



Dermatologic Surgery with Radiofrequency

Art of
Successful
Practice



Bipin Deshpande

Foreword by Sheldon Pollack

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I dedicate this book to the “inspiring memories” of my late father Shri Bhaskar Shripad Deshpande, who had always inspired me throughout my childhood and career to be a compassionate and helpful medical practitioner.

Bipin Deshpande



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Contents

| | |
|--|-------------|
| Foreword | xi |
| Preface | xiii |
| Acknowledgments | xv |
| Author | xvii |
| 1 Introduction | 1 |
| 2 Office dermatologic surgery | 5 |
| Reference | 7 |
| 3 Prerequisites of office dermatologic surgery | 9 |
| Preoperative clinical assessment | 9 |
| The ideal dermatologic surgeon | 9 |
| Staff or assistants | 10 |
| Role of patient's accompaniment | 10 |
| Preoperative sterilization | 10 |
| Sensitivity testing | 10 |
| Intraoperative requirements | 10 |
| Postoperative care | 10 |
| 4 Selection of surgical modality | 11 |
| 5 Why radiofrequency? | 15 |
| Reference | 17 |
| 6 Practical tips for switching over to radiofrequency surgery | 19 |
| From scalpel to radiofrequency (RF) surgery | 19 |
| From electrocautery to RF surgery | 20 |
| From cryosurgery to RF surgery | 20 |
| From ablative lasers to RF surgery | 21 |
| 7 Fundamental features of radiofrequency surgery | 23 |
| Physical characteristics | 23 |
| Biological characteristics | 24 |
| Equipment details | 26 |
| Functionality | 26 |
| References | 28 |
| 8 Radiofrequency surgery operative skills: Tips and tricks to master the technique | 29 |
| Reference | 32 |
| 9 Precautions and safety measures | 33 |
| Patient safety issues | 33 |
| Practitioner safety issues | 34 |
| References | 34 |

| | | |
|----|--|----|
| 10 | Radiofrequency surgery rehearsal or practice sessions | 35 |
| | Practice session suggestions and tips | 35 |
| | Applications of waveforms | 36 |
| | Reference | 40 |
| 11 | Patient assessment and counseling | 41 |
| | Patient consultation and assessment | 41 |
| | Informed consent | 42 |
| 12 | Applications | 43 |
| | Therapeutic applications | 44 |
| | Diagnostic applications | 44 |
| 13 | Specific applications: Radiofrequency commonality | 45 |
| | Moles or intradermal nevi or melanocytic nevi | 45 |
| | Warts (verruca plana, verruca vulgaris, digitate, or filiform warts) | 50 |
| | Skin tags | 53 |
| | Dermatosis papulosa nigra (DPN) | 54 |
| | Milia | 55 |
| | Corns and calluses | 55 |
| | Keratoses (seborrheic and actinic) | 56 |
| | Sebaceous cysts | 60 |
| 14 | Expanding the applications of radiofrequency dermatologic surgery | 63 |
| | Molluscum contagiosum | 63 |
| | Syringomas | 65 |
| | Senile comedones | 65 |
| | Closed comedones | 67 |
| | Xanthelasma | 67 |
| | Cherry angiomas | 68 |
| | Earlobe repair | 68 |
| | Mucoceles (submucous cysts) | 68 |
| | Capillary hemangiomas and pyogenic granulomas | 69 |
| | Trichoepitheliomas, neurofibromas, and keratoacanthomas (cutaneous horns) | 70 |
| | Freckles | 71 |
| | Mucosal lesions | 72 |
| | Hypertrophic scars and keloids | 73 |
| | Condyloma acuminata and genital lesions | 74 |
| | Periungual and subungual lesions | 75 |
| | Ingrown toenails | 75 |
| | Rhinophyma | 76 |
| | Facial gray hair | 77 |
| | Chronic lichenified eczema, prurigo nodularis, hypertrophic lichen planus, and papular or nodular lesion of unknown etiology | 78 |
| | Telangiectasia | 81 |
| | Basal cell carcinoma | 81 |
| | Reference | 82 |
| 15 | Gems and jewels of radiofrequency surgery | 83 |
| | Radiofrequency resurfacing technique for depressed facial scars | 85 |
| | Radiofrequency resurfacing technique for hypertrophic scars on face | 87 |
| | Radiovaporization and its applications | 87 |
| | References | 88 |
| 16 | Biopsy using radiofrequency surgery | 89 |
| | References | 92 |

| | | |
|----|---|------------|
| 17 | Postoperative recovery and care | 93 |
| | General postoperative care (excision wounds) | 93 |
| | General postoperative care (desiccation wounds) | 94 |
| | Aftercare | 94 |
| 18 | Tips and tricks to minimize complications | 95 |
| | Complications due to anesthetics | 95 |
| | Complications due to equipment, electrical inappropriateness, and electrode problems | 95 |
| | Complications due to inappropriate technique, lack of experience, or overzealous approach | 96 |
| | Complications due to patient's noncompliance | 96 |
| | Tips and tricks to avoid or minimize complications | 97 |
| | Conditions to avoid in office surgery | 98 |
| 19 | Postradiofrequency surgery outcome | 99 |
| | Postoperative outcomes | 99 |
| | Final results | 101 |
| 20 | Achieving aesthetically superior results: Tips and tricks | 103 |
| | Tips for aesthetically superior results | 103 |
| | Tricks of blending technique | 104 |
| 21 | Noteworthy cases | 105 |
| | Case 1: Multiple tongue papilloma (papillomatosis) | 105 |
| | Case 2: Giant condyloma acuminata on perianal area | 106 |
| | Case 3: Posttraumatic punched out scar on tip of nose | 108 |
| 22 | From fantasy to factuality | 111 |
| | Index | 115 |



