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# Dermatology Update

by Dr. Debra Price

## Questions and Answers

### Method of exfoliation

*Is dermaplaning an effective method of exfoliation?*

Dermaplaning is an effective method of superficial exfoliation and temporary hair removal. Because the exfoliation is superficial, it is often combined with superficial chemical peeling to enhance the benefits.

### Bikini wax and herpes

*Can a client get herpes from a Brazilian bikini wax?*

In a client who has a history of herpes simplex, a Brazilian bikini wax can initiate a recurrence. Clients with such a history should be encouraged to premedicate with a prescription antiviral agent such as Zovirax, Famivir or Valtrex. Individuals without a prior history of herpes cannot catch herpes, unless they are directly exposed to lesion secretions, which should not occur in a setting where appropriate standards are maintained.

### Are warts contagious?

*If my client has a wart on her hand and I give her a spa manicure, will I "catch" the wart and get warts on my hands?*

You may. Warts are caused by a virus and they are contagious. By touching your clients warts you may transmit the infection to your hands. It is therefore important to avoid direct contact with these lesions and to advise your client to seek consultation with a dermatolo-

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*Physicians who prescribe Accutane are required to adhere to the SMART program.*

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gist. Additionally, when performing a pedicure, on clients with warts, these lesions should not be touched or pared and clients should not be allowed to soak their feet in a water basin that is used by other clients.

### Treatment for wrinkles

*Is it true that Botox was approved by the FDA for treatment of wrinkles?*

On April 15, 2002, the Food and Drug Administration granted approval to Botox for the cosmetic treatment of glabella frown lines. The approval specifically applies to the vertical lines between the eyebrows. Botox is also approved in the United States for the treatment of crossed eyes (strabismus), blepharospasm (uncontrollable blinking), and head and neck pain associated with cervical dystonia (a movement disorder characterized by involuntary muscle contraction).

### Stretch marks

*Is there anything that can be done for stretch marks?*

Topical retinoids such as Renova, Differin or Tazorac, may improve stretch marks. The addition of vitamin K cream, topical vitamin C or green tea serum (Procyte) may also

lessen redness of early striae. The V beam laser can be effective in decreasing redness of striae and the older white stretch marks have been successfully repigmented with the Eximer laser. The Cool Touch nonablative laser can also improve the texture of old and new stretch marks.

### Program for Accutane

*What is the SMART program?*

SMART, the System to Manage Accutane Related Teratogenicity is a program that was launched in January, 2002 to strengthen pregnancy prevention efforts for patients prescribed Accutane. Only physicians enrolled in the program are permitted to prescribe Accutane. These physicians have been educated about the measures to minimize fetal exposure to Accutane and physicians with this certification agree to ensure that their patients undergo contraceptive counselling; are using two methods of birth control for one month before, during and for one month after taking Accutane; and that they have monthly pregnancy tests before during and one month following treatment.

Physicians who prescribe Accutane will need to affix a yellow qualification sticker on their patient's prescription indicating that they are qualified to receive Accutane. Accutane is a highly effective drug for the treatment of cystic acne. It is

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our hope that these added precautions will successfully prevent pregnancy in all patients prescribed this very valuable medication.

### Shrinking pores

*Are there any new topical remedies for decreasing pore size or improving wrinkling?*

Tazarotene 0.1 percent cream has been shown to improve fine wrinkling, blotchy pigmentation and pore size. It is a welcome addition to our topical antiaging armamentarium. Its effect on decreasing pore size is of particular interest since widened pores are a common patient complaint. ■

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