The Shino Bay Cosmetic Dermatology & Laser Institute is committed to creating and supporting the global awareness of appropriate, state-of-the-art skin care. Our mission depends solely upon your own unique mission! It is always our pleasure to help you achieve your desired results!

Each of us has different perspectives of beauty as well as challenges. Therefore we all have our own very specific goals towards attaining our unique glowing complexion. We will work with you to achieve your goals.

Our treatment solutions are custom designed for each individual to optimize their results. We realize that optimum solutions are attained through the key combination of continuous dedication, research and investing in all state of the art, top-of-the-line, technology and the customized treatment packages to optimally address your needs! We will spend the time required to provide the tools, expertise, and guidance, addressing your concerns.

As a Shino Bay Cosmetic Dermatology & Laser Institute patient, you will receive the finest quality treatment in a warm, caring, private environment. Whatever your skin care needs, from addressing the tell-tale signs of aging, to preventing and treating skin cancer, removing unsightly markings, veins, stretch marks, scars or hair—we will craft you a complete, customized program using the most advanced technology and dermatological expertise.

The Shino Bay Cosmetic Dermatology & Laser Institute is one of the nations only “Cynosure® Laser Global Centers of Excellence” which denotes that particular attention to outcome optimization detail, maximum safety protocols, expert knowledge in all types of lasers and the latest procedures and treatment techniques. For you, our patient, having all of the newest top-of-the-line technology on site is paramount. Cynosure® is one of the premier innovators and manufacturers of aesthetic laser technologies.

Dr. Aguilera is a Board Certified Dermatologist, Dermatologic Surgeon, Clinical Laser Expert and Laser Safety Officer for the State of Florida as well as an International Physician Trainer/Speaker with over 10 Years Experience with Cosmetic Lasers. In conjunction with all the most advanced technology we can achieve Your Very Best Results!

Please call our office at (954) 765-3005 for a consultation or go to the “Contact Us” page of our website at www.ShinoBayDerm.com
BOTOX® Cosmetic

Smile, laugh, frown, and make all the facial expressions you want and stop worrying about wrinkles!

After years of squinting, laughing, frowning, smoking, and worrying, the skin around the eyes and on the forehead will often develop deep lines and wrinkles called “expression lines.” A frequent concern is that they often make you look older, tired, or stressed. Until recently, these advanced furrows have been difficult to treat. Now, by utilizing this FDA approved muscle-relaxing agent, expression lines can be significantly reduced.

Dr. Aguilera uses a fast, gentle and virtually painless technique to treat wrinkles in the forehead, between the brows, and around the eyes with BOTOX®. The results are like night and day. Dr. Aguilera has treated and trained physicians across the country in his unique methods. His results are so optimal & natural looking that numerous dermatologists and other physicians from around the nation are his loyal patients.

Dr. Aguilera is an expert in a non-surgical BOTOX® brow lift. This procedure elevates the brow and can also elevate droopy eyelid skin. He has helped countless patients avoid unnecessary plastic surgery with this procedure. A frown can be lifted as well and creating a more refreshed, happy & rejuvenated and natural look with a similar technique to drooping mouth areas.

Problems with perspiration stains on your underarms? Excessive perspiration can be virtually eliminated for up to 9 months with Botox and is a very popular treatment that will help your clothing last a lot longer, remain stain free and you will no longer have to be concerned about underarm wetness.

What is BOTOX® Cosmetic?

BOTOX® Cosmetic is a therapeutic muscle-relaxing agent derived from the bacterium, Clostridium Botulinum. For over a decade, ophthalmologists have applied BOTOX® Cosmetic for its original intention, the treatment of blepharospasm. Physicians have utilized BOTOX® Cosmetic for years as a cosmetic treatment to correct visible signs of stress and aging.

How does BOTOX® Cosmetic work?
The contractions and movements of the facial muscles are controlled by chemical signals from the brain. BOTOX® Cosmetic simply prevents the muscle from allowing responses to these messages. As a result, the muscle relaxes and the overlying skin remains unwrinkled and smooth.

