

# The Miami Herald

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## VANITY

BEAUTY • FITNESS • LIFESTYLE

### High-tech skin care

The condition of our skin plays a significant role in our overall appearance. Fortunately, our ability to improve skin imperfections has improved dramatically over the past 15 years, as has our knowledge about skin care.

Today there are many options for people who want to look and feel their best. Here are some recommendations addressing the most common concerns:

#### **WRINKLE PREVENTION (ANTI-AGING)**

Sun protection is the best advice for anyone who wants to retain a youthful look. Get a broad-spectrum sunscreen, apply it liberally and often when you are outdoors. In sunny South Florida, apply it every day to your face and exposed body parts. Select a sunscreen with an SPF of at least 30 that provides broad-spectrum UVA coverage. There are new topical products with active antioxidants that can also help minimize sun damage.



• **Photodynamic Therapy (PDT).** PDT also uses pulses of light to enhance the appearance of the skin, and is very effective at treating acne and sun dam-

age, pre-cancers and early skin cancers. In fact, recent studies show PDT can reduce future skin cancers.

• **Laser resurfacing.** For patients who want to treat deep lines and wrinkles, there are a number of stronger laser resurfacing procedures that are highly effective, including Erbium and Co2 laser.

## FACIAL REJUVENATION

There are a variety of non-invasive and minimally invasive options available today. Which technique is best for each patient depends on a number of factors including individual skin type, the level of sun damage, the patient's desired results, budget, the patient's ability to commit to multiple visits for a series of treatments, and the amount of downtime he or she can tolerate.

• **Combination treatment with Botox and wrinkle fillers.** Botox and dermal fillers are commonly used in combination, and together can provide truly dramatic improvement. While the results are long term but not permanent, they are immediate and require no downtime. Botox reduces movement-associated wrinkles while fillers are used to replace volume loss and fill in lines such as laugh lines and deep nasolabial creases. Recently, several new fillers that last longer than some of their predecessors have received approval from the Food and Drug Administration: Perlane, Juvederm and Radiesse.

• **Lunchtime laser procedures.** There are also a wide variety of micro laser procedures, often referred to as lunchtime laser procedures, that treat wrinkles as well as scars and stretch marks over a period of time with little or no downtime. These include Cool Touch and SmoothBeam laser procedures, and Fraxel and Profractional Treatments.

• **Photorejuvenation.** Photorejuvenation uses pulses of light to rejuvenate the skin and treats brown and red areas caused by sun damage, as well as blood vessels caused by Rosacea.

## SKIN TIGHTENING

Many patients develop loose skin as a result of dramatic weight loss, pregnancy or even from the loss of collagen in their skin due to aging. Diet and exercise typically don't help, and surgery used to be the only option. Today there are several laser and light skin tightening procedures available, including Thermage and Titan. These procedures can be used on the face, normally resulting in a more youthful tone in areas such as the neck and jowls, and to improve off-the-face problem areas such as the upper arms, abdomen, thighs, hands and buttocks. These procedures involve absolutely no downtime or anesthesia.

— *Mark S. Nestor, Ph.D. and M.D., is a Board Certified Dermatologist with the Center for Cosmetic Enhancement® in Aventura. A Diplomate of the American Board of Dermatology and Clinical Associate Professor at University of Miami, Miller School of Medicine, he is the current President of the International Society of Cosmetic and Laser Surgeons and the American Society of Photodynamic Therapy. He utilizes more than 30 different laser and cosmetic devices to offer a wide range of non-invasive procedures, customizing individual treatment plans for each patient. He can be reached at 305-933-6716.*



Fraxel Laser Treatment. Photo courtesy of Iluma Laser & Aesthetic Institute.



Laser resurfacing using the Erbium Laser and Profractional treatment. Photo courtesy of Dr. Mark S. Nestor.