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Stretch Marks the Laser and Beyond

Thought to be the result of over-stretching the skin and tiny tears in its matrix, almost every new mom has a few, despite pre-natal preventative efforts. Don't despair. There is help. Topical peptide, vitamin and retinol creams can help, but they often aren't able to effect a big change on their own. So, we suggest four safe in-office treatments, used either individually or in concert. Not all stretch marks can be corrected; most can be improved and a substantial improvement is seen in about 70% of our patients. The FRAXEL laser can be used to remodel and resurface. FRAXEL is unique because its dispersed pattern allow for faster healing and it is very useful in blending broader areas into adjacent skin. The CO2 laser is another way to address stretch marks, break up surface redness and help the body absorb them. Pelleve radio-frequency treatment are a gentle way to make stretch marks less prominent and is generally used as a layering technique with other modalities. Both Dermapen and Dermaroller systems, uses micro-needling and the body's natural healing mechanism to remodel stretch marks and other superficial scars. Both are mainstays in the treatment of stretch marks. They create a controlled assault on surface skin and encourage the body to remodel the skin's thickness, color and texture. Simultaneously, they infuse the area with hyaluronic serum to supercharge healing. Because no heat exchange takes place, pigment is not triggered, making them the treatment of choice in darker-skinned moms. Sun protection/avoidance is a MUST during treatments. It's important to note that stretch marks are easiest to treat when they are red, shallow and relatively fresh, so don't put off treating them for too long. You will need a consultation to plan a course of treatment that is right for you.



About Dr. Duffy

A graduate of UCLA School of Medicine and a clinical professor at USC, Dr. Duffy is an internationally-recognized author and lecturer on the treatment of veins, injectable fillers, peels and laser technique. With a large, loyal patient base in the South Bay. Dr. Duffy pairs state-of-the-art aesthetic technologies with long-established medical judgement to provide prettier, healthier skin to patients of all ages. His expertise in vein treatment draws doctors from across the globe to observe and learn in his office. Throughout his career, Dr. Duffy remained dedicated to treating underserved patients at county hospitals in Los Angeles. He is active in many dermatological associations, a founding member North American Society of Phlebology and American Society of Dermatological Surgery. His involvement in resident training at UCLA, USC and UC Irvine spans two decades.

Our Philosophy

We put the latest therapies and decades of clinical experience to work to restore your skin. The judicious use of rejuvenating procedures and protocols can help you look your radiant best at any age. We advocate gentle, steady, minimum risk/maximum results procedures backed up by at-home regimens to maintain improvements that are aesthetically correct. Our goal is to keep our patients looking fresh, natural, expressive and age-appropriate. We encourage you to transcend the medi-spas and doctor mills and seek out the most efficacious, professional dermatologic care. Since cosmetic dermatology is an evolving subspecialty, placing yourself in the care of a conservative, experienced specialist will keep you clear of fads, quick-fix, unproven technologies and give you the best results. **Go to www.drdauidmduffy.com to learn more about the practice.**

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Refresh & Restore After the Stork



**Every Mother's
Post-Baby Guide to
Cosmetic Improvement
from Head-to-Toe**

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Board Certified Experienced State-of-the-Art

With pregnancy behind you and a wonderful new baby at your side, your face and body may be left with some not-so-wonderful after-effects of this amazing journey. As a new mom, you've got lots to think about so, when you are ready, let us help you get started on a program to get you back to your beautiful self. Here is a list of the most common complaints from new moms and what we can do to help with them. Treatments are done in-office. Usually, they last about an hour and after care is pretty simple.

1 Loose Skin

Though you've undoubtedly tried your best to moisturize and keep skin supple during weight gain, damaged skin, often just can't snap back on its own. We have two energy-based treatments that can improve skin laxity: Ulthera uses ultrasound energy to kickstart new collagen growth in the deep dermis, firm and tighten. Pelleve uses radio-frequency energy to do the same. Both are safe and effective and can be used alone or in concert with each other and other modalities. At times, we use FRAXEL to boost results as well. For faces, necks, thighs, upper arms, abdomen. You may not get your pre-baby skin back overnight, but you will see solid improvements over a 90-day period, as neocollagenization progresses. Good news here, exercise and gradual return to normal weight will help too.