What is treatment like?
With a very fine needle, BOTOX® Cosmetic is injected into the specific muscle that is contracting and causing the lines and wrinkles on the face. Treatment is effective, safe, and takes approximately 10 minutes. The pain is a minimal “pin prick” and no anesthetic is required. Immediately following treatment, you may resume regular activities!

How long does a BOTOX® Cosmetic treatment last?
The effects usually last 3 to 4 months, and fade away gradually. Following several treatments, the results for some patients may last 4 to 6 months or longer. BOTOX® Cosmetic offers extended relief over the course of long-term treatment.

Are there any possible side effects?
Side effects of BOTOX® Cosmetic, if any, are usually mild and temporary. Botulinum toxins contain proteins, which in some circumstances may be naturally safeguarded against by the body’s ability to produce antibodies. If antibodies are formed, the therapy will generate a lesser response. Temporary bruising is sometimes experienced, though this symptom resolves itself within 2 to 3 days. In rare cases, there can be a slight drooping of an eyelid or asymmetry of expression. If this should happen, return to your physician.

What type of results will I see?
Typically, the effect of BOTOX® Cosmetic is visible within 5 to 7 days. Maximum benefits are reached between 10 to 14 days. Once the muscle becomes dormant and the skin softens, you will have a more relaxed and youthful appearance. BOTOX® Cosmetic treatments are not a substitute for the results achieved with a facelift. The optimum appearance may be achieved with BOTOX® Cosmetic therapy in conjunction with a facelift, laser resurfacing, and various treatments for skin rejuvenation.
Visia™ Digital PhotoAnalysis is included in your 1st office consultation for cosmetic facial enhancement procedures and most subsequent follow-up visits to digitally track and optimize your success.

We will digitally track your progress to maximize your results and correct visible signs of stress and aging and optimize skin enhancements.

This state of the art technology can digitally scan your face for everything from unwanted wrinkles, pigment, hairs, veins and spots to pore size and future upcoming problems and pre-cancers. All of which will be expertly, dermatologist treated and eradicated for a healthier more beautiful you.

Restylane®, Sculptra®, Radiesse™, Juvederm® and all of the Newest & Best Fillers and most advanced administering techniques

Wrinkle fillers that erase the signs of aging are getting better all the time. As a highly regarded leader in the field of medical cosmetics and dermatological innovation, Dr. Aguilera welcomes the latest innovations and incorporates the use of new and exciting therapies and products to optimize your results.

Restylane®
Facial lines and wrinkles are caused by a gradual breakdown of the body’s collagen and the elastin fibers in the skin. No one is immune from experiencing this normal aging process. Squinting, frowning and smiling also inflict stress on the underlying collagen in the skin and accelerate the formation of these furrows. Until recently, injectable collagen was the most widely used available cosmetic filler to improve the appearance of these lines. Restylane® is a long lasting cosmetic filler that provides dramatic results for improving the appearance of facial lines, wrinkles, and folds. This is a non-surgical solution to soften facial lines and wrinkles, restore volume and fullness to the skin, plump up lips and face, fill in scars, and even create cheekbones and non-surgically straighten and even noses and facial contour. Restylane® injected into the lips can give back fullness to lips that have receded. The cosmetic results are visible immediately, bestowing you with a more youthful and invigorated look.

What is the treatment like?
Restylane® is injected in small amounts under your skin to fill creases, lines, wrinkles, or folds. It is also injected around the lip area to create volume, resulting in a more youthful appearance. A skin test is not necessary prior to treatment, so treatment can be performed at any time. In order to optimize your comfort, the treatment area may be anesthetized with a topical cream or anesthetic block. Treatment results are immediately evident.
How long do the results last?

Depending on many factors, such as your lifestyle, age, and skin structure, your results may last as long as six months to a year or more. You may require a touch up treatment 2 to 4 weeks after the first treatment to achieve your desired result. Treatment to enhance the lips is reported to last much longer than treatment using standard collagen filler. When the effect of the treatment begins to diminish, you can replenish the area as needed.

What are the benefits of Restylane®?

