



Healthy Skin

with Dr. William Griffin

Take time off the backs of your hands

*F*or many years I have been asked what to do for age spots on the backs of the hands. Until now, our choices were limited and my response was a combination of creams or freezing, both of which had their limitations. Freezing with liquid nitrogen would often remove the spot, but would leave a lighter ring around the brown spot, making a target-appearing area. Creams like hydroquinone supplemented with steroids and retinoids would fade the spots, but results were variable and took a long time. Today these spots can be removed with a new laser. Unlike other lasers that require a long recovery period, this IPL laser allows the patient to continue a normal routine with only mild crusting of the lesions. Usually the brown spots appear to get darker after the treatment then crust and in about 10 to 14 days they peel off and fresh new skin is revealed. This new skin is first pink, but rapidly blends into a normal shade. So now you can at least turn back the hands of time on the back of your hands.