

NEWBEAUTY

# THE ULTIMATE GUIDE TO COSMETIC ENHANCEMENT

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A NEWBEAUTY  
SPECIAL REPORT

**15**  
NEW  
REASONS  
TO LOVE  
**BOTOX**

5 MINUTES TO  
PERFECT SKIN:  
**THE LASER  
REVOLUTION**

**FACELIFTS  
OR  
FILLERS?**  
THE RIGHT  
TREATMENT  
FOR YOU

REAL LIFE  
**BEFORE  
AND  
AFTERS**

FAT ZAPPERS—YES, THEY DO WORK!

PLASTIC SURGERY: WHAT ARE YOU WAITING FOR?

FROM ZAPPING EXCESS HAIR AND BLASTING AWAY UNWANTED PIGMENTATION TO BOOSTING COLLAGEN, THERE IS A LASER SOLUTION FOR EVERY NEED. "THERE ARE MANY DIFFERENT LASERS, AND EACH SYSTEM DOES SOMETHING DIFFERENT," SAYS WASHINGTON, D.C. DERMATOLOGIST TINA ALSTER, MD. "ALWAYS TAKE INTO CONSIDERATION THE COST, THE RECOVERY (IF ANY) AND THE CLINICAL RESULTS ANTICIPATED, SO YOU'RE HAPPY WITH THE OVERALL EXPERIENCE."

# LASERS

THE NEW ANTI-AGING REVOLUTION

## what to EXPECT

According to Richmond, VA plastic surgeon Ruth Hillelson, MD, all lasers are light-based devices that target different types of cells to reduce or eliminate pigmentation, scars, redness, wrinkles and textural abnormalities. Each wavelength is unique to each problem, so it's important to seek treatment with a board-certified dermatologist or plastic surgeon who understands which problems respond to which wavelengths. With most lasers, the area to be treated will be numbed with a topical numbing cream—some doctors wrap the area with plastic wrap to make it more effective—or use a sedative for heavier lasers. Once a slight tingling sensation or coldness is noticed (that means the area is numb), your doctor will hold the handpiece against your skin. As the energy beam is emitted onto your skin, there may be a feeling of some discomfort or pain, which signals that the laser is working.

## the pain FACTOR

No laser is completely pain-free, but the level of discomfort, which is best described as a warm or even burning sensation, varies on the type of laser and setting that's used.

The pain associated with a nonablative laser is often compared to a three on a scale of one to 10; with an ablative laser, some say it's more like a seven or higher because pain thresholds are all individual.

### DISCOMFORT LEVEL

LIGHT  
IPL  
CLEAR + BRILLIANT  
MEDIUM-STRENGTH  
LASER HAIR REMOVAL  
HALO  
PICOSURE  
HEAVY-DUTY  
PIQ04  
PIXEL CO<sub>2</sub>  
FRAXEL RE:PAIR SST

"LASERS ARE MORE OF AN INTEGRAL PART OF ANTI-AGING THAN THEY WERE 10 YEARS AGO. THEIR USE WILL CONTINUE TO INCREASE EXPONENTIALLY AND THE DOWNTIME WILL LESSEN."

—DR. HILLELSON



#### **ABLATIVE LASERS**

These physically remove the top layer of skin tissue. Ablative lasers can be "dialed up" or "dialed down" to increase or decrease the level of penetration. The more ablative the laser, the deeper it goes, which equates to a longer recovery, but more dramatic results.