- Immediately you will discern a smoothing of the wrinkles and folds.
- Restylane® will impart lift and new firmness to your skin.
- With lip enhancement, the results will be noticeably fuller and more contoured lips.
- It is not necessary for you to be tested for skin sensitivity.
- The cosmetic results are visible immediately, bestowing you with a more youthful and invigorated look.
- When the effect of the treatment begins to diminish, you can replenish the area as needed.

Restylane® vs. Collagen

Restylane® has been demonstrated to last much longer than the standard bovine collagen injection. The occurrence of an allergic reaction is extremely rare due to the product’s non-animal associated basis. Unlike injectable collagen filler that is made of bovine protein and can cause an allergic reaction in some patients, Restylane® is a natural substance, hyaluronic acid, which is a sugar molecule already present naturally in the human body. The hyaluronic acid in Restylane® is similar to that found throughout your body, which gives volume and fullness to the skin. It is both biodegradable and compatible with human hyaluronic acid. Because of this compatibility it is not necessary for you to be tested for skin sensitivity.

Sculptra®

Sculptra® is an enduring treatment approved by the FDA for restoration and/or correction of the signs of facial fat loss, or lipoatrophy, in people with human immunodeficiency virus. It is the first FDA-approved product of its kind for this condition.

Facial fat loss, or lipoatrophy, is the loss of fat beneath the skin, which can result in sunken cheeks, indentations, and hollow eyes. Sculptra® is a safe, synthetic, and biocompatible material that is injected below the surface of the skin in the area of fat loss. It provides a gradual and significant increase in skin thickness, improving the appearance of folds and sunken areas. No skin testing is required.

Radiesse™

Radiesse™ is a long lasting cosmetic filler that provides dramatic results for improving the appearance of facial lines, wrinkles and folds. This is a non-surgical solution to soften facial lines and wrinkles, restore volume and fullness to the skin and to fill in scars.

Juvederm®

Juvederm® is a ‘next generation’ family of smooth, long-lasting gel dermal fillers, and the latest advance in hyaluronic acid cosmetic filler technology. Over recent years, hyaluronic acid, a complex sugar already found naturally in the body, has become a favored compound for replenishing the areas of the face where the skin’s volume and fullness has been lost. Juvederm® is biosynthetic and of non-animal origin. Since it is not created from an animal source, there is little chance of allergic reaction. The formula is highly biocompatible, and no testing is required prior to administration. It has been proven to be safe and effective for skin of all types and colors. The main difference between Juvederm® and other popular hyaluronic acid fillers is that Juvederm® has the highest concentration of hyaluronic acid, and is produced with a special formulation process that makes it smoother than that of other popular gels. These gels utilize a suspension process, with particles that can be visibly seen. Juvederm® is completely transparent and may be your last option, particularly if you are getting a series of facial laser treatments because laser light will not see clear targets.
With over 10 years of extensive experience with aesthetic lasers, innovative technologies and light source treatments, all procedures are expertly operated or directly supervised by Dr. Shino Bay Aguilera. Board Certified Dermatologist, Dermatologic Surgeon, Clinical Laser Expert, and internationally recognized Aesthetic Laser Trainer & Keynote Speaker, Dr. Aguilera is regarded as one of the best in the industry. You can rest assured that you’ll be receiving nothing short of best-in-class treatment at Shino Bay.

Please note: Many cosmetic procedures can sometimes require a series of treatments to achieve optimal results. Others may require just one. Based on your current condition and desired outcome, we’ll be better equipped to determine the right course of action during your consultation. Our expert delivery in the most advanced techniques and procedures will minimize the number of treatments required. The result? You’ll save time and money while becoming a more beautiful you, faster.

To ensure you maximum comfort and safety during your cosmetic laser treatment, we use the most effective and ozone-friendly “Frozen Air Cooling” system available on the market to anesthetize treatment areas before, during, and after the procedure.