Treatment options: Fraxel Restore, Ulthera ultrasound, Pelleve radio-frequency.

3 Fine Lines & Crowsfeet

Weight fluctuations and sleepless nights are de rigeur for new moms, but don't let your face look worse for the wear. Post-baby its safe to use dermal fillers to plump up lips, and rub out crowsfeet, fine lines around the lips and along the sides of the nose. Opt for neurorelaxants like Botox to eliminate that pinched look, smooth and rejuvenate your face. With a whole new life ahead of you, you deserve a bright, open, refreshed face to go along with it. Freshening peels and dermal infusions can help. If precipitous weight loss has left your face drawn, we have fillers designed specifically for volumizing at a deep level too. If you are a needle-chicken, don't worry. There are other possibilities. Come in for a consultation. We encourage you to book these treatments in a medical office and seek advice to get improvements that are aesthetically-correct and age-appropriate.

Treatment options: A variety of dermal fillers (Juvederm XL, Radiesse, Sculptra) and Botox and other neurorelaxants, light freshening peels, SILKPEEL dermal infusion, Pelleve.

5 Acne Scars, Moles & Imperfections

Acne flare-ups during pregnancy are common and can leave behind small pitted scars on the face, chest and back. Regrettably, safety concerns often prevent us from addressing these issues while you are pregnant. After delivery, you have the green light to treat scars and imperfections and hopefully, prevent more. As a first step, we can help you select a simple at-home program of topical retinols, vitamin C and cleansers, boosted with a Clarisonic exfoliation brush. Let us know if you are breastfeeding. It affects which topicals we can use. In-office we will direct a multi-phase approach to remodel tiny pits which generally consists of fractionated laser, peels and microneedling. Got moles and birthmarks that have darkened during pregnancy? These should fade post-baby, but have them checked by the doctor just to be sure. Skin tags, too, can show up, so ask the doctor to remove them before they become irritated. It's all part of general cleanup once the stork has flown.

Treatment options: Dermapen, FRAXEL, CO2 laser, at-home topicals and brighteners, Dermal levelling, SILKPEEL hydrating/exfoliating/clarifying, freshening peels.



2 Discoloration, Melasma & Rosacea

Pregnancy's elevated hormone levels can trigger many pigment-oriented changes in the skin that are residual. Flushing or redness is common, as are brown spots and Melasma (overproduction of melanin made worse by sun exposure.) Intense Pulsed Light (IPL) and the Versa Pulse laser target and break up unwanted pigment embedded in the skin, so it can be sloughed and resolved. Although pigment can be stubborn to remove, consistent treatments and diligent sun protection will produce results. Melasma and brown spots are also addressed with a series of peels and at-home topicals. We offer several advanced sunscreens that are terrific, environmentally-correct and elegant to use. If you've experience a flare up of Rosacea during pregnancy, IPL is very effective for that as well.

Treatment options: Intense Pulsed Light, VersaPulse laser, pigment treatments, freshening peels.

4 Spider Veins

Hormones, heredity and swelling in the legs during pregnancy can lead to spider veins on your legs and feet. Luckily, some of these effects will dissipate as your weight drops and hormones normalize. Be patient. When you're ready, know that the best way to address legs veins is a course of doctor-administered sclerotherapy. Sclerotherapy is a safe, popular injection procedure which collapses unwanted (and unnecessary) veins so the body can absorb them. Sclerotherapy is a procedure that demands a knowledgeable clinician and Dr. Duffy is one of the best in California. With decades of experience, Dr Duffy's techniques and protocols are used by physicians worldwide. He is both a master injector and trainer. Come in for a consultation and remember, topical creams won't work on veins so don't waste your time.

Treatment options: Sclerotherapy for veins on the legs, hands and feet; Vascular lasers for small facial veins.