

EXCLUSIVE STORY CHRISTIE REVEALS ALL: WHAT'S HER AGE-DEFYING SECRET AT 62?

NEW BEAUTY

NEWBEAUTY.COM / ISSUE FALL-WINTER 2016

THE BEAUTY AUTHORITY

DISCOVERY

BEST SKIN EVER!

THE PRODUCT THAT WORKS INSTANTLY

INNOVATION

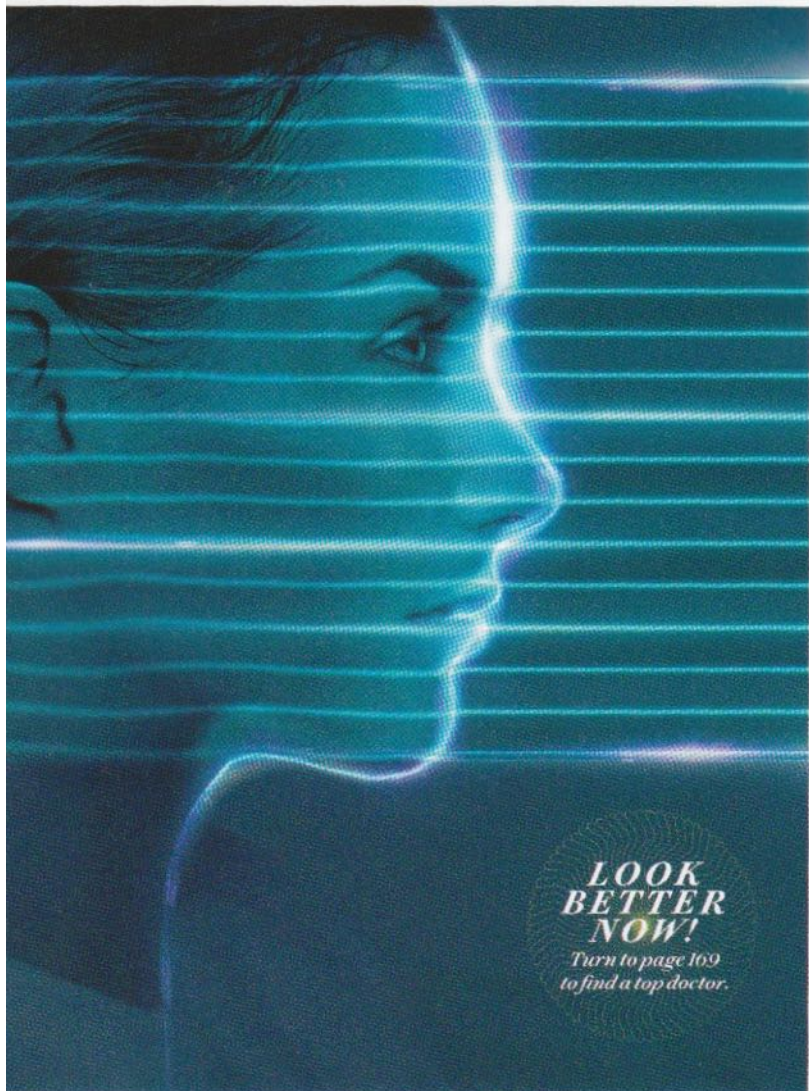
STOP AGING NOW

THE PROVEN WAY TO TAKE 10 YEARS OFF

The **LOOK YOUNGER**
ISSUE P.89 →

\$9

DISPLAY UNTIL DECEMBER 26



**LOOK
BETTER
NOW!**

Turn to page 169
to find a top doctor.

THE LASER LOWDOWN

THERE'S MUCH TO KNOW ABOUT LASERS BECAUSE NOT EVERY TREATMENT IS EXACTLY THE SAME.

YOU MIGHT HAVE TO PREP YOUR SKIN BEFOREHAND



Depending on the problem, some doctors recommend using pre-treatment products to make your results that much better. For example, if you are looking to treat discoloration or melasma, you may be given a prescription for hydroquinone and/or a series of peels to prevent hyperpigmentation from occurring post-laser. Your dermatologist or plastic surgeon may also recommend using a retinoid for four weeks (or more) prior to treatment, which will make the removal of damaged and pigmented skin cells easier. You'll need to avoid the sun at all costs for a month or so before (and after), too.

YOUR SKIN WILL PROBABLY BE NUMBED



For less-invasive lasers, your skin will be prepped with numbing cream to hinder any pain, but you may still feel warmth or some sensation. "Nerve blocks, which are injected, and possibly sedation (used for surgery) are used for aggressive lasers or sensitive areas," says Richmond, VA, plastic surgeon Ruth Hillelson, MD. What you'll feel depends on the laser used, the setting and how aggressive it is. "Minimal downtime lasers feel warm with a small pinch—any discomfort ends after the treatment. Lasers with longer downtime have residual discomfort for about a day," adds Dr. Hillelson.