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Foreword

In the early 1980s, CO₂ lasers were adopted by dermatologic surgeons and were widely featured in medical journal articles. A few years later, I had the privilege of participating in a formal debate held as a plenary session at the scientific meeting of the American Society for Dermatologic Surgery. In the debate, an expert in CO₂ laser surgery (Dr. Philip Bailin) and I, representing radiosurgery (then “electrosurgery”), were given the opportunity to convince the audience as to which modality was superior. At the conclusion of this session, attendees voted and were found to favor electrosurgery over laser, by a margin of 7 to 1! Factors relating to cost, ease of training, mobility of the equipment, and versatility were all determinants of that decision. These positive attributes of radiosurgery remain today.

I have adopted many new technologies, including laser, over the years, but radiofrequency remains an irreplaceable modality in my cosmetic dermatologic surgery practice. Although radiosurgery is performed thousands of times around the

globe each day, it has been many years since a new text highlighting its use has appeared. Despite the emergence of many modern energy-based technologies, utilizing a variety of laser, ultrasonic, and other concussive and thermal formats, radiofrequency remains a readily available and inexpensive solution to many dermatologic surgical needs, particularly in less developed countries.

Dr. Bipin Deshpande has been a devoted practitioner and educator on this subject for nearly two decades, and his book, *Dermatologic Surgery with Radiofrequency*, is the culmination of his explorations and the insights that he has garnered. The monograph not only provides detailed treatment information but, in addition, illustrates how radiofrequency fits into the overall setting of dermatologic surgery. Moreover, the reader has an opportunity to explore and hone new skills by using the included practice sessions. I applaud Dr. Deshpande for his tireless efforts to keep the importance of radiofrequency alive in the next generation of practitioners.

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Preface

Medical practice is an art that is learned through experience built up over decades of hard work. This can never be taught in medical colleges. Art has no boundaries or limits, so much so that any good and learned practitioner not only can be a successful practitioner, but with devotion and effort can specialize in a novel field.

I remember a practicing anesthesiologist in India who after 10 years began specializing in the field of dermatologic surgery and cosmetic dermatology. He successfully transformed himself into an (an)aesthetic practitioner.

I started my practice as a family physician in the metropolitan city of Pune, India, in 1988. I had done my specialization in dermatology but only practiced it occasionally. I always like to be off the beaten track, and even in family practice I presented many novel studies at local conferences. Simultaneously, I studied light and its effects on skin (photobiomodulation) way back in 1996 and am still doing these treatments. I have presented many studies on photobiomodulation at various national and international conferences.

I find the field of dermatology very challenging; many skin diseases have recurrences, which can be frustrating to patients as well as doctors. The therapy angle is very narrow and with side effects. Managing skin diseases with limited medicines is an art. After years of managing the same patients with the same problems or new patients with the same problems, when one day you experience the “one shot treatment” of dermatologic surgery where a patient is cleared of his or her skin problem, it is really like a refreshing drink after toiling in the hot sun.

Radiofrequency surgery was to me a “refreshing drink.” It refreshed me so much when I

experienced its results that it became my passion. The happiness that came along with the successful results and the great patient satisfaction because of no recurrence was itself a great inspiration to explore and do more.

I introduced radiofrequency surgery in Indian dermatology at the National Dermatology Conference in 2000. Since then, radiofrequency surgery has received an overwhelming response in all dermatology societies. I have spoken on many national and international podiums, conducted teaching workshops, and written many articles.

Believe me, I have never marketed my services. My patients are my best walking and talking advertisements.

Many doctors from faculties other than dermatology have shown great interest in radiofrequency surgery. Some have learned from me, but there are many more who would still like to learn the technique. For them and purely clinical dermatologists and all the new budding dermatologists, this book will be of great assistance not only as a guide but as a step-by-step learning book to practice radiofrequency surgery at their bests in their own clinics or offices.

There was no valuable publication on the use of radiofrequency surgery in dermatologic surgery for more than a decade. There are numerous publications on lasers and radiofrequency for skin tightening and body contouring, as well as fractional radiofrequency for acne scars. While conducting workshops, the attending doctors expressed the need of a publication on uses of radiofrequency for dermatologic surgery. Hence, I have made an effort to compile my data and personal experiences to write this book.

I have written this book as a “storybook” that slowly and steadily unravels the basic as well as

the “gems and jewels” of radiofrequency surgery. I have tried to use simple language to cover almost all aspects of the surgery required for clinic-based practice. I have also made it very practical with a large collection of my case study photos and schematic illustrations. Most of the after photos are given to show the immediate postoperative appearance of wound, which can result in least or

negligible scarring. It is for the readers to understand that if they can achieve such a postoperative wound on the operating table, they are assured a best result.

The book’s final chapter takes readers to an imaginary world but emphasizes the importance of scientific knowledge and the limits of technology.

My sincere and best wishes to you!