

Skin Care Essentials



SKIN CARE IN A PLASTIC SURGERY PRACTICE

As a plastic surgeon, Dr. Duffy is very aware of the importance of healthy skin. Healthy skin provides a protective defense for your body as well as providing a more youthful appearance. Whether patients are seeking a good skin care regimen alone or in conjunction with surgical services, Dr. Duffy is proud to offer patients a comprehensive skin care resource.

Dr. Duffy is pleased to offer his patients the services of Amber, a Licensed Esthetician.

"Healthy skin is a part of our overall health and well being, as well as our appearance. In order to provide our patients with more information about healthy skin and introduce them to the treatments available, we have designed this brochure specifically for skin care issues. We have included information on topics commonly raised by our patients, and welcome your input on new topics to include.

If you are interested in learning more about these services, or have questions regarding your own skin care needs, please feel free to email me (skincare@duffyplasticsurgery.com) directly or call at 972-566-3939. You can also find information on our website at www.dallasskincare.com."

Amber

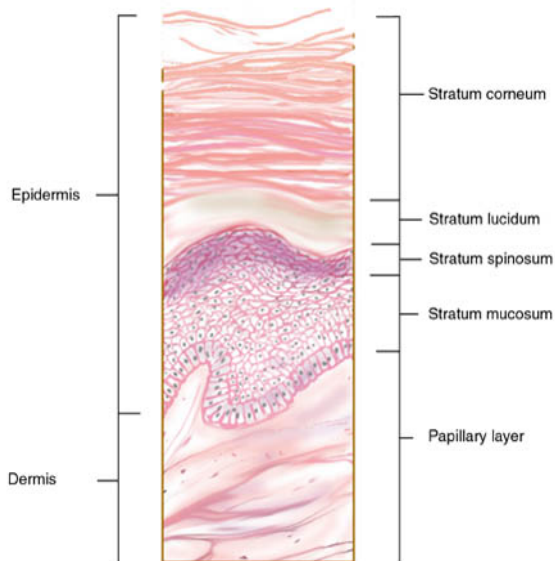
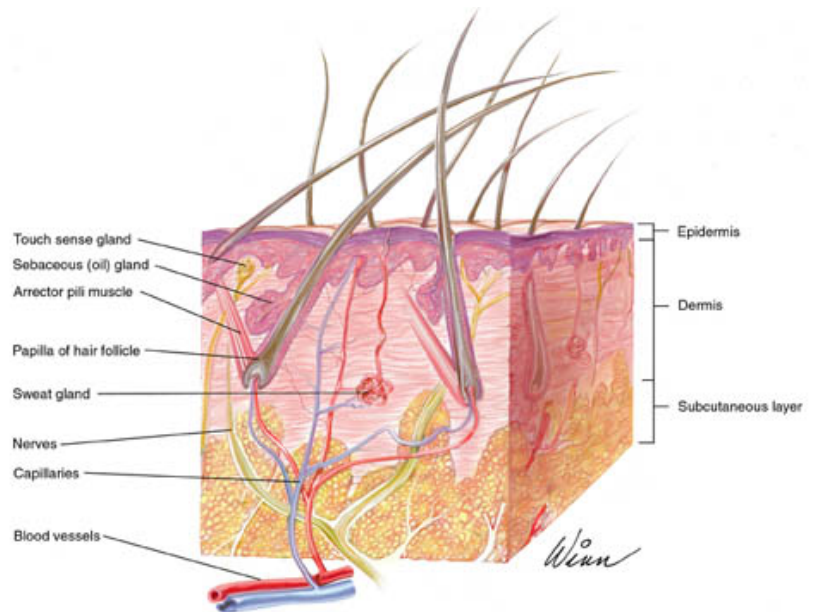
UNDERSTANDING YOUR SKIN

The skin is a complete body system and an integral part of the overall health of an individual. Just as the bones make up the skeletal system in your body, your skin makes up the integumentary system.

Your skin is constantly renewing itself, with deeper layers gradually coming to the outermost layer where the skin cells are exfoliated. It typically takes healthy skin about 6 weeks to fully renew itself.

Healthy skin is slightly moist, soft, flexible. It provides a layer of protection as the body's first line of defense against diseases and environmental damages. When skin is healthy it has a smooth and fine grained texture to it. Of course, skin appearance may change with age or due to exposure to sun or other environmental factors.

