

Your Skinfoformation

Q *On TV the other day, I saw a doctor talking about a treatment that freezes away fat from the tummy. It seemed very simple, and I wonder if it really works?*

A The treatment that you saw is called "CoolSculpting™," and yes, it really works. It uses advanced, FDA-approved technology which destroys fat cells by freezing them, but doesn't damage the skin. The treatment is done in the office and takes about an hour, is completely noninvasive, and there is no healing time. Two or three treatments are typically done to get the best results.

Q *I am 64 years old, grew up in Tucson riding horses and hiking, and I think now I look tired and older than I really am. What kind of cream would be the best for helping my skin?*

A Heavy sun damage makes the skin leathery and rough, with deep wrinkles, brown spots, spider veins, and sagging, not to mention skin cancer. Creams are important for everyone, but for this type of skin, the most helpful treatment is laser resurfacing, which removes the old damaged skin, allowing it to heal in healthy, smoother, tighter, and even. We do this treatment using the ActiveFx laser, and there is about a week of healing afterwards.

Q *My friend told me that she went to her dermatologist for a big pimple on her face, and he injected it with medicine and it went away. I've never heard of this treatment; can you tell me about it?*

A Those big blemishes seem to know just when to show up, don't they?--right before your wedding, prom, interview, or big presentation. The treatment your friend had was a little shot of cortisone into the pimple, and it is absolutely the best way to quickly shrink a red pimple. You can expect to see improvement in just 24-48 hours.

Email your questions to:
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