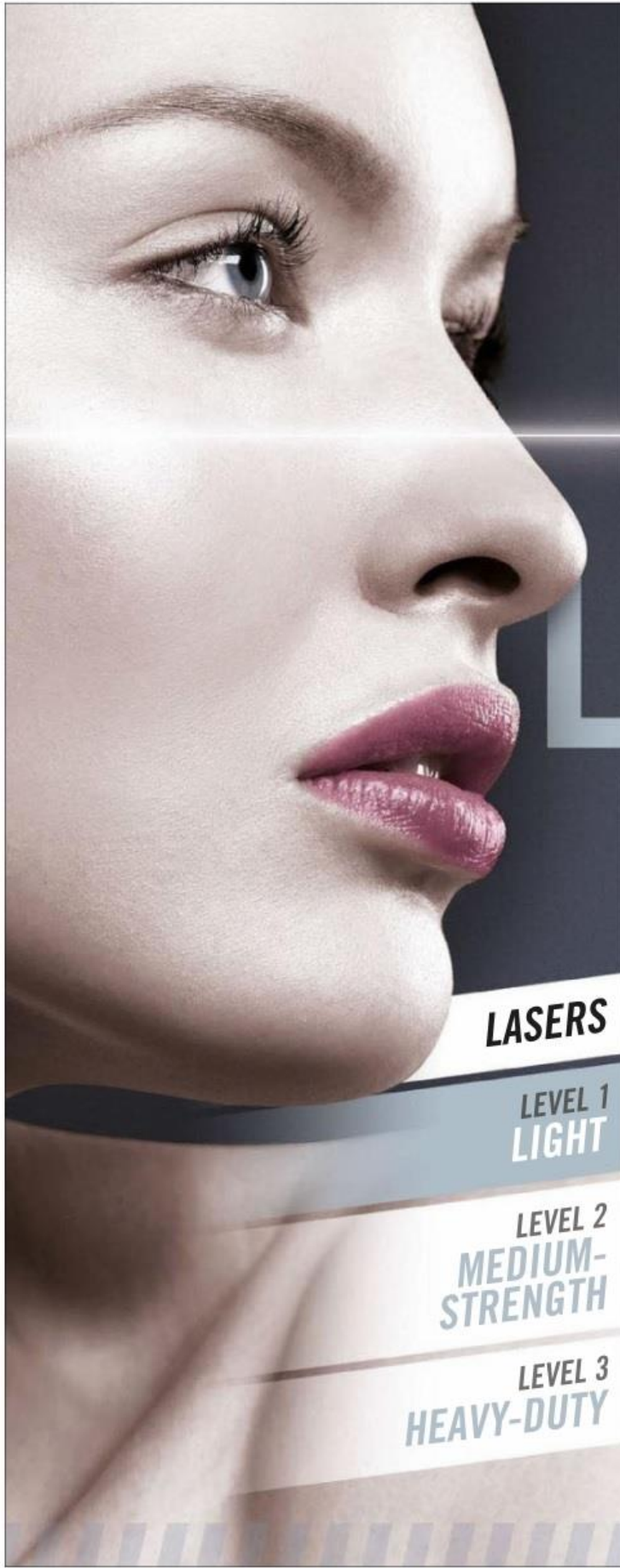
#### **NONABLATIVE LASERS**

These leave the outermost layer of skin intact, but are still able to penetrate the skin. Nonablative lasers don't result in significant skin sloughing or extended downtime, although some discomfort can be felt after the procedure.

#### **THE DOWNTIME**

Downtime means how long it takes for the skin to return to normal after a procedure. The more invasive the laser, the longer the downtime. Ask your doctor for specifics on how much downtime is required because different doctors may have different opinions about downtime.

the laser  
LINGO



THE STRENGTH OF A LASER WILL IMPACT THE RESULTS IT'S ABLE TO DELIVER. "EVERYONE WANTS THE BEST RESULTS WITH A SHORT HEALING PERIOD," SAYS VALENCIA, CA DERMATOLOGIST BERNARD I. RASKIN, MD. "THE LIGHTER THE LASER, THE EASIER THE RECOVERY, BUT THE LESS EXTREME YOUR RESULTS WILL BE."

FINDING THE RIGHT

# LASER

## LASERS

LEVEL 1  
LIGHT

LEVEL 2  
MEDIUM-  
STRENGTH

LEVEL 3  
HEAVY-DUTY

## lasers of the past vs. LASERS OF TODAY

The first generation of lasers have come a long way. The devices used by doctors today have grown by leaps and bounds in terms of technology, leading to faster treatments, less downtime and pain, and better results overall. "This is most notably seen in the CO<sub>2</sub> lasers," says Dr. Raskin. "The older version was like a paintbrush. We would vaporize and laser off the top layer of skin. The problem was the potential for a tremendous amount of skin damage. Sometimes the skin would go awry and scarring, permanent pigmentation and a strange white cast would result." Plus, those who had the procedure done had a prolonged healing time. "You almost had to hide out for six weeks," says Prospect, KY dermatologist Tami Buss Cassis, MD.

## the LIGHT lasers

Perfect for treating minimal pigment problems, the lightest lasers are usually downtime-free because most of them don't break the skin. However, the majority need to be done more than once to achieve optimal results. If a laser is used too aggressively, unwanted side effects can occur. Most low-level laser treatments make skin feel as if it is being gently heated, but some feel like a snap.

### REFINE AND MINIMIZE PORES AND FINE LINES

**WHAT IT IS** Diode nonablative fractional laser (brand name: Clear + Brilliant)

**HOW IT WORKS** The least invasive type of fractional resurfacing available, it makes minuscule holes in the skin to reveal a fresher, smoother complexion as you heal.

**WHAT IT COSTS** Starts at approximately \$250

**WHEN TO DO IT** A day or two before a big event

**THE RECOVERY** Next to none, but the 30-minute treatment can leave skin a little red for about one hour (makeup can be put on right away).

**THE END RESULT** Smoother skin that boasts a healthy glow. "Some patients like the results so much that they are having a Clear + Brilliant laser treatment done quarterly or once a month instead of having a facial," says Dr. Alster.

