

# Next Step Footnotes

August 2021

Next Step Foot & Ankle Clinic's Monthly Patient Newsletter



## What You'll Find Inside:

### • WE'RE ON A MISSION

find out how our staff and doctors are pursuing excellence in foot and ankle care

### • MLS LASER TREATMENT

learn how this innovative treatment option can help you recover faster & with less pain

### • KERICIS TREATMENT

read how using fish-skin grafts healed a deep, lingering wound for our patient

### • THE NEXT STEP DIFFERENCE

see what makes our practice different from all the other podiatrists out there

connect with us on



*Where will your feet take you?*





# WE'RE ON A MISSION

EXCELLENCE IN FOOT & ANKLE CARE

We are constantly expanding our knowledge base, utilizing up-to-date techniques and equipment designed specifically to benefit our patients. We offer a diverse range of treatments for all conditions of the foot and ankle. Holding to the values of integrity and compassion, our vision is to be THE place in Texas for the best in foot and ankle care.

**H** - Happy Environment

**E** - Excellence in Foot & Ankle Care

**A** - Appreciation

**R** - Restoration of Foot & Ankle Function

**T** - Teaching Mentality



# MLS LASER THERAPY

## Treatment Focus

MLS Laser Therapy is a Multi-wave Locked System laser that uses two different wavelengths for pain relief and accelerated tissue healing. This robotic system can deliver high-power, deep-tissue laser effects to damaged tissues.

Depending on the wavelength of the beam, the MLS Laser can have a wide range of impact. MLS Laser Therapy utilizes the synchronized emission of an 808 nm continuous laser and a 905 nm pulsed laser. Using these two lasers simultaneously in a locked system creates an environment for more rapid healing of tissues, both after surgery or after an injury.

Some of the benefits that laser treatments have on our body include:

- Cells work better to produce a more favorable healing environment. Cells that clean up damaged tissue accelerate to clear the damaged area more quickly and efficiently. Cells that lay down new, healthy tissue also accelerate.
- Lasers also reduce inflammation. Inflammation causes pain and swelling. Dramatic decreases in pain and swelling after injury or surgery are noticed by people who are exposed to lasers. This means less pain and more rapid progress in repair of damaged tissues.
- Lasers also promote angiogenesis. Angiogenesis is the growth of new blood vessels. Blood provides oxygen and nutrients in order for tissues to heal and then remain strong.

The two wavelengths used in our MLS laser are geared toward deep penetration, and decreased pain and inflammation while speeding up healing. An energetic synergy is created when delivering these two wavelengths, that produces greater anti-inflammatory and analgesic effects that neither can produce on its own. This also minimizes the risk of thermal damage. It is this unique combination and synchronization of continuous and pulsed emissions that characterizes MLS and distinguishes it from other Class IV lasers. The main effect we have noticed in our patients is dramatic relief of swelling after surgery or injury. It helps patients get better faster. When traditional therapies don't work, MLS Laser Therapy can be a valuable lifeline. ■



**Darren Silvester**

DPM, FACFAS, FABFAS, FAENS



SCAN ME

*Hear our patient's experience here!*

# KERECIS OMEGA3 WOUND

## Treatment Focus

Wound care can often be a challenging conundrum that Podiatrists face, especially when we are trying to manage the detrimental effects of diabetes, neuropathy, and peripheral vascular disease. It often becomes a balancing act of adequate blood flow and blood sugar while preventing abnormal pressures on the foot and, heaven forbid, an infection. It can be an extremely rewarding experience when the wound is completely closed and healed.

We work hard to offload wounds, prevent and treat infections, ensure that patients are receiving adequate blood flow to the feet, and encourage them to manage their diabetes properly. However, even with all those factors in alignment, sometimes we need an extra push from regenerative medicines. One that we have recently incorporated into our treatments is called Kerecis Omega3 Wound, which is an FDA-indicated intact fish skin graft that is used for tissue regeneration. Some of its benefits include being homologous to human skin, no risk of viral disease transfer, and it maintains natural structure and elements like Omega3 fatty acids. It also proved effective in clinical trials as compared to human amnion/chorion membrane allografts.

All of that sounds nice and magical but sometimes we need to see it with our own eyes to say this is an effective tool in our arsenal for the wound care war. So when a high-risk type 2 diabetic patient recently came into our office and suffered from a deep-penetrating wound in their interspace that would not heal with conservative treatment for 4+ weeks, I felt that Kerecis had its opportunity to prove its abilities. I was shocked at the results: not only did the patient heal but did so with only two applications of the skin graft. The wound had gone from penetrating down into the bottom of the foot to a closed, natural-looking interspace all within one month. Needless to say, the patient and I were thoroughly pleased with the progress of her wound and the fact that we avoided any serious tissue loss or evolution into a more severe infection. ■



**Gregory  
Larsen**

DPM, AENS



SCAN ME

*Learn exactly how  
Kerecis works here!*





# THE NEXT STEP DIFFERENCE

## WHAT MAKES OUR CLINIC DIFFERENT

We are striving to not only provide excellent foot & ankle care from our specialists, but also create an excellent overall experience for our patients each time they come in contact with our clinics. We are driven to provide excellent customer service through an on-going staff training program, excellent comfort through complimentary snacks, beverages, and WiFi in our lobby, and excellent patient experience with a welcome video and gift for each new patient. Our practice has actively set out to be the best in podiatry overall.







*don't forget*  
**we have**  
**2**  
**locations**

**UNIVERSAL CITY / SAN ANTONIO, TX**  
**PLEASANTON, TX**



**SCHEDULE AN  
APPOINTMENT  
WITH US TODAY!**

**(210) 375-3318**