

# GLOW

## FOR THE HOLIDAYS

### TIPS FOR A BEAUTIFUL SEASON

By: Todd E. Schlesinger, MD, FAAD

■ Wow! What a year we have had in the cosmetic dermatology world. There have been many advances that we can be proud of – and the good news just keeps coming. Through the refinement of our laser equipment, the addition of several new fillers, the constant refinement of our surgical technique and the advent of more powerful cosmeceutical products, our patients and clients have benefited greatly as they do a wonderful job of taking care of themselves.

During these tough economic times, I have seen many of our beloved clientele weather some difficult circumstances, only to come out stronger in the end. Meanwhile, they keep up their desire to stay healthy and beautiful (or handsome, for that matter).

This month, I thought I would take the opportunity to review some of the advances that took place this year and to share some tips and tricks on how you can look your best this holiday season and in to 2009.

Many advances have taken place in the arena of the treatment of sun-damaged skin. Fractional Ablative Laser Resurfacing with the Lux2940 Erbium Laser has taken over by storm. This powerful but safe and effective laser gives 50% or more reduction in wrinkles, dark spots, and skin unevenness, while improving skin texture and removing acne scars with one treatment. By creating tiny micro holes in the skin and leaving normal tissue between, the recovery time has been shortened to one week with results rivaling carbon dioxide laser resurfacing without the risks. For folks who can take a week off, the results are worth it. If you can't spare the time, there's always Non-Ablative Fractional Laser Resurfacing with the Lux1540 Erbium Laser that takes 3-5 treatment sessions, but no downtime.

Fillers, fillers, we have new fillers! Evolence, the new porcine collagen filler, was approved and put into use this year and the response has been very positive. This very natural-looking filler looks great right away and there is virtually no swelling after the procedure. The next day, you can barely even tell the procedure was done except for how good the treated areas look. Results last a year or more and through my work with the manufacturer as a national trainer, I have had the opportunity to get quite a bit of experience with it. Evolence is a winner for the folds all around the nose



and mouth as well as to restore volume under the eyes and in the upper face. It provides a smooth result that belies a procedure ever being done.

Prevelle has also become available this year. As a filler with about a quarter of the strength of the old standbys Restylane and Perlane, it has found a niche in filling forehead lines, the furrows between the eyebrows and for superficial line treatment all over the face. Prevelle lasts about as long as Botox, or about 3-4 months, so it is a perfect complement to Botox injections and can be performed on the same day as can the other fillers. Since Prevelle has the anesthetic lidocaine mixed in, the injections are virtually painless. It is likely that other new fillers with built-in pain-relievers will appear in 2009.

We continue to see excellent results with Sculptra, our volume enhancer that lasts two years. Sculptra works best for larger areas of volume loss such as sunken cheeks and temples, but we use it all over the face and even on the hands. Sculptra can be used to restore volume beneath the eyes and can enhance the effect of the dermal fillers mentioned above by providing the critical support our skin needs from within.

There are some procedures we do that are particularly suited to the winter months and those are sclerotherapy and laser hair removal. Sclerotherapy, the removal of unsightly leg veins with the injection of a salt solution, offers quick results and helps get you ready to show off those legs this summer. Laser hair removal, a perennial favorite, is a great choice for stubborn leg hair, hard-to-shave areas like the armpit or bikini, or unwanted facial hair. Men commonly choose laser hair removal for areas such as the back, chest, neck and ears. Results appear with the first treatment and completing your treatment plan will give you the long-lasting results you deserve.

This season, natural products are all the rage, and peels are no exception. Pumpkin-seed oil is rich in antioxidants and vitamin E. Cranberries are a rich source of flavonoids and other phenolic acids, which research has shown may provide a variety of health benefits. Unique compounds in cranberries provide antibiotic and moisturizing qualities to the skin. Peels based on these important compounds are both natural and beneficial. We are working with new facials and masques in the office based on these compounds and so far, the response has been excellent.

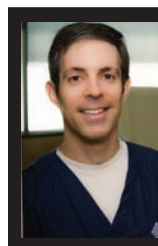
Cosmeceutical products continue to show strong improvement and innovation. Cosmeceuticals pack

a punch with respect to over the counter cosmetics. Typically, the research behind them is outstanding and the results are evident. A new compound, phloretin, is a super-antioxidant that not only fights free radicals, but also protects against DNA damage and penetrates well into the skin. When combined with vitamin C and ferulic acid, another powerful antioxidant, you have a powerhouse formulation that divides and conquers at every level. Combining products like this with proven age-defying compounds like retinaldehyde and growth factors, you have a winning combination. Your board-certified physician skin specialist is your best bet to help you select the right products for your skin type and/or condition.

Gift giving is a part of many folks' holiday tradition. Proven performers like the Clarisonic Skin Care Brush make great gifts for others or yourself. The Clarisonic, based on the same ultrasound technology as the Sonicare toothbrush, cleans your skin like no other. Research-proven to not dry the skin, it actually has been shown to reduce wrinkles while the ultrasonic action of the brush head flexes the pores and removes deep-seated dirt and makeup. Our clients are amazed at how clean their face feels after using the Clarisonic. They say they will never go back to traditional face washing again! For men, the Clarisonic is outstanding as a shaving aid and has really made this daily task more enjoyable!

Last, but not least, let's not forget about the feet. Winter is a great time to get the feet in shape by having Vibradermabrasion combined with the right products. Vibradermabrasion has shown real benefits in those with scaly, thick-skinned or very dry feet. Combining this with a reflexology foot massage is both rewarding and relaxing and also makes a great gift. As always, Vibradermabrasion remains a favorite for your face and décolletage and can provide not only smoother skin but helps tremendously in reduction of pore size and collagen building.

Hopefully, this article provided you with an overview of what is happening in cosmetic dermatology. Stay informed, wear your sunscreen and have healthy and happy holidays! ■



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