

# The Skinny on Skin Resurfacing- Get Your Glow Back!

By Dr. Babak Farzaneh

I am a surgeon, and I love what I do. However, I do not measure my success as a Doctor by how many surgeries I have done. Instead I make it my primary responsibility to see that every one of my patients feels a sense of loyalty and trust between us. To develop that sort of relationship I go out of my way to ensure that my patients are given individualized guidance when it comes to their choices. I make it my goal to get the results a patient wants with the most cost effective and least invasive procedures. The reality is that at times, the best choice is not surgery.

For many patients facing their middle ages and up, they feel that their skin is missing the youthful glow that they once had. Even some who have had face, eye lid and brow lifts are still not happy with the look of their skin. While these surgeries have done much to lift and tighten the deeper facial structures, they have not reduced the damaged look of the skin itself.

The smoother the texture and the more uniform the color is throughout the skin; the more evenly the light is reflected. The brain processes this evenness as a more youthful and refreshed appearance.

So how do you get that youthful glow back?

The skin care market is filled with so much information and misinformation that often patients are baffled as to what to believe. Here I will present two modalities that I personally trust, have performed and have suggested to my friends and family.



## **All lasers are not created equal!**

### **Mixto Co2 Laser**

Mixto Co2 laser has revolutionized my practice with respect to skin rejuvenation. Previously, I could only perform this procedure in the operating room under general anesthesia. But today, I can help patients with usually just one treatment in the office of topical anesthesia and a mild sedative just to calm the nerves a bit. With Mixto Co2 laser, I have seen my patients receive results that met and often surpassed their hopes!

How is this laser different? CO2 is a Carbon Dioxide laser that has been around for more than 25 years for the correction of fine and deep wrinkles, scars, sun damage and pigmentation. The CO2 laser heats up and vaporizes the top layer (epidermis) of the skin to shrink and smooth the damaged skin.

This change occurs immediately, while I am performing the procedure. Patients then go through a healing process that takes typically 5-7 days and then see further tightening as a result of collagen production up to the next 6 months. This is your own collagen to keep, which is what gives you the preventive effect of slowing the aging process.

Mixto CO2 laser is FDA approved and was invented in Italy. It uses a unique fractional technology which controls the depth and the percentage of the treated skin, providing more precise control. This leaves microscopic islands of healthy tissue to speed recovery. It also allows enough cooling time between each beam, which makes the procedure more tolerable and decreases both the healing time and the side effects.

The Mixto Co2 Laser procedure is appropriate for:

1. Younger patients with acne scars, or fine lines, especially under the eyes
2. Older patients with wrinkles, folds and sun damaged splotchy pigmentations. Also, it is used for neck, chest and hand skin rejuvenation.
3. Patients with previous scars from trauma or surgery.

## **Chemical peeling: Peeling the years away**

### **Vi peel**

The Vi Peel, was originally developed by a physician to help treat his fifteen year old daughter's acne and hyper pigmentation scars.

I really recommend this peel because it combines several peels at a unique concentration which are very effective, but with less side effects.

The peel takes about 20-30 minutes. It is essentially painless and numbs the skin after the first pass. Although the chemical physically peels the superficial layer of the skin, it also works at a cellular level helping with fine lines, texture roughness and pigmentation disorders including post pregnancy melasma.

One of the Vi Peels claims to fame, making it the buzz in Hollywood, is that it can be used on most skin types and darker skin colors.

Patients can experience about 3-5 days of peeling. It can be repeated as early as every month for more severe conditions, however; most patients can maintain their results with every four month routine, hence the package option.

The Vi Peel procedure is appropriate for:

- a) Younger and older patients with acne and acne pigmented scarring.
- b) All patients with fine lines, rough skin texture, sun damage and pigmentations

After your procedure the results can be maintained by routine use of sunscreen, Retin-A, moisturizers, and occasional microdermabrasion and facials.

So which one is right for you?

You and your skin are unique. Take the time to sit down with me and together we can determine how best to meet your expectations. You deserve to feel wonderful in your own skin and together we can make that possible.

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