

Ask the Plastic Surgeons

By Wendell Smoot, MD,
FACS and John Smoot,
MD, FACS

Q. *Is there anything I can do to look extra-special at our annual New Year's Eve party that won't require a long recovery time?*

A. Many of our clients receive a variety of non-surgical, rejuvenating treatments that do not require surgery or long recovery periods. These include "injectables" such as Botox® Cosmetic, Juvederm™, Restylane®, Perlane® and many other facial enhancing products. These injectable treatments help patients look their best and achieve their goals by relaxing facial wrinkling, filling in noticeable lines and plumping the skin surrounding the lines. Botox results last 3-4 months, Restylane results 4-6 months, Perlane results 5-6 months and Juvederm results 9 months to one year.

Additionally, chemical or enzyme peels are light facial peels that treat the surface of the skin with physical dermaplaning, alpha hydroxy acids, and cryogenic therapy. This triggers the skin to renew itself and release impacted debris from clogged pores. Following this painless procedure, patients return to work the same day.

Another option is microdermabrasion. This procedure, which resurfaces skin using a stream of fine crystals, requires no downtime and no pain. Many people have postponed treatment for minor skin problems such as sun damage, acne scars or fine wrinkles because they are nervous about having a chemical or laser peel. Microdermabrasion is a safe, painless alternative, and produces smoother and softer skin from the very first treatment.

Using microscopically abrasive crystals under highly controlled pressure to gently remove damaged cells from the outer layer of your skin, a microdermabrasion treatment takes only 40 minutes and patients don't need to schedule any time off for recovery. Because each individual's skin is unique, facial rejuvenation treatment decisions will depend upon your skin type, bone structure, medical history and desired outcome. We work with a licensed esthetician in our office to provide a skin evalu-



By Wendell Smoot, MD,
FACS, and
Dr. John Smoot, MD,
FACS

ation prior to determining the most effective treatments for each candidate.

Furthermore, there is a new state-of-the-art laser machine called the Sciton XC laser that we utilize in our practice to perform a Micro Laser "Fresh Peel." This technologically advanced treatment removes a minute layer of damaged skin to improve texture and provide a more youthful appearance. It provides superior results because it can be administered with great precision of depth.

During the Micro Laser "Fresh Peel," a beam is scanned over a treatment area to remove a very thin layer of skin, which takes with it damaged cells. As the skin heals, fresh cells grow to reveal healthier looking skin, reduced wrinkles, minimized scars and improved color evenness. The result is skin that looks vibrant and glowing. Although there is minimal down time of one to two days, the results are extraordinary.

John Smoot, MD, FACS, is Chief of Plastic Surgery at Scripps Memorial Hospital-La Jolla and Wendell Smoot, MD, FACS, has been voted by his peers as Top Doctor by San Diego Magazine for the past five consecutive years. Their plastic surgery practice was established 21 years ago and both physicians are individually board certified by the American Board of Plastic Surgery. Either physician can be reached at www.smoot-md.com or (858) 587-9850.