Dermatologic Surgery Made Easy

Dermatologic Surgery Made Easy

Editor-in-Chief

Virendra N Sehgal MD, FNASc, FAMS, FRAS (London)

Consultant/Practicing Dermato-Venereologist Dermato-Venereology, Skin/VD Centre

Sehgal Nursing Home, A-6 Panchwati, Delhi 110 033, India

Visiting Professor, Skin Institute and School of Dermatology Greater Kailash, New Delhi

Former

Professor/Head

Department of Dermatology and Venereology Goa Medical College, Panji (1969 to 1978)

Professor/Head, Department of Dermatology and Venereology UCMS, Safdarjung Hospital (1978 to 1981)

Professor/Head (Acting Dean), Director-Professor

Department of Dermatology and Venereology, Maulana Azad Medical College/LNJP Hospital, New Delhi (1981 to 1991)

Principal/Medical Superintendent/Director-Professor

Dermatology and Venereology

Lady Hardinge Medical College, New Delhi (1991 to 1993)

Director-Professor Dermatology/Venereology/Medical

Superintendent

UCMS-GTB Hospital, Delhi (1993 to 1994)

Editorial Co-ordinator

Govind Srivastava MD, MNAMS

Consultant

Skin Institute and School of Dermatology Greater Kailash, New Delhi

Editorial Assistants

Sujay Khandpur MD, DNB, MNAMS Somesh Gupta MD, DNB Sunil Dogra MD, DNB, MNAMS Rashmi Sarkar MD



JAYPEE BROTHERS
MEDICAL PUBLISHERS (P) LTD.

New Delhi

Published by

Jitendar P Vij

Jaypee Brothers Medical Publishers (P) Ltd EMCA House, 23/23B Ansari Road, Daryagani

New Delhi 110 002, India

Phones: +91-11-23272143, +91-11-23272703, +91-11-23282021, +91-11-23245672 Fax: +91-11-23276490, +91-11-23245683 e-mail: jaypee@jaypeebrothers.com Visit our website: www.jaypeebrothers.com

Branches

- 2/B Akruti Society, Jodhpur Gam Road, Satellite Ahmedabad 380 015, Phone: +91-079-30988717
- 202 Batavia Chambers, 8 Kumara Krupa Road, Kumara Park East,
 Bangalore 560 001, Phones: +91-80-22285971, +91-80-22382956, +91-80-30614073
 Tele Fax: +91-80-22281761 e-mail: jaypeemedpubbgl@eth.net
- 282 Illrd Floor, Khaleel Shirazi Estate, Fountain Plaza Pantheon Road, Chennai 600 008, Phones: +91-44-28262665, +91-44-28269897 Fax: +91-44-28262331 e-mail: jpchen@eth.net
- 4-2-1067/1-3, Ist Floor, Balaji Building, Ramkote
 Cross Road, Hyderabad 500 095, Phones: +91-40-55610020, +91-40-24758498
 Fax: +91-40-24758499 e-mail: jpmedpub@rediffmail.com
- 1A Indian Mirror Street, Wellington Square, Kolkata 700 013, Phones: +91-33-22456075, +91-33-22451926 Fax: +91-33-22456075 e-mail: jpbcal@cal.vsnl.net.in
- 106 Amit Industrial Estate, 61 Dr SS Rao Road, Near MGM Hospital Parel, Mumbai 400 012, Phones: +91-22-24124863, +91-22-24104532, +91-22-30926896 Fax: +91-22-24160828 e-mail: jpmedpub@bom7.vsnl.net.in e-mail: jpmedpub@bom7.vsnl.net.in
- "KAMALPUSHPA", 38 Reshimbag, Opp. Mohota Science College, Umred Road Nagpur 440 009, Phones: +91-712-3945220, +91-712-2704275
 e-mail: jpnagpur@rediffmail.com

Dermatologic Surgery Made Easy

© 2006, Virendra N Sehgal

All rights reserved. No part of this publication and interactive CD ROM should be reproduced, stored in a retrieval system, or transmitted in any form or by any means: electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the editor and the publisher.

