



SEPTEMBER STORY

Time to Transition Your Skin From Summer to Autumn. In a Few Visits, You Can Make Amends and Begin Anew With Fresh, Radiant Skin For Fall.

First things first. Carefully assess the damage the summer has done. On **your first office appointment**, get a picture of your skin from our REVEAL camera that maps topography and free radical damage on your skin, showing solar lentigones (sun spots), actinic keratosis (pre-cancers), roughened areas, redness, etc. Next, a consultation with Dr. Duffy to explain what can be done in a few visits to get your skin back looking its best. By now, your skin has had its fill of the sun so be extra diligent with sunscreen now to give your exhausted skin a rest before office treatments begin. This is the time to make amends. Keeping sun exposure and inflammation down to a minimum in the days or weeks *before* rejuvenation begins is an essential prelude to upcoming laser, light or energy-based treatments, peels or topical at-home preparations.

Hypothetically, your **next visit** might consist of a glycolic peel and/or SILKPEEL infusion to exfoliate and remove the dead cells on the skin's top layer and kick up cell production a notch. If Rosacea, Acne or pigment are flaring up, Dr. Duffy may choose to begin Intense Pulsed Light (or IPL) treatments.

IPL is an extremely versatile modality that can be used to reduce redness and clear broken capillaries associated with Rosacea, combat bacteria and unclog pores for Acne sufferers or gently draw out mottled pigment and clear it away. Ideally, we'd like to do IPL at the change of season twice a year—Spring and Fall.

A home-care program consisting of the most technological-ly-advanced topical products will be customized just for you to boost the effectiveness of your office treatments. Dr. Duffy may recommend TNS, Neocutis or Celfix

products for cellular repair, or a topical anti-inflammatory cream like Kinerase to calm redness, Vitamin C, fruit acid, or retinoids to fight free radical damage, exfoliate, clear and smooth. Another hero for sun-damaged skin is our proprietary time-released hydroquinone/retinol *cocktail*. In 30-60 days, home care really starts paying off. Just be diligent...and patient.

"In some respects, rejuvenation treatments are trending away from *physical* remedies like freezing and surgeries, toward *biologic* remedies which are more gentle, gradual and more comprehensive," says Dr. Duffy. Fall is also the time to pay some extra attention to thickened skin on elbows, hands and feet. High-strength glycolics will soften, over-keratinized (calloused) patches on heels, toes, elbows, etc.

On **your final visit**, it's time for an injectable filler, like Juvederm, to plump up lips and nasolabials. Sun exposure destroys your skin's natural collagen, leaving hollows that can be raised for a younger look. Botox can be used to relax lines and wrinkles and open up the face. These are the terrific finishing touches; Use them in the Fall to ensure an ideal result for the holidays and into the New Year. Another winterizing tip: use richer moisturizers and milder cleansers in Winter when skin is drier due to cold and low humidity. Seek out a professionally-managed program to transition between seasons and throughout your life you'll have great skin at any age!

Once summer ends, everyone trims away and color-corrects sun-damaged hair. You should do the same for your skin!

5 Common Summer Skin Problems We Can Fix THE LIST

#1 PIGMENT... brown spots, solar lentigones, and melasma are all exacerbated by sun exposure but are easily treated. Freshening peels, and advanced-delivery topical products with bleaching agents remove sallowness, leaving skin rosier, smoother and healthier. Purpose-built lasers like the Q-Switch are ideal for targeting brown spots, as is the highly-adjustable Intense Pulsed Light.

#2 ROSACEA...often worsens over the Summer as prolonged sun exposure, spicy food and alcohol dilates the tiny blood vessels on the face. Multiple sessions of Intense Pulsed Light have proven effective, along with an advanced topical, Finacea, and the new oral, Periostat.

#3 ACTINIC KERATOSIS...or AK's, are the precursors to squamous cell carcinomas; AK's respond well to Levulan/BLU Light therapy. Another breakthrough for sun damage is Zyclara, an advanced topical that enlists your body's inflammatory response to kill off premalignancies.

#4 FINE LINES...are more pronounced as the sun degrades the skin's underlying collagen structure. Cellular repair products help. Fillers plump up sagging structure from below. Energy-based therapies (Pelleve, Ulthera) rebuild deep collagen.

#5 ACNE...flare ups on the sides of the face, chest and back. Heat and sweating stokes up Acne bacteria, sebum production, and clogs pores. BLU Light treatments cook bacteria, clear active lesions and calm oil glands. BLU Light is a solid performer and a good alternative to Acutane or oral antibiotics.