

les nouvelles *esthétiques*

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medical dermatology update



Questions and Answers

Stretching skin

Q: What's the best way to treat fresh, red stretch marks?

A: The best treatment for new, red stretch marks is vascular laser. Treatments are effective in lessening erythema and may improve texture. The addition of Gentlewaves and topical therapies that stimulate collagen production such as Tazorac and Retin-A may also be helpful.

Get your fill

Q: What's your favorite filler and why?

A: I do not have a favorite filler, but rather prefer to use a combination of fillers depending on the depth of wrinkle correction and patient tolerance for post-treatment side effects. I favor Cosmo-derm for treatment of superficial lines and hyaluronic acid fillers for deeper wrinkles. Cosmoplast is an ideal filler for lip border enhancement and the hyaluronic acid fillers are my preference for lip volume enhancement. However, hyaluronic acid fillers cause more temporary redness, swelling and bruising than human collagen fillers and thus would not be ideal for patients seeking quick correction. I do not

favor permanent fillers since potential adverse outcomes persist and as the aging process advances, the permanent filler correction remains static, which may result in a less desirable appearance in later years.

Got to wear shades

Q: What is your opinion about sun-induced eye changes?

A: Sun exposure plays an important role in cataract formation and macular degeneration. Furthermore, the lens of a child's eye is clear until about 10 years of age allowing for greater sun penetration and potential damage. It is therefore important to begin eye protection, like skin protection, early in life. Sunglasses that provide maximum UVA and UVB protection should be worn daily.

Aromatherapy products can increase the likelihood of developing hand dermatitis among massage therapists.

New fill

Q: What is your opinion of Sculptra?

A: Sculptra was recently FDA-approved for the treatment of HIV-related facial lipoatrophy. It is made of poly-L-lactic acid, the same material used in absorbable sutures. Sculptra has been available for several years in Europe under the name New Fill. There have been

some problems with nodule formation when Sculptra is injected in lips. Further studies are needed to determine its efficacy and safety in immunocompetent patients seeking cosmetic correction.

Hindered hands

Q: I'm a massage therapist. Is it possible that the aromatherapy products I am using can worsen my hand dermatitis?

A: Hand dermatitis is fairly common among massage therapists. The likelihood of developing dermatitis increases with the use of aromatherapy products. Of course, wet work, frequent hand washing and exposure to fragrances and dyes can also increase the risk of hand dermatitis. Essential oils used in aromatherapy can cause allergic contact or irritant dermatitis. I would recommend you seek an evaluation by a dermatologist to determine the etiology of your hand dermatitis. ■

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