**Permanent Laser Hair Reduction**
Optimally suited to every skin and hair type, Shino Bay delivers the fastest, most accurate results. Utilizing the latest advances in technology available and customizing your treatments, we will optimally and permanently reduce all treatable hair and skin types. We provide only the safest and most comfortable care with the fewest number of treatments needed and the quickest procedures. A mans full back can take just 15 minutes, a bikini area in just a few minutes, and underarms in 30 seconds! The best lasers and systems available, coupled with 10 years of skill and expertise, ensure you the very best results and best value!
Aesthetic Laser Procedures

The “4 Minute” Lunchtime, Nonablative Laser Full Facial & Neck Rejuvenation with Collagen remodeling

Our innovative, non-invasive LaserFacial and Photofacial laser therapies are designed to dramatically repair fine lines, wrinkles, and acne scars while improving skin texture and pigmentation - even on delicate skin. We utilize proven, safe, and “nonablative” approaches to repairing aging and sun-damaged skin, with many of the benefits of ablative laser skin resurfacing (resurfacing the skin by removing it or vaporizing it), but painless, fast and with zero downtime.

In this procedure, a laser or IPL (Intense Pulse Light) system will gently target the lower level of skin and stimulate collagen remodeling (tightening). The outer layer (the epidermis) is also targeted and gently treated resulting in pore shrinkage, a reduction of wrinkles & fine lines, evening out of the skin tone, and a rejuvenated, refreshed and younger looking you.

Brand New, “Affirm” MicroRejuvenation Skin Resurfacing Laser

As one of the first centers in the nation to offer the newest and most advanced Laser Skin Resurfacing and Skin Rejuvenation technologies, Shino Bay is proud to bring you ablative laser skin rejuvenation treatments at their most state-of-the-art, and in a completely safe, comfortable manner. We’ll restore your natural looking appearance with no pain, no blue stain, and virtually no downtime!

At the Shino Bay Cosmetic Dermatology & Laser Institute we have the greatest knowledge and technology to ensure you nothing short of a successful outcome. Our ablative rejuvenation laser procedures (versus nonablative) may sometimes be the best treatment option based on your individual condition and level of need. That’s why we consider an initial evaluation by our skin and laser experts critical in getting you on the right path to a more beautiful looking you. We’ll thoroughly evaluate your existing situation and tailor a program that’s best for your needs.

We utilize a brand new laser with wavelengths fractioned into 1,000 micro pinpoints of light that make it possible to remove up to 100% of unwanted conditions, and with little or no downtime. Optimal results can be achieved in as little as 3-6 hours. Typically, you’ll experience 1-24 hours of redness but then it’s back to normal! Dramatic improvements can be achieved with this fast, innovative procedure that is completely comfortable and will erase and reduce all wrinkles, old and new scars, acne scars, stretch marks, skin depressions, pock marks, sun damage, rosacea, and pigments. Its safe enough to remove crows feet and wrinkles around the eyes and now Melasma can be effectively treated like never before! Great for around the eyes, mouth, lips, chest, hands and anywhere that you want to remove such unwanted conditions, this procedure just might be your best option.
Aesthetic Laser Procedures

Deep Tissue Laser Skin Tightening for Face & Body
We offer a myriad of the latest state-of-the-art, fastest, and safest skin tightening technologies that promise little to no discomfort or downtime! Depending on your requirements, condition, and desired outcome, we’ll work with you to select the best treatment path and procedure from our wide array of available options to achieve your best results.

PhotoDynamic multi color L.E.D. + Laser & IPL Therapy
Our vision at Shino Bay is to be the leader in offering innovative, effective, and affordable solutions for facial rejuvenation and all aesthetic treatments, thereby maximizing our services and value to our patients. That’s why we use only top of the line systems such as OmniLux with light emitting diodes (LEDs), Cynergy with pulsed light, and IPL (Intense Pulsed Light) technologies to treat a variety of skin types and conditions. Our laser skin rejuvenation treatments will leave your skin with a more radiant, even tone, and a smoother, more youthful surface with no downtime.

Laser and Light Sources for Facial Veins
Facial veins of all colors, shapes and sizes can be painlessly and safely erased using light treatment often with little or no downtime or discomfort making you look years younger within days.

Laser Leg Veins
A beam of optimally tuned laser light is used to permeate the skin without needles to collapse whatever unwanted veins you have. Veins are then naturally absorbed into the body and thereby eliminated. Depending on size and type, some veins may be better suited for treatment using our Sclerotherapy techniques. You can often watch the veins disappear as the laser pulses.

