

# Your Skinfoformation

**Q** *My 16 year old son breaks out constantly on his face. His dermatologist prescribed antibiotic pills which did help, but I don't like for my kids to take medications unless they really have to. I've heard that there are acne treatments that are not medications; can you tell me more about that?*

**A** Thanks to advances in medical technology, there are a growing number of ways to help acne without taking pills. For instance, the Spectra laser is an FDA-approved treatment for acne that is very popular because it works well, is not painful, and has no visible healing. Treatments such as microdermabrasion and photodynamic therapy, also known as PDT, or Blue Light Therapy, are other options. No matter what treatments our patients choose, we always recommend that they also use acne creams and follow an anti-inflammatory diet to get the best results.

**Q** *I'd like to have prettier looking skin, but I am a working mom who just can't seem to find the time to put creams on my face. I also don't have the time to be at home healing from chemical peels or laser treatments. What can I do?*

**A** In today's busy world, we all want treatments that are quick and easy. The Spectra Peel rejuvenates your skin by using a gentle laser to remove a layer thinner than a sheet of paper, so that you can return to your normal schedule immediately. It exfoliates your skin to make it glow, as well as helping fine lines. Intense Pulsed Light and microdermabrasion are also nice choices for an on-the-go lifestyle.

**Q** *I'm pretty happy with my skin, but the one thing that I don't like are my pores the size of the Grand Canyon. I've tried just about every pore cream, but nothing has worked. Is there anything that really helps?*

**A** This is one of the most common problems our patients ask us about, and also one of the most challenging to treat. There are many treatments that can make pores less noticeable, by plumping or tightening the skin. One of our favorites is the Spectra Peel, which targets laser energy at the pores and has no visible healing. There are other helpful treatments, such as the CoolTouch CT3™ laser, ActiveFx laser, Thermage®, and microneedling. For instant help, we like Colorescience's Line Tamer, a light and silky product that makes both pores and fine lines less visible.



Colorescience  
Line Tamer \$45

Email your questions to:  
[skinexperts@skinspectrum.com](mailto:skinexperts@skinspectrum.com)



Jody Comstock, M.D.



Tina Pai, M.D.



**SKIN**  
Spectrum

the art & science of dermatology

SKIN Spectrum 520.797.8885  
6127 N. La Cholla Blvd., Suite 101  
[www.skinspectrum.com](http://www.skinspectrum.com)