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# medical | dermatology update

## Questions and Answers

### Overprocessing

**Q:** Should you perform an AHA peel after a microdermabrasion session?

**A:** Microdermabrasion mechanically strips the superficial layers of the skin. Any peel performed subsequent to this procedure will therefore extend deeper, increasing potential risks.

While these combination peel procedures often hasten the resolution of pigmentary problems, estheticians should avoid these additive peel procedures. Patients who require medical therapy or deeper peels should be referred to a dermatologist.

### Sun factor

**Q:** If you live in a climate like South Florida, will microdermabrasion make you hyperpigment? Should you not consider microdermabrasion during certain seasons like summer where the sun can cause tanning?

**A:** Superficial chemical peels and microdermabrasion can increase one's susceptibility to burning and hyperpigmentation following sun exposure. Patients undergoing these procedures should avoid direct sun exposure and wear a sunblock daily. Since chemically peeled or abraded skin is more sensitive to chemical sunscreens, physical sun-

blocks containing micronized zinc oxide or titanium dioxide are preferable. Patients who are able to comply with meticulous sun protection during the post-procedure period can proceed with microdermabrasion without an increased risk of hyperpigmentation.

### FYI on LED

**Q:** Does LED skin rejuvenation really work?

**A:** LED skin rejuvenation is an exciting skin rejuvenation technology that uses low-energy lights to stimulate collagen production, improving the appearance of aged and photodamaged skin. The treatments are noninvasive and patients uniformly report a more youthful, improved appearance to their skin. LED skin rejuvenation can also be used in combination with nonablative laser and topical anti-aging therapies to enhance results.

### Zappers

**Q:** What, in your opinion, is the best laser these days?

**A:** The ideal laser depends on the condition being treated. The best laser for lessening erythema (redness) and blood vessels is the V beam laser. My preferred laser for brown spots is the Medlite laser. The



ideal laser for hair removal depends on a patient's skin type. For lighter complected individuals, a short wavelength laser like the Gentlelase is

ideal. For darker complected individuals, a long wavelength laser such as the GentleYag or Lyra laser is ideal. The Smoothbeam laser is my nonablative laser choice for treating acne and acne scars.

*Diabetics can use whirlpools provided the water is properly balanced to avoid bacterial contamination.*

### Glucose impaired

**Q:** Are there any contraindications for going into a whirlpool if you have skin conditions or a disease like diabetes?

**A:** Diabetics are more susceptible to infections, but there is no absolute contraindication to using a whirlpool provided the water is properly balanced to avoid bacterial contamination. Hot tubs that become secondarily colonized with bacteria can lead to hot tub folliculitis in diabetics and otherwise healthy individuals. Patients with significant eczema or open sores should also avoid whirlpools.

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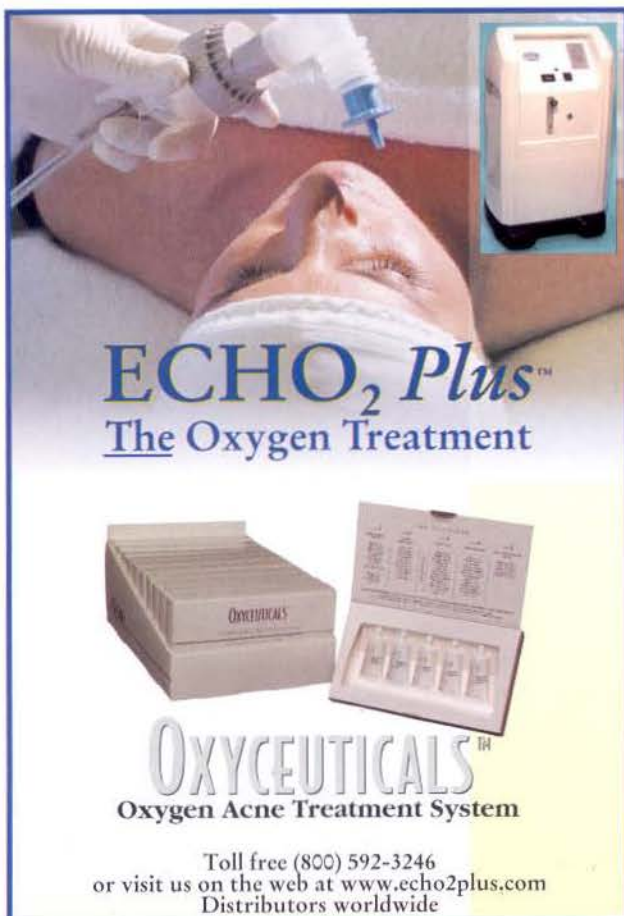
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## Blue Light

**Q:** Can you tell us more about the Blue Light for acne. Does it really work? Are there any side effects or downsides?

**A:** The blue light is somewhat efficacious for the treatment of acne but is most effective in combination with aminolevulinic acid. Photodynamic therapy (PDT) with Blue Light or pulsed dye laser helps eliminate active acne. Individuals undergoing PDT should avoid sun exposure for 48 hours. Potential adverse reactions in individuals exposed to sunlight following treatment include burning, erythema, crusting or a flare of herpes simplex infections in predisposed individuals.

## Hair raising

**Q:** Once and for all, how permanent is laser hair removal, really?

**A:** Permanent or long-lasting hair removal is frequently achieved with laser treatment but does require multiple treatments. Additionally, some areas such as the armpit and face tend to respond better than others such as the back. Nonetheless, laser hair removal does not always result in complete and permanent hair removal and can rarely cause an increase in hair growth, especially in darker complexioned individuals.

## Cosmetic surgery advancements

**Q:** Are there any exciting advances in technology with regard to equipment and cosmetic surgery?

**A:** The Visia complexion analysis system by Canfield is an exciting, new technology that compares the extent of an individual's skin photodamage, including hyperpigmentation, pore size and wrinkles to a database of same-aged individuals. It provides an objective assessment of a patient's response to different therapeutic interventions. Another new and exciting laser technology is the Fraxel Laser Treatment. FLT is a unique laser treatment that is both nonablative and ablative. It causes millions of microscopic laser injuries that are not visible to the naked eye but ultimately shed and heal. This novel laser treatment is safer than ablative resurfacing with decreased risks of hyperpigmentation, hypopigmentation, scarring and infection, and preliminary clinical results are promising. ■

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