Problems with the skin typically are found in the epidermis or outermost layer. However, problems can occur in the deeper dermis as well.



The Dermis is composed of collagen (which is a type of protein) fibers. The blood vessels, fat cells, oil and sweat glands that go through this layer are held together by these collagen fibers. Collagen typically makes up about 70% of the dermis and allows for the natural stretching and contraction of the skin as well as providing strength. Collagen is also one of the many components of the skin involved in the healing of wounds. Moisture is very important to keeping this network of collagen fibers supple.

As skin ages or becomes damaged, collagen fibers lose their flexibility. That is one reason older skin is not as elastic and "tight" as youthful skin, and one of the reasons wrinkles occur as we age.

Under the dermis (i.e. subcutaneous tissue level), there is adipose tissue that gives a smooth appearance and contour to the body and contains fat cells used by the body for energy and as a protective cushion.

ABOUT AGING SKIN

As we age, our skin undergoes changes. Some of these are a natural part of the aging process, some are a result of exposure over many years to environmental damage such as sunlight. The skin shows signs of aging faster than any other organ of the body. These signs include fine lines, wrinkles, hyperpigmentation ("sun spots"), and loss of that firm appearance of youthful skin.

Those individuals who have dehydrated, thin, and/or light skin tend to see the effects of aging the soonest.

Although it is not possible to completely halt the normal aging process, there are a number of steps that can be taken to minimize the aging appearance and slow the process. First and foremost is to reduce sun exposure from the earliest age possible. Studies have shown that excess sun exposure at a very young age can result in skin changes decades later. Regardless of your age, use of a sun screen and minimizing sun exposure will be beneficial to your skin and your health. Many patients are reluctant to use sun screens on their face because they feel they are too "oily" or smell badly. However, there are now a number of excellent sun screens available which are specifically designed to be healthy for the skin and which can be used in conjunction with your normal daily skin care regimen.

Each individual is different. For some patients, a good skin care regimen, possibly combined with facials, peels, and/or exfoliating products can help improve the appearance of aging skin. For others, this may be combined with surgical procedures such as blepharoplasties (eyelid surgery), brow lifts, or facelifts. We are able to offer our patients products to help reduce the effects of already damaged and aging skin, as well as products to limit further damage and reduce the effects of aging.

ACNE

Acne is a chronic inflammatory disorder of the skin, most commonly related to hormonal changes and overactive sebaceous glands. Although acne is often thought of as a "teenage" condition (due to the hormone changes during adolescence causing many teenagers to have acne), it can actually occur at any age. It may be affected by heredity as well as emotional stress and environmental factors. There are several types of acne.

- ❖ **Seborrhea:** This is a skin condition caused by overactive sebaceous glands with excess secretions. This is what is often referred to as an "oily T-zone" in many patients.
- ❖ **Rosacea:** This is a chronic inflammatory congestion involving typically the cheeks and nose. It is characterized usually by redness and dilation of the blood vessels in the affected area and the formation of papules and pustules.
- ❖ **Steatoma:** This is a sebaceous infection that may develop into a cyst. Sebaceous cysts may range in size from a pea to an orange and unlike the common acne "pimple", these may not improve with time and may require surgical removal.
- ❖ **Asteatosis:** This is a condition of dry and scaly skin caused by a deficiency of sebum. It may be locally caused by alkalies in soap or other detergents used on the skin.
- ❖ **Furuncle:** This is also referred to as a "boil" and is caused by a bacteria that enters the skin through the hair follicles. This requires treatment by a physician.

For any skin anomaly which is unusual or does not resolve in a short time, including the more serious of the above types of acne, patients are encouraged to seek the attention of a physician. Early intervention may lessen the degree of damage and scarring which can result.

SUN AND YOUR SKIN

The skin shows signs of aging faster than any other organ of the body. These signs may include fine lines, wrinkles, and hyperpigmentation due to sun exposure and other environmental factors.

Ultraviolet rays from the sun can damage both cells in the epidermis and the dermal layer of the skin.

Sun exposure may cause hyperpigmentation ("sun spots") as well as cause the skin to lose its elasticity. Studies have shown that excess sun exposure at a young age may result in damage and even skin cancers decades later.

