



Tips for Skin Rejuvenation

As summer draws to a close, you may notice that your tan and summer glow are starting to fade and you're left with new brown marks, dull lifeless skin, broken blood vessels and maybe a new line or two. At Blair Plastic Surgery, Fall is for Skin Repair and Rejuvenation. Now's the time to reassess the damage done and commit to turning over a new leaf!

Dr. Fanny Louton, Medical Skin Care & Laser Director, can recommend a treatment program to correct your sun damage. "We provide a wide range of in-office procedures that offer minimum downtime and substantial improvement of these conditions." Dr Louton has been offering non-surgical rejuvenative products and procedures to Central Pennsylvania for 15 years. "We treat each patient individually, designing a home program specific to their concern, goal and budget." Brown discoloration or melasma can be targeted with daily prescriptive creams such as tretinoin and hydroquinone with improvement over 2-6 months. "This is an effective and cost conscious solution, but if quicker results are desired, or if you really overdid it, we can add peels, Intense Pulse Light Photofacials, or deeper laser procedures to achieve your goals."

Begin your rejuvenation process with these 5 easy tips.

(1) Start with a Clean Slate. After months of sun exposure, dead skin buildup can make you appear blotchy and uneven. Cleansers containing alpha hydroxy acid (AHA) or a mild scrub can help. For quicker results and deeper exfoliation, the doctor recommends a crystal-free microdermabrasion procedure. This gentle but effective treatment releases and suctions dead skin and helps stimulate regeneration. Mild or moderate chemical peels can take it a step further by addressing specific skin conditions such as oily acneic skin, rosacea, or thicker "leather-like" skin requiring a deeper peel. You'll be left with a smoother, more even, healthier complexion within days.

(2) Hydrate and Feed. Exposure to sun, chlorine, and salt water can dry the skin and inhibit its natural ability to repair itself. A moisturizer with AHAs or a facial serums with hyaluronic acid can plump up dry skin making it appear less dry, less wrinkled, and less parched. Daytime moisturizers rich with antioxidants can perform a dual hydrating and protective role while products containing vitamin C, peptides, growth factors and stem cells can be incorporated in your daily routine

to enhance collagen building and elevate anti-aging benefits. The SkinCeuticals antioxidant products, Vivite AHA intensive line, and our own branded formulations of peptides and growth factors are some of the cosmeceuticals that Blair Plastic Surgery's Skin Care Clinic uses when designing your home program.

(3) Lighten up. Too much sun exposure can cause blotchiness, brown to gray discoloration and freckles galore. The easiest and cheapest way to treat hyperpigmentation is to wear a daily sunscreen and use prescriptive creams with ingredients that exfoliate and inhibit melanin. The Obagi skin system for brown hyperpigmentation can provide results in as little as 10 to 12 weeks. Need something more aggressive or that provides quicker results? Ask Dr. Louton about a TCA chemical peel or the Week-End MicroLaser Peel.

(4) Find the right sunscreen. Judicious use of sunscreen, even through the winter months, is one of the keys to more youthful, radiant skin. Studies have also shown that daily use can reduce the number of actinic keratoses and may also decrease the long-term risk of skin cancer. By reducing UV exposure, you allow your skin time to heal and your immune system the chance to repair some existing damage. Dr. Louton recommends physical broad spectrum sunblocks containing Zinc Oxide and/or Titanium Dioxide with SPF of 30 or greater. "Sunscreen should be automatic, not an afterthought."

(5) Consider seeing "The Doctor." How you care for your skin every day can make all the difference. Who you choose to help you achieve your goals can be just as important. Call us to set up your Visia computerized skin analysis and consultation. During your visit, we can customize a regimen that will work best for you as well as recommend appropriate non-surgical solutions. And while more advanced laser resurfacing, Botox and fillers or even cosmetic surgery may not be your first choice, we offer you our expertise and the appropriate information you need to make an educated decision. Additionally, Dr. Robert Louton, Blair Plastic Surgery's board certified plastic surgeon, is available for cosmetic surgery consultations at both our Altoona and State College locations. He also offers sclerotherapy, Fat & Stem Cell transfer, and insurance covered excisions of cancerous skin lesions and moles. For more information call 814-949-7280 or visit [www. BlairPlasticSurgery.com](http://www.BlairPlasticSurgery.com).



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Fanny Louton, MD

*Patient must have a Skin Care Consult with Visia
within 2 years prior to treatment date in order to
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