

Dr Resmi M R

MBBS, MD, DNB, MRCP (SCE) Dermatology, PDF Lasers and Dermatosurgery(JIPMER)
7 + Years experience



Dr Resmi M R is a top Dermatologist in Cochin at Apollo Adlux Hospital . Book appointment online with Dr Resmi M R at Ask Apollo.

Hospitals

[Apollo Adlux Hospital](#)

Doctor's Working Weekdays

Mon - Sat

Doctor's Working Hours

08:30 -16:30

Doctor's Slot Timings

MON - 08:30 -16:30 TUE - 08:30 -16:30 WED - 08:30 -16:30 THU - 08:30 -16:30 FRI -
08:30 -16:30 SAT - 08:30 -16:30

Overview

Dr. Resmi M R is a highly experienced dermatologist based in Ernakulam, Kerala, with over 7 years of professional expertise in the field of dermatology. She holds an impressive academic background, with qualifications that include an MBBS, an MD, DNB, and MRCP (SCE) in Dermatology, as well as a postgraduate diploma in Lasers and Dermatosurgery from JIPMER. Dr. Resmi is dedicated to providing high-quality care and is committed to staying updated with the latest advancements in her specialty. She is fluent in English and Hindi, making her accessible to a diverse range of patients. As a member of the Apollo healthcare team, Dr. Resmi offers comprehensive dermatological services tailored to meet the unique needs of each patient. Her expertise encompasses a wide range of skin conditions, treatments, and procedures, ensuring that each individual receives personalized and effective care. Dr. Resmi M R is not only passionate about treating skin disorders but also focuses on educating her patients about skin health, prevention, and wellness. With her strong commitment to patient care and her depth of knowledge, she has established herself as a respected figure in the field of dermatology, dedicated to helping her patients achieve healthy, beautiful skin.

Experience

- Experience in assessing and treating a wide variety of skin conditions and diseases. Experience in dermoscopy. Experience in undergraduate and post graduate teaching Got special training in various dermatosurgery and aesthetic procedures. Experience in performing various procedures including: a. Electrosurgery including electroepilation b. Cryotherapy c. Acne scar procedures including subcision, punch excision, punch elevation, punch replacement, microdermabrasion, microneedling, TCA CROSS, laser resurfacing (performed 65 acne scar surgeries in last one year) d. Nail surgeries (ingrown toe nail surgeries, pincer nail surgeries, glomus tumour excision, onychopapilloma excision, nail biopsy, subungual and periungual wart management (68 nail procedures in last 1 year) e. Vitiligo surgeries including suction blister grafting, punch grafting, melanocyte suspension, outer root sheath melanocyte suspension grafting, follicular unit grafting (32 vitiligo surgeries in last 1 year) f. Platelet rich plasma in scar management and alopecia (98 PRP injections) g. Excision of sebaceous cyst, lipoma (NHET &

excision), melanocytic nevus, seborrheic keratosis, scrotal calcinosis (94 procedures in last 1 year) h. Chemical peeling for various indications such as melasma, photomelanosis, acne, acne scars, sun tan, facial rejuvenation(53 chemical peels in last 1 year) i. Experience in performing surgical scar revision, liposuction, ear lobe repair, ear and nose piercing, nerve biopsies, sclerotherapy for reticular and thread veins, local flap surgeries, minor salivary gland biopsies, intralesional injections, chemical cauterisations, skin grafting, pinch grafting. j. Experience in performing various laser procedures including IPL, Q switched NdYAG, long pulsed NdYAG, CO2 laser, ErYAG laser, Excimer laser (more than 500 laser procedures in last 1 year). k. Attended hands on workshop on fillers (basic and advanced) organized by ACSICON 2019 l. Special interest in vitiligo surgeries and acne scar management

Awards

- NEURO TRAUMA BRAIN TUMORS SPINE DISORDERS

List of Treatments

Doctors Treatment

[Acne Pimples Treatment](#)

[Pigmentation Treatment](#)

[Pimple Free Treatments](#)

[Plasma Pen Treatment](#)

[Sun Burn Treatment](#)

[Psoriasis Treatment](#)

[All Modern Skin Treatment](#)

[Allergy Immunotherapy](#)

[Allergy Treatment](#)

[Alopecia Areta Treatment](#)

[Skin Allergy Treatment](#)

[Skin Disease Treatment](#)

[Skin Pulse Treatment](#)

[Skin Rash Treatment](#)

[Skin Treatment](#)

[Skin Whitening Treatment](#)
[Anti Aging Treatment](#)
[Atopic Dermatitis Treatment](#)
[Bacterial Skin Infection Treatment](#)
[Tinea Versicolor Treatment](#)
[Treatments For Ringworm](#)
[Vitiligo Treatment](#)
[Corn And Callus Treatment](#)
[Burns Treatment](#)
[Stretch Marks Treatment](#)

List of Conditions Treated

Doctors Condition
[Papillon Lefevre Syndrome](#)
[Hair Disease](#)
[Nail Disorders](#)
[Nail Fungal Infection](#)
[Nail Patella Syndrome](#)
[Schopf Schulz Passarge Syndrome](#)
[Skin Disorder](#)
[Skin Infections](#)
[Fungal Infection](#)
[Chronic Skin Disease](#)
[Chemical Injury](#)
[acne](#)
[Allergies](#)
[contact dermatitis](#)
[Dandruff](#)
[Eczema](#)
[epidermolysis bullosa simplex](#)
[Head lice](#)
[Lichen nitidus](#)
[melasma](#)
[Moles](#)
[psoriasis](#)
[pyoderma gangrenosum](#)

