgery. Dr. Goldberg was voted "one of the top ten laser surgeons in the U.S." by Self Magazine and "one of the best doctors in America" by Woodward/White, Inc. He was recently named Editor in Chief of the first web-based cosmetic laser e-journal located at <http://www.lasernews.net>.

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*** Dr. Goldberg on the Road:**

2/12/2005 South Beach Dermatology Meeting, Miami Beach - The Science of Radiance - Non-ablative Skin Rejuvenation

2/13/2005 South Beach Dermatology Meeting, Miami Beach - Cosmetic Dermatology: Medical Malpractice, Risk Assessment and Protection Strategies

2/18/2005 - 2/22/2005 American Academy of Dermatology-Annual Meeting, New Orleans

3/18/2005 - 3/23/2005 Hawaii Dermatology Meeting, Maui

3/30/2005 American Society for Lasers in Medicine and Surgery-Annual Meeting, Laser Buena Vista, FL - Laser Hair Removal Workshop, Course Director - Medical-Legal Issues in Laser Treatments

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