This book has been published in good faith that the material provided by contributors is original. Every effort is made to ensure accuracy of material, but the publisher, printer and editor will not be held responsible for any inadvertent error(s). In case of any dispute, all legal matters to be settled under Delhi jurisdiction only.

First Edition: 2006

ISBN 81-8061-747-5

Typeset at JPBMP typesetting unit Printed at Gopsons Paper Ltd, Noida Committed to
Professional practice
Inspired by youngsters
Aashna, Vidhuat, Vrishank

Contributors

Amrinder J Kanwar MD, MNAMS

Professor and Head, Department of Dermatology Venereology and Leprology, Postgraduate Institute of Medical Education and Research, Chandigarh 160 012 India Photo (Chemo) Therapy: Principles and Indications, Management of Ingrowing Toenail

Asha Singh MS, PhD (Genetics)

Former Professor and Head, Department of Anatomy Maulana Azad Medical College New Delhi *The Integumentary System*

Chakravarthi R Srinivas MD

Professor and Head, Department of Dermatology, PSG Institute of Medical Sciences and Research, Peelamedu, Coimbatore Laser Hair Removal, Laser Treatment for Pigmented Lesions, Laser Treatment for Vascular Lesions, Iontophoresis

Chandroth P Tajuddin

Laser Skin Care Home, Nilofer Palace, Calicut Laser Hair Removal, Laser Treatment for Pigmented Lesions, Laser Treatment for Vascular Lesions

Chembolli Lakshmi

Assistant Professor of Dermatology, PSG Institute of Medical Sciences and Research, Peelamedu, Coimbatore – 641 004 *Iontophoresis*

Deepak Vedamurthy

Consultant Dermatologist Apollo Hospitals Chennai, Malar Hospitals, Chennai Dermal Fillers

Dilip Kachawa

Assistant Professor Department of Dermatology, STD and Leprosy Dr SN Medical College, Jodhpur

viii DERMATOLOGIC SURGERY MADE EASY

Dipankar De

Senior Resident, Department of Dermatology Venereology and Leprology, Postgraduate Institute of Medical Education and Research, Chandigarh Management of Ingrowing Toenail

Gurvinder P Thami MD

Reader and Head, Department of Dermatology and Venereology Government Medical College and Hospital, Sector 32 B, Chandigarh Non-healing Wound: A Dermatologist's Perspective

Harvinder S Marwah MD, DVD, DDV, MCPS (Bombay)

Hon. Consultant Dermatologist, Nanavati Hospital Laser Hair Removal, Q-Switched Nd:YAG Laser for Nevus of Ota, Tattoo Removal, Follicular Unit Hair Transplant

Jayshree Venkataram

Dr Venkat Charmalaya Centre for Advanced Dermatology 3437, 1st G Cross, 7th Main, next to BTS Garage, Subbanna Gardens, Vijaya Nagar, Bangalore Microcannular Tumescent Liposuction

Kaushal K Verma MD

Professor, Department of Dermatology and Venereology All India Institute of Medical Sciences, New Delhi CO₂ Laser in Dermatology and Aesthetic Surgery

Mansukh P Ghalla MD, DVD

Hon. Consultant Dermatologist, Nanavati Hospital Maru Hospital and Research Centre Laser Follicular Unit Hair Transplant

Maya Vedamurthy MD, DD

Consultant Dermatologist, Apollo Hospitals Chennai; Malar Hospitals, Chennai Dermal Fillers

Mukul Sharma MD

Professor and Head, Department of Dermatology, STD and Leprosy Medical College, Kota *The Art of Roller Bandaging*

Niti Khunger MD, DDV, DNB

Senior Specialist, Department of Dermatology, Vardhman Mahavir Medical College and Associated Safdarjung Hospital, New Delhi Dermabrasion, Scar Revision

Rashmi Sarkar MD

Specialist (Dermatologist) Department of Dermatology Vardhman Mahavir Medical College and Associated Safdarjung Hospital, New Delhi Skin Peels, Skin and Nail Biopsy