### LIGHTEN PINK AND RED PIGMENT IN THE SKIN

**WHAT IT IS** Pulsed-dye laser (brand names: Vbeam Perfecta, Cynergy)

**HOW IT WORKS** It utilizes pulsed-dye energy to selectively blast away the red and pink pigment in broken capillaries and scars, as well as reduce redness and ruddy complexions by evening out the skin, making it more uniform in color.

**WHAT IT COSTS** Starts at approximately \$250

**WHEN TO DO IT** Anytime

**THE RECOVERY** None, although some patients may notice slight bruising.

**THE END RESULT** Less redness in the skin. Plus, any broken blood vessels are diminished right away.

### GET RID OF HAIR FOR GOOD

**WHAT THEY ARE** Nd:YAG, diode and alexandrite lasers (brand names: LightSheer Desire, GentleMaxPro, Laser genesis, Spectra, Clarity, excel HR, Soprano Beauty Remove, DiolazeXL)

**HOW THEY WORK** The melanin in the hair absorbs the light from the laser to heat up the follicle and eventually damage it so that no new hair can grow. Hair that is gray or very light blond may not respond well to laser hair removal because there's not enough melanin in the hair to react with the laser's energy.

**WHAT THEY COST** Starts at approximately \$50

**WHEN TO DO THEM** In the winter when skin isn't tan (a tan can hinder results and cause hyperpigmentation).

**THE RECOVERY** Not much other than some redness and bumpiness around the follicle.

**THE END RESULT** Fuzz-free, smooth skin after a series of treatments. Annual touch-ups may be necessary.



IPL can effectively be used to eliminate unwanted hair, but it is not technically a laser; it's a light-based treatment.

\*All prices are based on averages and may vary by location.

# the MEDIUM-STRENGTH lasers

These lasers are nonablative (they are gentler than ablative options, but not pain-free) and are best for skin that isn't seriously sun-damaged but has some acne scars, wrinkles and discoloration, or crepiness around the eyes—some varieties are also used to lighten tattoos. "There is a small amount of recovery time," says Dr. Alster. "Most patients are not going to be swollen and crusty. Instead, patients will look like they have a bad sunburn. The redness is probably the worst part, but the end result makes it all worth it."

## RETEXTURIZE SKIN AND EVEN OUT MILD ACNE SCARS, WRINKLES AND DISCOLORATION

**WHAT THEY ARE** Nonablative fractional lasers and hybrid fractional lasers (brand names: Fraxel Dual, Harmony XL Pro, ResurFX, LaseMD, Halo)

**HOW THEY WORK** These dermatologist favorites work by damaging small columns of skin, leaving normal skin in between each of the columns. Because the skin is safely injured, it doesn't become damaged overall and heals faster. They're also good for the hands, chest and neck.

**WHAT THEY COST** Starts at approximately \$350

**WHEN TO DO THEM** In the middle of winter. Sun avoidance is important after this type of laser because sunlight can increase the risk of permanent pigmentation.

**THE RECOVERY** Skin may be pink or red and feel rough (like sandpaper) for two to three days afterward. "There will be some pain, redness and a raw feeling," says Dr. Cassis. "I recommend patients stay home for about three days to make sure they get absolutely no sun exposure or an infection. If you're spending all this money, you must follow the letter of the law with recovery." Make sure to keep the area moist as the skin begins to flake off, and no matter what, don't pick at it or pull it.

**THE END RESULT** After a series of treatments, skin will be softer and less red. Brown spots will lighten up and any scars will flatten out.

## ERASE UNWANTED TATTOOS

**WHAT THEY ARE** Picosecond, alexandrite and Q-switched ND:YAG (brand names: PicoSure, PicoWay, RevLite, Accolade, AlexTriVantage, MedLite C6, PiQo4, PICO Genesis, SINON)

**HOW THEY WORK** The lasers hone in on tattoo pigment in the skin to lift up the color and lighten it. The darker the tattoo dye, the easier it is to treat. Although traditional tattoo-removal lasers are effective, the latest technology, picosecond energy, delivers short pulses of energy in a trillionth of a second for better pigment removal, fewer treatments and less damage to the surrounding tissue. A course of treatments is necessary for optimal results.

**WHAT THEY COST** Starts at approximately \$300

**WHEN TO DO THEM** Anytime

**THE RECOVERY** A little crusting and swelling that lasts three to seven days

**THE END RESULT** Drastically lighter or completely erased tattoos

BEFORE



AFTER



Chicago dermatologist Dr. Quenby Erickson performed a Halo treatment on this 46-year-old patient to treat melasma and hyperpigmentation. [ericksondermatology.com](http://ericksondermatology.com)

LASERS

LEVEL 1  
LIGHT

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