

# Cosmetic Center Newsletter

## Winter 2012

DERMATOLOGY  
ASSOCIATES OF  
KINGSPORT  
COSMETIC CENTER

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Option 5

## Winter is Best for Laser Hair Removal

Few of us are thinking of swimsuit season with snow on the ground, but Winter is the perfect time to start getting ready for Summer. Laser hair removal is a great treatment for the underarms, legs and bikini area for permanent hair reduction. For most, the treatment requires several sessions spaced four to eight weeks apart. Since the laser is attracted to brown pigment, having *no tan* is an absolute must. For these reasons, Winter is the optimal time to have laser hair removal.

How does it work? The laser utilizes a specific wavelength of light that targets the pigment of the hair with minimal damage to the surrounding skin. The laser heats up the hair follicle, which causes delayed re-growth of the hair and in some cases permanent destruction of the hair follicle.

Who is a good candidate for laser hair removal? The ideal candidate for most hair removal lasers has dark hairs and light skin, because the laser light is attracted to dark pigment. For the same reason, dark or tan skin has a higher risk of becoming lighter in color after healing. In other words, the laser is non-selective and cannot differentiate between dark hair and dark skin.

Are there things I should do to get ready for the treatment?

Before the treatment, you should shave the area you want to have treated. Do not apply deodorant or antiperspirant. Never wax, bleach or use depilatory creams prior to



**Now is the time to get your legs ready for Summer!**

having laser hair removal.

Does it hurt?

You may feel a tingling or stinging sensation, and some areas of the body are more sensitive than others, but most people tolerate the procedure.

How many treatments will I need? Only hairs that are actively growing are affected by the laser, so at least three treatments are usually necessary. Again, treatments are

given at intervals of four to eight weeks.

Are the results permanent? Laser hair removal causes a sustained hair reduction, which typically lasts months to years. Some people will achieve long term hair removal, but most will require maintenance treatments.

What should I expect after the treatment? The treated area becomes slightly red and puffy, which subsides within a day or so. Bandages are not usually required. The treated hairs will generally fall out after two to four weeks.

Schedule your laser hair removal appointment before it is too late.

## Show Off Your Legs this Summer by Getting Rid of Spider Veins

We addressed unwanted hair, but what about unsightly spider veins? Spider veins cause many of us to cover up our legs in Summer. Sclerotherapy is an effective treatment for unsightly spider veins.

Spider veins are small blood vessels that are close to the skin's surface and appear red or blue. They are found com-

monly on legs and other areas of the body.

Sclerotherapy injections are the gold standard for treating spider veins on the legs. A very small needle is used to inject solution directly into the spider vein, which causes irritation of the lining of the blood vessel. The irritation causes the spider vein to stick

together. Over several weeks, the treated vein will turn into scar tissue and fade, becoming almost unnoticeable.

Winter is the ideal time to have sclerotherapy for several reasons. The treated veins will be darker and fade over several weeks, and bruising is a common side effect. Because of the darker color of treated

veins and bruising, most prefer to keep treated areas covered. Wearing medical grade compression stockings is required for a full week after treatment, very few like to wear stockings in Summer. Call us to schedule your sclerotherapy appointment soon before Summer is here.

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### Skin Like a Knight in Shining Armor



Just as a knight wears a suit of armor for protection, we should protect our skin. Dry skin is a common problem especially in winter. Eczema, dermatitis, psoriasis, and itching are all conditions that are worsened when the skin is dry. Several general measures

can be extremely helpful in treating and preventing dry skin.

- 1) Avoid contact with irritants including solvents, paints, gas, detergents, and soap. Use mild soap such as Dove unscented, Purpose, Tone, or other

soaps for dry/sensitive skin. NEVER use soap on irritated skin or rashes.

- 2) Avoid long hot showers or baths.
- 3) Use a moisturizer frequently, especially right after bathing when the skin is still moist, and again several times a day. In general, thicker/greasier moisturizers are much more effective. These include Vanicream\*, Cerave Cream\*, Avene Trixiera\*, Aquaphor, Eucerin, Curel, Vaseline Petroleum Jelly and others.
- 4) In severe cases, soaking in a tub with bath oil (like Avene Trixiera Emollient Bath\*) for 10-15 minutes followed by a moisturizer

may be necessary.

- 5) Keep your house cool. Overheated houses are one of the main reasons dry skin occurs most often in the winter. The less hot air circulates the better chance of keeping some humidity in the air. Increasing the humidity in your home with a humidifier will have a beneficial effect on your dry skin.

When the skin is inflamed, red, itchy, and scaly or if you have a chronic skin condition, cortisone ointments prescribed by a dermatologist may be necessary to relieve these symptoms.

Protect your skin like a knight in shining armor would.

\*Available at Cosmetic Center

### Special Promotions

One syringe of Juvederm Ultra XC or Juvederm Ultra Plus XC for \$400, normally \$450 and \$475.

Two syringes of Juvederm Ultra XC or Juvederm Ultra Plus XC for \$750, normally \$810 and \$855.

While Supplies Last!