

Your Skinformation

Q *I went to see a doctor to have Botox for my frown lines. After looking at me, he told me I also need laser treatment, dermal fillers, and a variety of skin creams. I don't want to have a bunch of unnecessary procedures. Do you think I should look for another doctor?*

A This is a common situation. Think of wearing a beautiful dress with sneakers, no makeup, and messy hair. One piece is good, but the overall effect falls short. Similarly, most of us need a combination of procedures to realize our best results. It is said that your doctor should be fluent in "Combineese," the language of combination treatment. If you are hesitant, your doctor can also help you prioritize which procedures will make the biggest difference for you.

Q *My friend had the CoolSculpting treatment done to slim down her love handles, it looks good, and now I want to have it done too! She said it took two hours for her treatment---1 hour for each side---and I am wondering why not treat both sides simultaneously?*

A Medically, there is no reason not to treat both sides at the same time. The CoolSculpting machine is designed to treat one bulge at a time. However, with the overwhelming successful results of the CoolSculpting technology we have added another CoolSculpting machine. Skin Spectrum can now treat two areas at the same time, cutting your procedure time in half.

Q *I stayed in a hotel recently and I think I may have been bitten by bedbugs! How would I know if that's the case?*

A There has been a resurgence of bedbugs in the last few years, in part because they have become resistant to pesticides. The bites occur at night and are itchy bumps on areas of the body not covered by clothing, such as the face and arms. You may see the critters if you lift up the mattress or look in mattress seams. On the bright side, there is no known case of disease being spread by bedbugs.

Email your questions to:
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