THE DIFFERENT TYPES OF LASERS

IN THE WORLD OF LASERS, THERE'S AN OPTION FOR EVERYONE. PICKING THE RIGHT ONE COMES DOWN TO YOUR BUDGET, SKIN TONE, DOWNTIME AND WHAT YOU WANT TO CORRECT.

Nonablative

These include fractional resurfacing lasers like Clear + Brilliant and Halo (a hybrid that uses nonablative and ablative wavelengths), light fractional lasers (they don't go as deep as invasive fractionated lasers), and Intense Pulsed Light (IPL is light-based, yet often grouped in this category). They target pigment and vessel issues with minimal discomfort and downtime, but require multiple sessions.

▶ WHAT THEY'RE GOOD FOR

Superficial sun damage, scars and brown spots

▶ THE BRAND NAMES

Clear + Brilliant, RevLite, Halo, BBL (BroadBand Light, a form of Intense Pulsed Light, or IPL), PicoSure, Fraxel re:fine, ResurFX

▶ WHAT TO EXPECT

A snapping or warm sensation on your skin. "Skin may be slightly swollen with some redness or dark spots that become darker and last for a few days but then completely resolve," says San Francisco plastic surgeon Michael Macdonald, MD.

Ablative

Anything that ablates the skin is heavy-duty and necessitates a recovery period. Because the treatment goes so deep, you typically only need one session to get results. These treatments vaporize the outer layer of skin so that as the skin heals, it becomes firmer, smoother and less wrinkled. Think of these lasers as a major step up from their nonablative counterparts.

▶ WHAT THEY'RE GOOD FOR

Wrinkles and lines, extreme sun damage and discoloration, and skin tightening

▶ THE BRAND NAMES

Fraxel re:pair, ProFractional, Nano Laser Peel, UltraPulse, Micro Laser Peel

▶ WHAT TO EXPECT

Because you'll be given anesthesia, you shouldn't feel much. Afterward, your skin may be swollen and look pink or red with a bit of a raw appearance, which can last from a few weeks to a few months.

“Minimal downtime lasers feel warm with a small pinch—any discomfort ends after the treatment.”

—DR. HILLELSON

YOU MAY HAVE TO CHANGE UP YOUR SKIN-CARE PRODUCTS

With deeper lasers, your skin may be crusty, red and swollen, so you may need to swap out your normal products for gentler ones. Avoid acids, retinoids and anything else that can irritate or exfoliate your skin. Keep your skin moist with the recommended ointments, wash with gentle cleansers and avoid the sun. Ablative lasers (they make tiny holes in the skin to create new collagen), can cause pinpoint bleeding, crusting or bruising because the outer layers of skin crust over as they regenerate. Dr. Macdonald says it best: “Skin needs tender loving care while it heals.”

YOUR SKIN MAY TURN A LITTLE BROWN

With lighter lasers that target sun damage, it's not uncommon for skin to darken a bit—small patches of brown color that flake off—before reaching the end result. Lasers are offered at places other than doctors' offices, and if the person performing your procedure is not well-versed in how the device works and the role skin color plays, you may end up with discoloration. “Some, like those with darker skin, may see post-inflammatory hyperpigmentation with certain lasers,” says New York dermatologist Sejal K. Shah, MD. “If it doesn't fade, options like hydroquinone can help.”

YOU MAY EXPERIENCE BREAKOUTS

If your skin is oily or acneic, don't freak out if you break out. Some lasers draw sun damage and acne to the surface. There can be an overproduction of skin cells, which can clog the pores and lead to pimples. Breakouts can also occur because of post-treatment products, which are usually heavy occlusive creams and ointments. “I tell patients their skin may look worse before the healing phase because of this, especially with more aggressive treatments,” says Dr. Macdonald. If you break out, your doctor can prescribe a course of antibiotics to help keep pimples at bay.

YOU WON'T BE ABLE TO WEAR MAKEUP FOR SOME TIME

If you opt for a lighter laser, you may only have to skip out on makeup for a day or two. With heavier lasers, you'll need to let your skin breathe and make sure that it is properly hydrated. Covering up any redness on your face with makeup can prolong healing and actually clog your pores. Once you get the go ahead from your doctor to wear makeup again, which is typically one week later (depending on the individual), wear breathable foundation, powder and concealer that is formulated specifically for post-treatment skin, like those that are mineral-based.



WHEN A LASER ALONE ISN'T ENOUGH

There are plenty of times when a laser can drastically improve the texture and tone of the skin, but there are also cases when it can only do so much and needs to be coupled with another type of treatment like surgery or injectables and fillers for a better result. Lasers are great for stimulating new collagen, which makes skin look plump and cushiony, and to get rid of sun damage, textural issues, discoloration, and fine lines and wrinkles. But, they won't do anything for volume loss in the face. “Sometimes, lasers (especially lighter ones) can be coupled with fillers and injectables or facial surgical procedures like blepharoplasty, facelifts and necklifts. It's ideal to do everything at once because you can recover from all the procedures at the same time,” says Dr. Macdonald.



To refresh the under-eye area, Jupiter, FL, plastic surgeon Dana Goldberg, MD, used the Cutera Pearl fractional laser and Botox.