

Contents

<i>Contributors</i>	v
<i>Foreword by Rashmi Sarkar</i>	vii
<i>Foreword by Pritam Pankaj</i>	ix
<i>Foreword by Satish Sangwan</i>	xi
<i>Preface</i>	xiii

Section A: Basics and Fundamentals

1. How to Start Your Clinical/Aesthetic Practice?	3
<i>Varun Khullar</i>	
2. Medico-Legal Aspects and Ethics	12
<i>Amarendra Pandey</i>	
3. Importance of Networking and Record-keeping for a Dermatologist	16
<i>Ruchi S Mutneja, Deepti Saxena</i>	
4. Difference between Male and Female Aesthetics	23
<i>Shruti Kharbanda, Indu Ballani</i>	

Section B: Diagnostic Dermatology

5. Skin Scraping and Cytology: Techniques and Applications	29
<i>Chingshubam Bikash</i>	
6. Bedside Tests and Procedures in Dermatology	38
<i>Nidhi Sharma, Senkadhir Vendhan, Vijay Aithal</i>	
7. The Role of Wood's Lamp in Dermatology Practice	50
<i>Bhavishya Shetty, Vijay Aithal</i>	
8. Dermoscopy: Basics and Clinical Applications	55
<i>Diksha Aggarwal</i>	
9. Skin and Nail Biopsy: A Practical Guide	75
<i>Nidhi Sharma, Senkadhir Vendhan D</i>	

Section C: Foundations of Dermatotomy

10. Mastering Suturing: Techniques and Tips for Dermatologic Excellence	87
<i>Himani Chawla</i>	
11. Excision of Cysts and Tumors: Surgical Techniques and Tips	102
<i>Nikhil George, Lulua Safar, Monica Chauhan</i>	

- | | | |
|-----|---|-----|
| 12. | Surgical Management of Acne Scars | 117 |
| | <i>Meghna Gupta</i> | |
| 13. | Electrosurgery in Dermatology: Indications and Technique | 126 |
| | <i>Ann John Kurien</i> | |
| 14. | Cryotherapy: Applications in Dermatology | 134 |
| | <i>Akshay Jain Salecha, Sanaga Mrudula</i> | |
| 15. | Cutaneous Lipolysis: Techniques and Outcomes | 143 |
| | <i>Sakshi Agrawal</i> | |
| 16. | Microneedling: A Minimally Invasive Aesthetic Procedure | 147 |
| | <i>Vani Yepuri, Manasi Shirolikar-Bansal</i> | |

Section D: Diverging into Aesthetics

- | | | |
|-----|--|-----|
| 17. | Chemical Peels: Basics, Technique and Safety | 159 |
| | <i>Farheen Begum, Ujala Negi</i> | |
| 18. | Genital Aesthetics | 165 |
| | <i>Nidhi Sharma, Senkadhir Vendhan D</i> | |
| 19. | Lasers: Fundamentals and Applications | 172 |
| | <i>Monalisa Kumari, Deeksha Agrawal</i> | |
| 20. | Choosing Your First Laser: A Beginner's Guide | 189 |
| | <i>Pritam Pankaj, Karthi Kishore</i> | |
| 21. | Medifacials: Customizing Treatments for Skin Health | 197 |
| | <i>Rashi Soni</i> | |
| 22. | HIFU and Other Contouring Devices: An Overview | 202 |
| | <i>Nidhi Sharma, Senkadhir Vendhan D</i> | |
| 23. | BB Glow Treatment: Enhancing Skin Radiance | 207 |
| | <i>Nidhi Sharma, Senkadhir Vendhan D</i> | |

Section E: Hair Therapeutics

- | | | |
|-----|---|-----|
| 24. | Platelet-rich Plasma: Science and Applications | 217 |
| | <i>Chethana Gurumurthy</i> | |
| 25. | Hair Transplantation: Techniques and Tips | 225 |
| | <i>Kinnor Das, Surajit Gorai</i> | |

Section F: The Injectables

- | | | |
|-----|---|-----|
| 26. | Botulinum Toxin: Mastering Facial Rejuvenation | 237 |
| | <i>Kailash Jha</i> | |

27. Fillers: Techniques and Artistry	248
<i>Vignesh Narayan R</i>	
28. Mastering the Art of Thread Lifting	263
<i>Ujala Negi, Himani Chawla</i>	
Section G: Recent Advances	
29. Cosmeceuticals: Science behind Skin Care Products	273
<i>Guneet Awal, Navleen Kaur</i>	
30. Peptides in Dermatotherapeutics	284
<i>Shivani Shende</i>	
31. Exosome Therapy: The Future of Regenerative Dermatology	293
<i>KS Divija, Himani Chawla</i>	
32. Recent Advances in Scar Management	303
<i>Chethana Gurumurthy</i>	
<i>Index</i>	311