

FAQ's SKIN CARE

Microdermabrasion

HOW DOES MICRODERMABRASION WORK?

In addition to removing the outer, dead layers of the skin through the mechanical action of the micro crystals, the application of microdermabrasion actually stimulates blood flow to the surface of the skin. This enhances the oxygenation of the skin, increasing cell renewal and re-growth of collagen (the structural proteins giving skin its strength). The massaging action of the treatment creates a mild flushing and cleansing effect below the surface of the skin, resulting in a vibrant, healthy appearance and complexion.

AM I A CANDIDATE FOR MICRODERMABRASION?

The most ideal candidates for microdermabrasion are those people who are very active and do not want to take the longer recovery time needed for laser resurfacing, chemical peels, or dermabrasion. Other ideal candidates are those who are sensitive to the chemicals involved in other treatment methods, or those who are not responding well to acne medications.

WHAT SHOULD I EXPECT DURING MY TREATMENT?

The microdermabrasion treatment is performed in our treatment room, requires no anesthesia, and last approximately 45 to 60 minutes. You may return to your normal daily activities immediately following the treatment.

WHAT SHOULD I EXPECT AFTER MY TREATMENT?

Results are noticeable after the first treatment. Your skin will appear light pink with a soft texture. More aggressive treatments may cause the pinkness to persist for the remainder of the day of treatment. However, it is safe to reapply your makeup and/or facial moisturizer following the procedure.

You should wear a sunscreen and avoid direct sun exposure of the treated area for the first 24 hours following a treatment, because the treated area is initially more sensitive to the effects of ultraviolet radiation. Otherwise, your normal daily activities may be resumed immediately.

MAY I HAVE MULTIPLE TREATMENTS?

Your practitioner will make a recommendation to you regarding the number of treatments that may be necessary to achieve the results you have in mind. Treatments are usually performed in a series of six, with the first three treatments being performed at weekly intervals followed by the remaining three treatments spaced two weeks apart.

Following this initial series, you may choose to have maintenance treatments every four to six weeks.

MAY I HAVE MICRODERMABRASION IF I AM USING SKIN CARE PRODUCTS, RETINOL PRODUCTS, OR HAVING SUPERFICIAL PEELS PERFORMED?

Yes. In fact, microdermabrasion is an excellent complementary treatment for most skin care regimens. We often alternate superficial peels with microdermabrasion to achieve the maximum benefit for our skin care patients.

Chemical Peels

WHAT CAN A PEEL DO?

Chemical Peels have been performed for many years to improve hyper-pigmentation, fine lines, wrinkles, acne and acne scars, correct sun-damage and to rejuvenate and improve the overall appearance of the skin. The depth of the chemical peel is determined by what skin qualities you are trying to improve, your skin type, the amount of flaking and peeling you are willing to have, and the discomfort level you are able to withstand. Your practitioner will determine what peel will be used only after analyzing your skin and discussing all of the above mentioned issues with you. These peels can be performed on all skin types.

Mild scarring and certain types of acne may also be treated with peels. In addition, pigmentation of the skin in the form of sun spots, age spots, freckles, blotch lines, and skin that is dull in texture and color may be improved with peels. Areas of sun-damaged skin and scaling patches may improve after chemical peeling as well. Sunscreens and sun blocks must be used in conjunction with chemical peels.

Even if you have healthy skin, peels are still an excellent treatment to hydrate, exfoliate, prevent future damage and provide a glowing complexion.

HOW ARE PEELS PERFORMED?

The procedure may be performed on the face, neck, chest, hands, arms, and legs. Superficial, medium, or deep peels may be used to improve damaged skin. As a rule, the deeper the peel, the longer the recovery time. Your practitioner will recommend the best peel for your skin problems.

Prior to treatment, instructions may include stopping certain medications and preparing the skin with pre-conditioning creams.

A peel is usually performed in a physician's office. The skin is thoroughly cleansed with an agent that removes excess oils, and the eyes and hair are protected. Your practitioner will suggest the proper peeling agent based upon the type of skin damage present and desired results.

During the procedure, it is normal to experience a warm, tingly and/or itchy sensation that may last about five to seven minutes.

WHAT SHOULD BE EXPECTED AFTER TREATMENT?

Recovery from a peel is directly related to the depth of the peel. The deeper the peel, the longer the recovery. In superficial peels (glycolic acid, Jessner's solution, low concentrations TCA), recovery can take as few as 1-5 days. Deeper peels (combinations above solutions or mid-strength TCA) achieve better results, but healing times of 6-10 days can be expected.

Most patients who undergo these treatment have only residual redness for anywhere from one to twelve hours.

As with all peels, it is recommended that you do not apply makeup the day of treatment. It is ideal to allow the skin to stabilize and rest overnight. However, a mineral makeup may be applied, if necessary. Your skin may feel tight and "pulled." Although you may not actually "peel," it is likely that you will experience a light "exfoliation." It may take two or more treatments for the surface skin to loosen and "peel." Everyone responds differently and most patients look quite normal the day after their treatment. Unless recommended by your clinician, do not apply other medications of AHA products to your skin, as they may be irritating.

Latisse™

LATISSE™ has been studied in clinical trials to demonstrate its safety and effectiveness. To see more results or learn more, visit www.latisse.com.

Important Safety Information

Do not use LATISSE™ solution if you are allergic to one of its ingredients.

LATISSE™ solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. DO NOT APPLY to the lower eyelid. If you have a history of abnormal intraocular pressure (IOP), you should only use LATISSE™ under the close supervision of your physician.

LATISSE™ use may cause darkening of the eyelid skin, which may be reversible. Although not reported in clinical studies, LATISSE™ use may also cause increased brown pigmentation of the colored part of the eye that is likely to be permanent.

You should tell your physician you are using LATISSE™ especially if you have a history of eye pressure problems. You should also tell anyone conducting an eye pressure screening that you are using LATISSE™.