

# Reflections

Center for Cosmetic and Laser Surgery Newsletter



Spring/Summer 2008

## Springing into Summer

*Springing into Summer*

As winter comes to a close and the sights and sounds of spring arrive, it is an ideal time to look into the remarkable new technologies available to you at the Lahey Center for Cosmetic and Laser Surgery.

Fraxel® Laser Treatment has created a lot of excitement in the cosmetic services field and is the perfect treatment for those patients who are interested in facial rejuvenation and want to recover quickly after the procedure. In addition to improving fine lines, wrinkles and uneven pigmentation of the face, Fraxel® can also treat body parts such as the neck, décolletage and hands to restore your skin to a more youthful appearance. "We are also recommending Fraxel® to our patients who want improvement in stretch marks, surgical scars and acne scars," explains Lahey cosmetic dermatologist Emily J. Fisher, MD.

For patients with slightly more sun damage and deeper wrinkles, MicroLaserPeel™ is an excellent choice for skin rejuvenation. "This laser removes the top layer of the skin, resulting in significant improvement of photoaging," says Fisher. Although there is some downtime involved after a MicroLaserPeel™, the end results are superb.



If you are concerned about a loss of skin tone resulting in a saggy appearance around the jaw line or eyes, Thermage® skin tightening treatment may be the solution. "Many of our patients who are not interested in surgical options find Thermage® to be an excellent alternative," says Fisher. In addition, Thermage® can help improve the tone of loose abdominal skin. Like Fraxel® Laser Treatment, Thermage® has no recovery time, so patients often return to work the next day.

With all of the groundbreaking technologies available for skin rejuvenation today, we are pleased to offer these leading-edge services to our patients.

*For more information or to schedule your next appointment at the Lahey Center for Cosmetic and Laser Surgery, please call us toll-free at 1-877-867-0707.*

### Check Out Our Latest Discount Offer

*Go to [www.lahey.org/cosmetics](http://www.lahey.org/cosmetics) to download a copy of our latest coupon for cosmetic services.*

### The Beauty of Mineral Makeup

Curious about how mineral makeup, the latest beauty trend to hit store shelves, can work for you? Monique LeBlanc, a Lahey medical aesthetician, explains that mineral makeup consists of products made of all natural, finely ground minerals from the earth that not only make your skin look good, but also provide health benefits for your skin, as well. Mineral makeup is non-comedogenic, so it will not clog pores, and with anti-inflammatory properties that calm and soothe irritated skin, it is perfect for all skin types. "Mineral makeup has amazing staying power and rarely needs touching up throughout the day," says LeBlanc.

The Lahey Center for Cosmetic and Laser Surgery carries the complete line of Jane Iredale makeup products, and our medical aestheticians are available for consultations to work with you and develop a base color or a complete color makeover.

### Featuring

*Jane Iredale's Sugar & Butter lip duo includes an organic brown sugar and beeswax exfoliator that gently sloughs off dry, dull skin and includes a tinted lip plumper end to bring your lips back to life. Its sheer pink tint leaves your mouth with a natural glow.*

1-877-867-0707



[www.lahey.org/cosmetics](http://www.lahey.org/cosmetics)



Ask the Doctor

Question

Question: Since having children, I feel very self-conscious about my figure. My breasts are smaller and sag, and I have loose, excess skin on my abdomen. I exercise regularly, but it doesn't seem to make a difference. How can I make my figure look similar to what it was before having children?  
~Donna, Waltham

Answer

Answer: Breast changes are a common occurrence during and after pregnancy. The breast skin is stretched during pregnancy due to breast enlargement. However, following pregnancy the size of the breast commonly decreases. This results in sagging, deflated breasts that have lost perkiness and size. Breast augmentation can restore natural breast volume and fill out the loose skin envelope following pregnancy. Another option is breast lift surgery, which is a procedure that raises and reshapes sagging breasts, giving them a more youthful, lifted appearance.

Following pregnancies or significant weight loss, the abdominal area is often left with excess fat and loose, sagging skin. Unfortunately, abdominal workouts and diet cannot adequately address these conditions. An abdominoplasty, or tummy tuck, is a surgical procedure that removes excess tissue and tightens the muscles of the abdominal wall. Following abdominoplasty, patients are left with a smoother, more defined stomach and an improved abdominal profile.

A consultation with a board certified plastic surgeon can determine if you are a candidate for one of these procedures.

~ Lahey Clinic plastic surgeon Christine DiEdwardo, MD, FACS  
Co-director, Center for Cosmetic and Laser Surgery



Center for Cosmetic and Laser Surgery  
16 Hayden Avenue  
Lexington, MA 02421