Laser Treatments for Brown Spots, Pigment & Sundamage
Brown spots will be dermatologist evaluated for skin cancer and pre skin cancerous cells before expertly eliminated. Never lase over or remove these “indicators” that your dermatologist looks at, to determine if there may be a serious condition forming which must be treated. Also, razor bumps and the dark pigmentation that forms around it (more noticeable on darker skin) can be quickly and comfortably laser revised and eliminated.

Deep Tissue Laser Skin Tightening for Face & Body
PhotoDynamic multi color L.E.D. + Laser & IPL Therapy
Laser and Light Sources for Facial Veins
Laser Leg Veins
Laser Treatments for Brown Spots, Pigment & Sundamage
**Acne Laser Treatments**
Drawing from our collection of advanced acne-treatment technologies, including a modern, pocket-sized, take home device, we are equipped to treat all stages of acne on all skin types. We will create the best custom program for you that controls and/or eliminates your unwanted condition. Based on your individual situation and level of treatment required, topicals may be used as part of your treatment plan. We often utilize a unique combination of cold and thermal laser therapy to prevent and eradicate acne lesions. Dr. Aguilera has created effective protocols, custom skin care products, and acne specific treatment techniques that are unique to our center. Our numerous technologies and expertise allow us to effectively treat every stage of acne, from prevention to scar repair. A thorough Digital Photoanalysis using our VISIA system will help us optimally identify problem areas, carefully track your progress, and maximize your success.

**Laser for Cellulite “LaserDermology™”**
The “TriActive Laser Dermology™” system is one of the latest advances in the treatment of cellulite. It utilizes cold laser technology which is comfortable and 100% safe, and in conjunction with a lymphatic drainage massage, can improve the appearance of cellulite. A series of 4 to 20 treatments twice per week will be required depending upon your condition. Maintenance treatments are recommended.

**Laser Scar Prevention & Revision**
To reduce the appearance of scars caused by injury or previous surgery. We can also use lasers to prevent scars from forming.

**Laser Treatments for Rosacea**
is a highly effective treatment to reduce and often eliminate redness and swelling on the face, scalp, neck, ears, chest, back and/or around the eyes.

**Additional Laser Procedures**
- Laser for Stretch Marks
- Dispigmentation
- Red Spots, Angiomas, Hemangiomas
- Brown Spots Age Spots, Liver Spots, Freckles Laser Removal
- Sun Damaged Skin
- Rejuvenating Peels
Pregnancy, prolonged standing, and heredity are the primary causes of unsightly and often painful varicose and spider veins. As we age, more visible leg veins frequently emerge and our existing veins become increasingly noticeable. Spider veins most commonly show up on the legs but can also appear on the face. There is a simple solution to this problem. A sclerosing solution—and a cosmetic procedure called Sclerotherapy!

**What is Sclerotherapy?**

Sclerotherapy was developed over 75 years ago and at present is one of the most prevalent treatments for spider and varicose veins. During the treatment, a sclerosing agent is injected into the vein through a tiny needle. Treatment can last from 15 minutes to 45 minutes, depending on the number of veins treated in a particular session. Upon injection, the solution replaces the blood in the vein, generating irritation and corrosion to the walls of the vessel. The body then initiates the natural healing process and the vein begins to decompose, shrink and eventually disappear.

**What results will I see?**

Gradual improvement will be noticed. Many patients experience 60% to 80% of the treated vessels resolved. During the consultation, you will be advised as to the number of treatments necessary to achieve desired results and if laser therapy may be a better choice for you.

**Who is a candidate?**

The physician or his or her staff will determine if you are a candidate. During your consultation, a review of your medical history will ascertain the cause and severity of your condition. Depending on the types of veins, a combination of different treatment modalities may be suggested. You may be a better candidate for non-invasive laser vein removal depending on your condition.

**How many treatments will it take?**

Several treatments may be required to achieve the optimum result. In some cases, as few as 2 or 3 treatments will fulfill the desired outcome.
Cosmetic Dermatology
Cosmetic Laser Medicine
General Dermatology

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