Reena Rai

Professor of Dermatology, PSG Institute of Medical Sciences and Research, Peelamedu, Coimbatore - 641 004 Laser Hair Removal, Iontophoresis, Laser Treatment for Pigmented Lesions, Laser Treatment for Vascular Lesions

Sambit N Bhattacharya MD

Professor and Head Department of Dermatology and STD, University College of Medical Sciences and Associated Guru Teg Bahadur Hospital, Sahadra Delhi Cryosurgery

Sharad Mutalik MBBS, DVD

Consultant Dermatologist, Skin and Cosmetology Clinic Dermatologic and Laser Surgeon Maharashtra Medical Foundation's Dermatotherapy and Cosmetology Center Lata Mangeshkar Foundation's Deenanath Mangeshkar Hospital Sahyadri Specialty Hospital Pune, India Basics of Laser-Assisted Hair Removal, Electrosurgery with Radiofrequency Current

Shruti Shenoi MD, DVD

Professor, Department of Dermatology Kasturba Medical College Hospital, Manipal Punch Grafting in Vitiligo, Suction Blister Grafting, Lateral Matrix Phenolization for Ingrowing Toenail

DERMATOLOGIC SURGERY MADE EASY

Somesh Gupta MD, DNB

 \mathbf{x}

Assistant Professor, Department of Dermatology and Venereology, PGI Medical Education and Research, Chandigarh Management of Ingrowing Toenail, Partial Nail Avulsion with Nail Matrix Phenolization, Cryosurgery

Srilata S Trasi MD, DVD, DDV, FCPS (Bom)

Asha Parekh Hospital, Ramakrishna Mission Hospital Mahavir Medical Center, Hiranandani Hospital Botulinum

Sujay Khandpur MD, DNB, MNAMS

Dept. of Dermatology amd Venereology All India Institute Medical Science, New Delhi Intralesional Therapy in Dermatology

Sunil Dogra MD, DNB, MNAMS, MBBS

Assistant Professor

Department of Dermatology Venereology and Leprology Postgraduate Institute of Medical Education and Research Chandigarh, India

Laser Treatment for Pigmented Lesions, Laser Treatment for Vascular Lesions, Photo (Chemo) Therapy: Principles and Indications

Trilokraj Tejasvi

Senior Resident, Department of Dermatology and Venereology All India Institute of Medical Sciences, New Delhi CO₂ Laser in Dermatology and Aesthetic Surgery

Uma Shankar Agarwal MD

Professor, Department of Dermatology and Venereology, Sawai Mansingh Medical College and Hospital, Jaipur Punch Grafting

Venkataram Mysore MD, DVD, DNB Diploma, RCPath (Lond)

Dr Venkat Charmalaya Centre for Advanced Dermatology 3437, 1st G Cross, 7th Main, next to BTS Garage, Subbanna Gardens, Vijaya Nagar, Bangalore Follicular Unit Hair Transplantation

Virendra N Sehgal MD, FNASc, FAMS, FRAS (Lond.) Consultant/Practicing Dermato-Venereologist, Dermato-Venereology Skin/VD Centre, Sehgal Nursing Home A-6 Panchwati Delhi 110 033 India Visiting Professor, Skin Institute and School of Dermatology Greater Kailash, New Delhi Cryosurgery, Skin Peel, Intralesional Therapy in Dermatology, Skin and Nail Biopsy, The Integumentary System

Yashwant Tawade MD, DVD, DDV Associate Consultant, KEM Hospital Rasta Peth, Pune Tattoo Removal with Punch Graft Exchange Technique