[rosacea](#)
[scabies](#)
[Sun allergy](#)
[Acne Scars](#)
[Pediculosis](#)
[Acute Burn Care](#)
[Greying Hair](#)
[Permanent Acne Solutions](#)
[Permanent Hair Reduction](#)
[Tan](#)
[Photodermatitis](#)
[Photophobia](#)
[Piebaldism](#)
[Pigmented Skin](#)
[Moniliasis](#)
[Pimples](#)
[Pityriasis Rosea](#)
[Hair Problems](#)
[Palmoplantar Keratoderma](#)
[Hair Loss](#)
[Hair Patch](#)
[Hardening Of The Skin](#)
[Mucocutaneous](#)
[Rejuvenation And Hair Restoration](#)
[Suntan](#)
[Hives](#)
[Rashes](#)
[Mycetoma](#)
[Mycobacterium](#)
[Ingrowing Toe Nail](#)
[Mycosis](#)
[Premalignant Skin Lesions](#)
[Myiasis](#)
[Mycosis Fungoides](#)
[Itching](#)
[Pseudofolliculitis Barbae](#)
[Scales On Skin](#)

[Non Cancerous Moles](#)
[Ocular Albinism](#)
[Oculocutaneous Albinism](#)
[oily-hair](#)
[Oily Skin](#)
[Age Spots](#)
[Allergic Hairfall](#)
[Allergic Reaction](#)
[Alopecia Universalis](#)
[Seborrhea](#)
[Seborrheic Dermatitis](#)
[Seborrheic Eczema](#)
[Laser](#)
[Leprosy](#)
[Lichen Planopilaris](#)
[Wrinkles](#)
[Skin Allergies](#)
[Skin Allergy](#)
[Skin Burn](#)
[Skin Cancer Screening](#)
[Skin Care](#)
[Skin Care Anti Aging](#)
[Skin Checks](#)
[Skin Hair And Nail Analysis](#)
[Skin Hair Nail Analysis](#)
[Skin Hydration](#)
[Skin Problems In Children](#)
[Skin Rejuvenation](#)
[Skin Whitening](#)
[Skin Whiting](#)
[Antiageing](#)
[Solar Keratosis](#)
[Athlete S Foot](#)
[Atopic Dermatitis](#)
[Boil](#)
[Baldness](#)
[Birthmarks](#)

[Blackheads](#)
[Trichology](#)
[Trichotillomania](#)
[varize](#)
[Genital Herpes](#)
[Foot Cracks](#)
[Female Hair Loss](#)
[Erysipelas](#)
[Epidermodysplasia Verruciformis](#)
[Dysplastic Nevus](#)
[Dry Skin](#)
[warts](#)
[vitaligo](#)
[Disseminated Superficial Actinic Porokeratosi](#)
[Diaper Rash](#)
[Dermatophytosis](#)
[Dermatitis Herpetiformis](#)
[Dark Spots](#)
[Dark Circle](#)
[Chronic Skin Allergy](#)
[Chronic Scar Keratosis](#)
[Carbuncles](#)
[Burns](#)
[Broken Nails](#)
[Stretch Marks Removal](#)
[Actinomycosis](#)

Frequently Asked Questions

Who is Dr. Resmi M R?

Dr Resmi M R is a renowned Dermatologist with over 7 years of experience. She practices in Cochin at Apollo Adlux Hospital. Dr Resmi M R holds a degree in MBBS, MD, DNB, MRCP (SCE) Dermatology, PDF Lasers and Dermatosurgery(JIPMER). She provides treatments including Laser Skin Resurfacing, Chemical Peels, Botox & Dermal Fillers. She specializes in treating conditions like Papillon Lefevre Syndrome,

Hair Disease, Nail Disorders.

Why do patients choose Dr. Resmi M R?

Dr. Resmi M R is a sought-after dermatologist specializing in Laser Hair Removal, Microdermabrasion, and Anti-Aging Treatments. For detailed information on her expertise, please refer to her complete profile.

What is Dr. Resmi M R's specialization?

Dr Resmi M R specializes in Dermatology. She has expertise in treating conditions such as Papillon Lefevre Syndrome, Hair Disease, Nail Disorders. Her key treatments include Acne Pimples Treatment, Pigmentation Treatment, Pimple Free Treatments.

What are Dr. Resmi M R's medical qualifications?

Dr Resmi M R holds MBBS, MD, DNB, MRCP (SCE) Dermatology, PDF Lasers and Dermatotomy(JIPMER), reflecting her comprehensive education in the field of Dermatology.

How many years of experience does Dr. Resmi M R have?

Dr. Resmi M R possesses 12 years of experience in dermatology. Details regarding her professional history are available upon request.

What is patient feedback for Dr. Resmi M R?

Dr. Resmi M R has received positive feedback from one patient, including a detailed testimonial. Patient reviews provide valuable insights into the doctor's expertise and patient experience.

Who is a dermatologist?

A dermatologist is a medical doctor specializing in the health and care of skin, hair, and nails. They diagnose and treat skin diseases and manage cosmetic concerns like

hair loss and scarring. Skincare, hair treatment, nail health, cosmetic dermatology.

When should I consult a dermatologist?

Consult a dermatologist for skin issues such as acne, eczema, skin damage, scars, blemishes, or unusual moles and spots. Early detection and treatment of skin conditions are crucial for optimal health and aesthetic outcomes.

Should one consult a dermatologist for laser treatment of skin problems?

A board-certified dermatologist can be consulted for laser treatment of skin problems. If your dermatologist lacks expertise in laser treatment then you may not get desired results and it may cause permanent damage to your skin.

What services do dermatologists offer?

Dermatologists diagnose and treat skin, hair, and nail disorders. Services include skin biopsies, chemical peels, cosmetic injections, hair removal and restoration, lesion excision, laser surgery, and skin grafts. They manage various skin conditions and cosmetic concerns.