Skin cancers can vary widely in appearance. No one, not even a physician, can tell simply by looking at a lesion whether it is cancerous or not. The only way to definitively diagnose a skin cancer is to remove the lesion (or part of it in a "punch biopsy") and have it reviewed under a microscope by a pathologist.

If you have any unusual looking "spot" - particularly if it is asymmetrical, has an irregular border, is changing in size or shape or color or is growing - you should seek a consult with a qualified physician. If the "spot" is on your face you will likely want to see a plastic surgeon who can not only remove the area and have it diagnosed for you but also do so with minimal scarring.



Regardless of your age, use of a sun screen and minimizing sun exposure will be beneficial to your skin and your health. Many patients are reluctant to use sun screens on their face because they feel they are too "oily" or smell badly. However, there are now a number of excellent sun screens available which are specifically designed to be healthy for the skin and which can be used in conjunction with your normal daily skin care regimen. Our Licensed Esthetician can help you in determining what the right type of sun screen is for your needs, as well as assist you with treatments for skin that is already showing signs of sun damage.

SURGICAL TREATMENTS

For some patients, the effects of age and environmental damage results in sagging and wrinkled tissues leading to "jowls", "puffy" or "droopy" eyes, and a generally tired and older appearance. For those patients who are interested, a consultation can be made with Dr. Duffy to discuss possible surgical treatments.

The most common of these include facelifts, blepharoplasties (eyelid surgeries), and browlifts.

More information about cosmetic surgical procedures can be obtained from Dr. Duffy's website at www.duffyplasticsurgery.com. We also have a site dedicated to one of the most common procedures we see in our office - blepharoplasties - at www.dallasblepharoplasty.com.

OUR PRODUCTS AND SERVICES



Typically patients who come to our practice for skin care concerns will meet with our Licensed Paramedical Esthetician for a Skin Care Analysis. At that time she listens to the patient's concerns regarding the appearance of the skin as well as closely examines the patient's skin. Following that analysis the Esthetician will make recommendations regarding a skin care regimen and any treatments which may be beneficial to the patient.

Patients may be asked to utilize a skin regimen for a period of time prior to undergoing stronger types of peels so as to allow the skin to tolerate the peels better and improve the results.

Our patients who are interested in facial cosmetic surgery may also meet with our esthetician as part of the initial cosmetic consultation, if desired by the patient. A good skin care regimen can not only help prepare the skin for surgery but also help prolong the good results following the surgery.

Skin Care Products



We carry a variety of pharmaceutical grade skin care products (meaning products which are not available in the department stores as these are only available through a clinical setting). Each has been researched by our Licensed Paramedical Esthetician and all of us in the office utilize the products which best meet our individual needs.

Below is a list of some of the kinds of products carried available to our patients:

Clarifying System by Genesis Pharmaceuticals

This line includes moisturizers, exfoliators, toners, eye creams, home "mini-peels", and treatments for sun-damaged skin. This line was designed to be chemically comparable to the older Obagi system.

Glytone by Genesis Pharmaceuticals

This line includes basic skin care regimens designed for busy schedules, with special formulations for normal to dry and normal to oily skin types. There are also adjunct products including exfoliating body washes, deep cleansing masks, firming eye gels, and vitamin-based formulas.

SkinCeuticals

This is a line produced by the company of the same name and includes a variety of products to treat sun-damaged skin and others to prevent sun damage. Many of our patients love the sunscreen and use it instead of a moisturizer in their daily regimen.

All of these products are pharmaceutically graded and only available through a prescribing physician. The products are scientifically integrated regimens incorporating agents such as retinol and hydroquinone to help restore skin vitality.

Treatments and Services

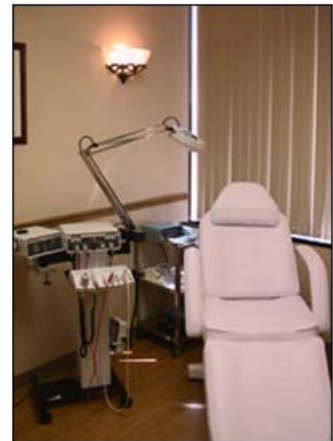
In addition to skin care products such as those in the lines described above, we offer our patients a variety of treatments. These range from a relaxing facial to a chemical peel for rejuvenation of the skin.