Preface

Past couple of decades has witnessed steady strides in all-round uplift meant of dermatologic surgery across the globe. It has in its wake brought about a sea change in the aptitude of teaching, research and professional practice. Most important, this branch of plastic and re-constructive surgery has slipped into the hands of those practising dermatology. Currently, it is deeply rooted as a part of the speciality. It has not only overtaken the practice but has become a part component of post-graduate curriculum. The need of an overture of this character was deeply felt. The objective was initiated by identifying distinguished personnel in teaching and practice who are entrenched and established in undertaking invasive as-well-as non-invasive procedure. Interestingly, instant response was volunteered by several of them. Infact, now they form a galaxy of contributors. The text of the chapter is not only lucid and precise but also depicts a step-by-step didactic content profusely illustrated by colored as well as black and white photographs. Some degree of overlap/repetition of procedure(s) are inevitable in a dissertation of this nature. It may prove a boon as an option which may judiciously be exercised. It was, therefore, thought worthwhile to provide CD (compact disk) ROM to facilitate the successful execution of the procedure(s). Hence, the endeavor seems laudable to provide decision taking visions. Apparently, for all intents and purposes, it should prove a ready reckoner to post-graduates and those practising dermatologic surgery. It may also provide a semblance of uniformity in pursuing these procedures.

Virendra N Sehgal

Contents

1.	Cryosurgery Sambit N Bhattacharya, Somesh Gupta, Virendra N Sehgal	1
2.	Skin Peels Rashmi Sarkar, Virendra N Sehgal	17
3.	Vitiligo Surgery: An Overview Dilip Kachawa	35
4.	Punch Grafting Uma Shankar Agarwal	51
5.	Punch Grafting in Vitiligo Shruti Shenoi	67
6.	Suction Blister Grafting Shruti Shenoi	77
7.	Tattoo Removal with Punch Graft Exchange Technique <i>Yashwant Tawade</i>	83
8.	Microcannular Tumescent Liposuction Jayshree Venkataram	91
9.	Dermal Fillers Maya Vedamurthy, Deepak Vedamurthy	109
10.	Botulinum Srilata S Trasi	119
11.	Dermabrasion Niti Khunger	141
12.	Scar Revision Niti Khunger	155
13.	Basics of Laser-Assisted Hair Removal	193

xvi	DERMATOLOGIC SURGERY MADE EASY	
14.	Laser Hair Removal Harvinder S Marwah	20 1
15.	Q-Switched Nd:YAG Laser for Nevus of Ota, Tattoo Removal Harvinder S Marwah	21 1
16.	Follicular Unit Hair Transplant <i>Harvinder S Marwah, Mansukh P Ghalla</i>	22 1
17.	Management of Ingrowing Toenail Somesh Gupta, Dipankar De, Amrinder J Kanwar	229
18.	Partial Nail Avulsion with Nail Matrix Phenolization Somesh Gupta	24 1
19.	Lateral Matrix Phenolization for Ingrowing Toenail Shruti Shenoi	247
20.	CO ₂ Laser in Dermatology and Aesthetic Surgery Kaushal K Verma, Trilokraj Tejasvi	253
21.	Intralesional Therapy in Dermatology Sujay Khandpur, Virendra N Sehgal	269
22.	Non-healing Wound: A Dermatologist's Perspective Gurvinder P Thami	279
23.	The Art of Roller Bandaging Mukul Sharma	293
24.	Follicular Unit Hair Transplantation Venkataram Mysore	303
25.	Photo (Chemo) Therapy: Principles and Indications Sunil Dogra, Amrinder J Kanwar	32 1
26.	Skin and Nail Biopsy Rashmi Sarkar, Virendra N Sehgal	341
27.	The Integumentary System Asha Singh, Virendra N Sehgal	353

	CONTENTS	xvii
28.	Laser Hair Removal Chakravarthi R Srinivas, Reena Rai, Chandroth P Tajuddin	375
29.	Electrosurgery with Radiofrequency Current Sharad Mutalik	387
30.	Iontophoresis Chakravarthi R Srinivas, Reena Rai, Chembolli Lakshm	395 <i>i</i>
31.	Laser Treatment for Pigmented Lesions Chakravarthi R Srinivas, Reena Rai, Chandroth P Tajuddin, Sunil Dogra	405
32.	Laser Treatment for Vascular Lesions Chakravarthi R Srinivas, Reena Rai, Chandroth P Tajuddin, Sunil Dogra	415
	Index	425

CD Contains

Botulinum use in Cosmetology