

Webinar: Medical Aesthetics – Skincare in the Plastic Surgery Practice
Q&A Document – answered by Drs. Jennifer Linder and Robert A. Weiss

*Please see disclosure slide for ownership/consult information

- 1) Do u feel like peels are safe to perform in South Florida year-round?
 - Dr. Linder: Superficial chemical peels are absolutely safe year-round, but I recommend that patients not exercise and avoid direct sun exposure for 48 hours.
- 2) In terms of blended peels, how do you know what to blend together and percentages? Were they purchased to be mixed on premises? *
 - Dr. Linder: I have been using PCA Skin’s superficial and medium depth peels for about 6 years. They have a combination of blends for all skin types and conditions that work well and are very inexpensive (a few dollars a peel). I like knowing that the blends are stable and will be consistent every time. The percentage of TCA varies from 6% to 20% and it is blended with lactic acid as well additional pigment controlling and hydrating ingredients so you get a better patient experience as well as a better outcome with fewer side effects then if you use straight TCA at the same percentages. There are also a variety of jessner’s based blends and salicylic acid peels. (<http://www.pcaskin.com/>)
- 3) Do you believe that a hyaluronic acid topical serum is just as, if not more important than a moisturizer?
 - Dr. Linder: I like hyaluronic acid serums as they provide a great deal of hydration but as with moisturizers the HA stays in the upper layers of the skin and acts as a humectants to draw water into the skin. The HA does not penetrate into the deep dermis. Essentially you can think of HA serums as more focused hydrators for patients with dry skin. Depending on the product you might still need a moisturizer on top for more occlusion to trap water in the skin as well if the patient is very dry. There are numerous well designed moisturizers that are available from physician dispensed lines that could provide appropriate hydration for patient needs.
- 4) What retinols do you recommend? *
 - Dr. Linder: PCA Skin’s Retinol Renewal. I also recommend generic Tretinoin (retinoic acid) 0.025%
 - Dr. Weiss: Avene, Biopelle.
- 5) What's the best ingredient to treat acne during pregnancy?
 - Dr. Linder: azelaic acid (Rx: Finecea) with a BPO cleanser.
 - Dr. Weiss: Benzoyl peroxide and topical erythromycin.

- 6) Is there a time limit that you can keep patients on hydroquinones?
- Dr. Linder: Indefinitely at 2%. I do not recommend triple products that contain steroids as I feel they trigger telangiectasias over time.
 - Dr. Weiss: Agreed, if unadulterated, can keep on 2% long term, providing no inflammatory response.
- 7) How many treatments do you tend to do before you see results for pigmentation?
- Dr. Linder: Sometimes as little as one peel but I usually recommend a series of 4 to 6 superficial peels administered about once a month.
 - Dr. Weiss: With low energy IPL – 3 to 4, with fractional – 2 to 3.
- 8) Which laser do you use for dermal pigmentation? *
- Dr. Linder: I do not recommend IPL or q-switched lasers for Melasma as they can make it significantly worse – I believe fractionated works best. I also recommend chemical peels.
 - Dr. Weiss: Fractional 1540nm, fractional 1927nm
- 9) What topicals do you use to enhance your POST laser result? *
- Dr. Linder: I recommend the physical sunscreens with a preference for micronized Zinc as it is a natural anti-inflammatory. I also recommend anti-oxidant serums
 - Dr. Weiss: Growth factors (see products we sell to patients at <http://products.mdlsv.com/>), antioxidants (Revaleskin) & stabilized avobenzone sunscreens (Neutrogena products with Helioplex ie, DryTouch,, L’Oreal products with mexoryl (Anti - Helios)
- 10) Do the panelists have any experience with plasma treatments (formerly Rhytec/Portrait)
- Dr. Weiss: Analogous to full ablative resurfacing, replaced by fractional.
- 11) Do you recommend 2 platforms like Nd (Neodimium) and Eb/yag on the same device? *
- Dr. Weiss: The multi head device that we use is Palomar StarLux (IPL, non-ablative and ablative fractional), all others in our office are dedicated units but we have a practice with 5 providers.