Sample of Available Services:

(These represent only the most commonly performed services. Additional services are offered as well)

Comprehensive Skin Care Analysis with Consultation

This involves a consultation with our Licensed Paramedical Esthetician. During this time patients are encouraged to express their areas of concern and the Esthetician will do an examination of the facial skin. Based upon this consultation the Esthetician will then make recommendations regarding daily skin care regimens and treatments which may be beneficial to the patient.



Facials

Facials can be a relaxing and pleasurable experience, as well as beneficial to the skin. Many patients choose to have a facial done in conjunction with the Skin Care Analysis. During the facial the Esthetician can provide the patient with helpful information about managing any skin care problems and following the facial she can make recommendations for the patient. However, even patients who are not experiencing skin care problems find Well Skin Facials to be enjoyable. And the setting in our office is less hectic and more private than that of a spa for facials.

Glytone Facial

Acne Facial

Clarifying Facial

SkinCeuticals Facial

Machine Facial

High Frequency Treatment

This technique utilizes the effect of high frequency waves to cleanse pores in particularly troublesome spots. This is typically done in conjunction with a facial treatment for those with problem areas.

Glycolic Peels (mild-moderate or higher strength)

Chemical debridement of the superficial skin cells provides the skin with a smoother texture, tightens the skin tone, and allows treatment products to penetrate deeper into the skin structure to improve results from a skin care regimen. Peels can also release excess congestion of the pores, exfoliates the stratum corneum, stimulates the deposit of natural collagen, and reduces the appearance of age spots. These are a type of peel which can be done in the office in a very short time period and with no discomfort to the patient and most patients are able to return to normal activities within a day or so with no visible redness or irritation.

TCA Peel

These are stronger peels than glycolic and can help improve a variety of skin care problems including pigmentation problems, fine lines, wrinkles, large pores, and skin laxity. These are done in the office. Patients may experience some mild discomfort as the peel takes effect but it is minimal and when the results become apparent a few days later it is well worth it!

(When skin care products are purchased in the office, the price of these services will be discounted.)

THE GLYTONE SKIN REJUVENATION SYSTEM

One of the most common systems used by our skin care patients is the Glytone Skin Rejuvenation System. The central products to this line are the easy-to-use at-home kits which include a cleanser, moisturizer, and exfoliator. The Glytone system utilizes glycolic acid – a type of alpha hydroxyl acid (AHA) naturally found in cane sugar – to penetrate the skin's surface and loosen the top layer of damaged skin cells. This leaves you with smoother, softer, and healthier skin.

The Glytone system is available for various skin types, and has several levels to allow you to gradually step up the power of the glycolic acid for a customized skin care regimen.

Your Glytone Skin Rejuvenation System begins with a consultation with our Licensed Esthetician. Depending upon your individual skin care needs, she may recommend an in-office facial peel. She can then guide you in selecting the at-home kit and products which best meet your needs. The typical skin care regimen includes:

IN THE MORNING.....

- ❖ Cleansing with a mild Gel or Cream wash – this removes dirt and oil and prepares your skin for the moisturizer and/or exfoliation
- ❖ Moisturizing Day Creams or Lotions – these provide continuous moisturization while not adding products which clog pores or make the skin heavy with unnecessary chemicals.



IN THE EVENING.....

- ❖ Cleansing with the same cleanser you used in the morning
- ❖ Application of the Exfoliation Lotion – this exfoliates the skin while you sleep
- ❖ For some patients an anti-aging Retinol 0.05 Renewal Serum may also be recommended

Additional products are available for individual special needs. These include:

- ❖ Fading Lotion – to lighten skin discolorations such as age and sun spots
- ❖ Calming Cream – mild corticosteroid to reduce mild redness, inflammation, itching
- ❖ Firming Eye Gel – gentle formula designed for the sensitive skin around the eyes, oil-free moisturizing formula with collagen to reduce puffiness and the appearance of fine lines and wrinkles.
- ❖ Acne Treatment Gels and Toners – a variety of products designed specifically for acne problems including an at-home kit for acne. The Acne Treatment Kit includes cleansing gel wash, toner, and 10% acne gel for extremely oily/acneic skin.
- ❖ Deep Cleansing Mask – clay mask to help remove dead skin cells and clear congested pores
- ❖ Body Kit – includes exfoliating body wash and body lotion used to treat Keratosis Pilaris - the fine red bumps most commonly found on outer upper arms or outer upper thighs.