

# Look *Fresh* for the Holidays

## Treat Your Skin to the Best Medicine Available for the Holidays

With the holidays quickly approaching, many of us are looking for quick fixes in order to put our best face forward. Below are some of the medical quick fixes available to you, to enhance the way you look.

From clearing up breakouts to smoothing the surface of your skin - Chemical peels and light therapy are some of the best ways to get a quick makeover. Chemical peels usually take 2 minutes to apply and you can expect some mild flaking and some mild sunburn like sensations. The benefits of this will be that age spots will lighten, acne can clear and make up will glide on your skin. Adding light therapy will boost the results of the chemical peel. Both of these treatments will lead to improving the texture and look of your skin. Appropriate skin care products for your skin condition are imperative. The minimum is skin cleansing and a sunscreen. A product called Zeno, an at home device which gently heats the skin, can clear unwanted breakouts more quickly. If more drastic help is needed, a physician can help with prescription medicine, such as retinoids and antibiotics. Microdermabrasions and regular cleansing facials will leave your skin feeling fresh. A full skin cycle is 28 days and that is the shortest amount of time that one should expect to see improvement in acne and skin texture. Chemical peels, microdermabrasions, and light therapy are excellent treatments for skin of any age. I'm sure you can imagine the increase in self-confidence in a person

whose acne or chronically red and flaking skin is improved. It truly can be life changing.

**Softened Facial Lines and Folds** - Typically, the lines surrounding the eyes and on the forehead can be softened or eliminated with Botox Cosmetic®. Botox® is a prescription protein which causes a small portion of a peripheral nerve to break off. While it takes three months for the receptor to completely grow back and full movement to return, the protein that was injected breaks down quickly and is eliminated from the body. The effects of the injection are seen within 7-10 days. Most people feel they look rested and refreshed. A recent study of people who received Botox® injections revealed that they had less depression. Alas, this is not a permanent change. It takes three months for the receptor to completely grow back and full movement to return.

Restylane™, when injected, will soften or eliminate facial creases and folds and build up areas that have "collapsed." This is a loss of collagen and is most frequently noticed in the lower face. Most people desire to look good at the age they are and this product goes a long way to accomplishing this result. Facial fillers can treat many of the areas that cause a person to look old or tired. Common areas that are treated are the line(s) between the eyes, under-eye dark circles, creases in the cheeks, lines around the mouth that cause lipstick to bleed, and



the crease between the nose and the corner of the mouth. Lips can be filled to add volume. The range of increase can be slight enhancement to sculpting of a full lip. That new fall lipstick color will look stunning! If lip augmentation is something you want, don't forget to bring a picture of the lips you long to have with you to your appointment. Acne scars and other scars can be filled with Restylane™. One of the greatest benefits of this treatment is that effects are immediate and last 7-9 months. Give yourself 2-3 days after treatment to attend any party, as a slight amount of bruising or swelling may occur. This also may be a perfect time to ask for a light chemical peel to attain that fresh face look!

Finally, it is never too early to start planning for the New Year. Budgeting for procedures can go along way to making it a worthwhile investment. We are used to allowing a certain amount for personal grooming, and as the medical treatment of skin continues to advance, it is time to start considering these in your budget for next year. Most procedures range in the \$200 and up range. And a perfect Holiday Gift may just be a gift certificate for your loved one for one of these products or procedures.

Carol L. Clinton, MD  
www.timelesskinsolutions.com

## AESTHETIC MEDICINE

BlueLight for Acne

Botox® Cosmetic

Restylane®

Laser Facials

Chemical Peels

## Medical Strength Skin Care Line

Laser Therapy:

Skin Rejuvenation

Hair Removal

## Vein Treatment for Face, Legs

## Pigmentation concerns

Rosacea

Titan



timeless skin solutions

## Transform your skin for the holidays.

During the month of November, receive \$50 off a Restylane® treatment if you mention this ad.

Receive an additional \$25 off if book your appointment on Tuesday or Wednesday, November 7 & 8, during our special Restylane® days.

7196 Muirfield Drive, Dublin, Ohio 43017 (614) 799-5100  
980 N. High Street, Columbus, Ohio 43201 (614) 294-SKIN  
timelesskinsolutions.com



Carol L. Clinton, MD  
Allison B. Sterling, PA-C