

AN OVERVIEW OF SKIN CONDITIONS AND TREATMENT

Skin is a dynamic organ, meaning that it is always in a state of flux. Skin cells are constantly being exfoliated and replenished and will be replaced by new skin cells tomorrow. Cleansing helps to promote this process. Whether you have dry, oily, or combination skin and whether or not your skin is exquisitely sensitive or not will determine which products are most suitable for you. Creams containing exfoliants such as salicylic acid, glycolic acid, and lactic acid promote exfoliation and many of them are moisturizers as well. There are also creams and lotions containing antioxidants, vitamins, tissue growth factors, botanicals, bleaching agents, sunscreens, and moisture-enhancing ingredients which can all help in providing a healthier skin. Lastly, there are cosmetics which may not have any medicinal value, but aid in beautifying the skin by camouflaging imperfections. Our licensed aestheticians at Renew can help you with the daunting task of sorting through the myriads of products available to help find the products which are right for you.

Most of us have some flaws in our complexion which are troublesome to us, whether it be acne, rosacea, or related issues, fine lines and wrinkles, age spots, broken capillaries, facial discoloration including melasma, and dry/oily, or scaly skin. Other concerns may include tone, texture, and loss of volume as well. Unfortunately, there is no magic bullet, single product, or single procedure which will likely address all of these issues. A combination of products and procedures is almost always necessary to obtain a satisfactory result. Oftentimes, there is a period of trial and error before we can determine the right combination of products and procedures which work for you. Many of the issues which confront us are inherited such as skin color, sun sensitivity, pore size, oiliness, and in fact, how we actually age over time. These so-called intrinsic factors for which we have no control can be aggravated or accelerated by so-called extrinsic factors including improper or inadequate skin care, excessive sunlight exposure including artificial tanning, and smoking among other factors.

The following is a menu of common conditions followed by a list of treatment options.

ACNE/ROSACEA: Over-the-counter benzoyl peroxide containing lotions and washes including exfoliants; prescription topical antibiotics, benzoyl peroxides, vitamin-A products; oral antibiotics; oral contraceptives in female patients, Blu-U light with or without aminolevulinic acid, light chemical peels, microdermabrasion, Intense Pulse Light (IPL) Lasers, and Isotretinoin (Accutane)..

ACNE, SURGICAL, AND TRAUMATIC SCARS: Camouflage makeup, microdermabrasion, Microneedling, Trichloroacetic acid for pitted scars, fillers, and non-ablative and ablative Fraxel laser.

AGE SPOTS, MELASMA, AND OTHER DISCOLORATIONS: Cosmetic camouflage products, topical bleaching creams, daily sunblock, vitamin-A exfoliating creams, microdermabrasion, chemical peels, intense pulsed light, lasers including non-ablative and ablative Fraxel technology.

FINE LINES AND WRINKLES: Cosmeceuticals containing alpha hydroxy acids and exfoliants, vitamin-A products, exfoliating creams, sunscreens, filler injections, Botox, skin-tightening devices, Microneedling, laser including non-ablative and ablative Fraxel technology.

TEXTURAL PROBLEMS INCLUDING DRY SPOTS, SUN DAMAGE, ROUGH AND DRY SKIN: Cosmeceuticals, vitamin-A products, exfoliating creams, sunscreens, cryotherapy using liquid nitrogen and/or topical chemotherapy to treat individual sun damaged spots known as actinic keratoses, microdermabrasion, chemical peels, Blu-U light with ALA.

FACIAL REDNESS AND BLOOD VESSELS: Camouflage makeup, cosmeceuticals containing botanicals which reduce redness, IPL and lasers.

As noted above, every condition listed as many options available to address the issue. In fact, it is expected that multiple products and treatment modalities and combinations thereof will need to be used to obtain improvement. Each and every procedure from the simplest to the most aggressive has its own inherent risk/benefit ratio. Most of these procedures work in concert with one another in an effort to obtain optimum results. The aggressiveness of treatment can be tailored to the individual depending upon many factors including the severity of the presenting issue, skin type and skin sensitivity, and degree of “downtime” they are willing to invest. Obtaining the desired result is the beginning of the process. Unfortunately, none of these products or treatments stop aging and a maintenance program is necessary to insure continued healthier and more beautiful skin.

We are very pleased you have chosen New England Dermatology & Laser Center and “Renew” and the “Spa” to provide your skin care. We will do everything we can to uphold the trust you have placed in us and pledge to do the best we possibly can to make you feel better about yourself and the way you look.