

**PRACTICAL**  
*Dermatology*

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Practical Pearls In This Issue

A very typical approach to a patient in his or her upper 30s who does not have much in the way of rhytides or sagging is to combine intense pulsed light or a chemical peel with botulinum toxin injections for dynamic rhytides. These procedures can typically be performed on the same day and can work to fade dyschromias and eliminate unwanted lines in the upper face. p. 38

Avoid Medicare denials. Don't forget to populate block 32 on the CMS 1500 form (or electronic equivalent). The name and address of the facility where the services were furnished must be entered in block 32, unless the place of service is home (place of service 12). p. 27

If compounding is unavailable, physicians may develop therapeutic regimens that include use of a topical hydroquinone cream plus a layering application of a separate topical retinoid or topical corticosteroid on top of the first cream. p. 45

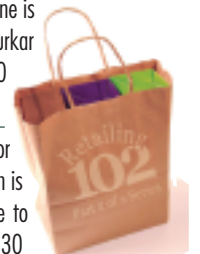


Having proposed and discussed a cosmetic treatment plan, you must be prepared to explain your position regarding treatments you don't offer (i.e. lasers vs. RF) because another physician may have recommended it. Explain why your treatment recommendation is superior for their chief complaint. Repetition is critical; patients only remember a fraction of what they are told in consultation. p. 12

Due to the absence of studies showing certain light/laser and drug combinations to be particularly effective, drug selection must be tailored to each patient. Dermatologists should continue to use the topical and oral agents of their choice p. 57



The standard protocol with the 420nm blue light system for acne is eight to 10 biweekly treatments of 15 minutes, but Dr. Narurkar has also found that weekly 23 minute treatments for 8 to 10 treatments is equally effective. p. 59



Submission of sales tax is done either using a manual check or electronically. Some states charge extra fees if the submission is manual; the extra fees can be substantial. Therefore, it is wise to investigate this before starting this venture. p. 30

In a recent study of topical and systemic antimicrobial acne therapies, there were relatively few statistically significant differences in effectiveness among five regimes tested. Oral minocycline was no better than oral oxytetracycline. Benzoyl peroxide was the most cost-effective treatment and was 12 times more cost-effective than minocycline. p. 17

Enbrel remains Dr. Siegfried's second-line agent for children with severe psoriasis; she turns to this agent for children who have been on methotrexate for a long period of time or who cannot take methotrexate. She recommends starting children on a biweekly subcutaneous dosage of 0.4mg/kg, which is equivalent to the 25mg dose, or 0.8mg/kg, which is equivalent to the 50mg dose. p. 62

To achieve localized bilateral infraorbital and mental nerve blocks for lip augmentation, use a dental syringe, 30 gauge, 13/16 inch short dental needle with a Septocaine cartridge (Articaine hydrochloride 4% with epinephrine 1:100,000; Septodont, Inc.). Drs. Bogle and Kaminer find the onset of action of articaine is faster than lidocaine and the anesthesia more complete. p. 14

