

# Reflections

Center for Cosmetic and Laser Surgery Newsletter



## Repairing the Effects of the Summer Sun

Fall/Winter 2008

As the idyllic summer months wind down to a close and the cool, crisp breeze of autumn arrives, you may notice that your skin is showing more wear and tear. Even with the faithful application of sunscreens and moisturizers in the summer, your skin may still have been exposed to negative effects of the summer sun.

"Exposure to ultraviolet light from the sun accounts for 90 percent of premature skin aging," explains Lahey cosmetic dermatologist Mollie MacCormack, MD. Luckily, the science of cosmetic dermatology is continually improving techniques used to reverse the negative effects of sun damage.

### Repairing Damaged Skin

"One of the most common complaints following exposure to summertime sun is an increase in irregular pigmentation and brown spots on the skin," says MacCormack. The good news is that advances in laser technology have made it easy to remove these unwanted lesions, often with very minimal downtime.

UV radiation causes collagen to break down in your skin at a higher rate than the typical aging process. Fraxel® Laser Treatment targets tiny, microthermal zones in your skin and destroys the damaged collagen while generating new, fresh collagen in a matter of days, resulting in smoother, tightened and more evenly pigmented skin. In addition to treating photodamaged skin, Fraxel is an excellent treatment for acne scarring.

Chemical peels, like MicroPeel®, use acids to remove dry, flaky skin, even out tone and reduce pore size. These peels are also beneficial for combating thickening or "leathery" skin caused by excessive UV exposure.

The exfoliating effects of tiny crystals used in a microdermabrasion treatment are a great way to remove dead surface cells left behind from sun damage. In addition to repairing sun damage, microdermabrasion also fights against fine lines and wrinkles, enlarged, oily pores and acne scarring.

"A consultation with a cosmetic dermatologist or plastic surgeon will help you decide on the best choices for improving your particular skin type and condition," says MacCormack.

### Preventing Future Damage

No matter the season, always wear a broad-spectrum sunscreen that protects against UVA and UVB rays. New sunscreen ingredients like Mexoryl™ and Helioplex™ are now available and give longer-lasting protection against the sun. Mineral makeup, which uses minerals like titanium dioxide and zinc, creates a sheer, physical block against the sun and helps to reflect light, so your face appears more radiant.

*For more information about the Lahey Center for Cosmetic and Laser Surgery, please call us toll-free at 1-877-867-0707.*

*Pictured: Mollie MacCormack, MD, performs a Fraxel Laser Treatment on a patient.*



### Check Out Our New and Improved Web site

Visit us online at [www.lahey.org/cosmetics](http://www.lahey.org/cosmetics) and see what's new.

- Download a copy of our latest coupon.
- Access our *Monthly Specials* Web page and receive exclusive discounts on products and services every month.
- E-mail your questions to a cosmetics professional at [CosmeticServices@lahey.org](mailto:CosmeticServices@lahey.org).

### Join Us at a Free Seminar

Come learn about the latest cosmetic technologies and techniques from Lahey Clinic's board-certified plastic surgeons and cosmetic dermatologists. To register, please call 1-800-604-2703.

#### Summer's Over: Repairing the Effects of the Summer Sun

Thursday, September 25, 6 to 7 pm  
Lahey Medical Center, Lexington  
16 Hayden Avenue, Lexington, Mass.

At this seminar, learn about the latest non-surgical techniques and laser technologies for rejuvenation of the face, hands, neck and chest.

#### Advanced Concepts in Laser and Cosmetic Surgery

Wednesday, October 22, 6 to 7:30 pm  
Lahey Clinic Medical Center, North Shore  
One Essex Center Drive, Peabody, Mass.

Come learn about different surgical and nonsurgical cosmetic options, including preventive skin care treatments, injectables, laser treatments, skin tightening and resurfacing, and cosmetic surgery of the face and body.

#### Body Contouring

Thursday, November 20, 6 to 7 pm  
Lahey Medical Center, Lexington  
16 Hayden Avenue, Lexington, Mass.

The latest cosmetic surgical options for body contouring, including breast enhancement, tummy tucks and liposuction will be discussed at this presentation.



## Ask the Doctor

## Question

*Question: I have loose and sagging skin around my eye area and puffy bags below my eyes. I always look tired, even when I'm not. What can I do to improve the appearance of my eyes?*

*~Susan, Lincoln, Mass.*

## Answer

Answer: As you age, your eyelids stretch, and the muscles supporting them weaken. As a result, excess skin gathers above and below your eyelids, causing them to sag and potentially limiting your range of vision. Blepharoplasty, or eyelid surgery, is a surgical procedure that removes drooping skin from the upper eyelids and minimizes bags of the lower lids, leaving your eyes with a more rested, alert appearance.

Eyelid surgery has a very high satisfaction rate among patients and can usually be done as a same-day surgery. The incisions in your eyelids are made with a scalpel or laser and are designed for scars to be well concealed within the natural folds of the eyelid region. This is usually done within the crease in the upper eyelid, and just below the lashes in the lower eyelid. Sometimes, surgery on the lower eyelid may be performed from the inside, so that there is no visible external scar.

Once the procedure is complete, lubricating ointment and cold compresses are applied, and your eyes may be loosely covered with gauze. After swelling and bruising subside, the results of your eyelid surgery will appear gradually. Scars will most likely fade to a nearly invisible white line after about six months, and your eyelid region will be smoother with a younger, more alert appearance.

As with any surgery, eyelid surgery carries some risks that are important to discuss with your doctor.

*~ Lahey Clinic plastic surgeon Sonal Pandya, MD  
Co-director, Center for Cosmetic and Laser Surgery*



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