

# Your Skinfoformation

**Q** *I took a bad fall and got several cuts and scrapes on my face. They have healed, but they left scars that I am self-conscious about. Are there treatments that help?*

**A** Most scars, whether from injury, surgery, or acne, can be made less noticeable with the right treatments. We usually recommend a combination of lasers, microneedling, cortisone, dermal fillers, Retin-A type creams, and bleaching cream to make the color and texture of the scars more like your normal skin. Sunlight makes scars worse, so always wear a good sunscreen on them and try to keep them out of the sun.



MTS Roller \$150



Atralin (Rx only) \$172

**Q** *I really want to do some kind of treatment to make myself look better. My husband thinks it's a bad idea because he doesn't want my face to look fake or frozen. I don't want to look like that either, but isn't there anything that looks natural?*

**A** "You did something new with your hair." "You got a good night's sleep." "You took a relaxing vacation." - These are the reactions that our patients get after having cosmetic procedures. Friends will notice that you look refreshed, but they will not know that you had Intense Pulsed Light treatment, Botox®, fillers, or Sculptra™. The goal is to look natural--simply a better, rested version of yourself.

**Q** *My skin has gotten incredibly dry. I use a very rich moisturizer, but my skin still feels rough and flaky all the time. Any suggestions?*

**A** Most of us have some dry skin issues because of living in the desert. However, if you have suddenly developed dry skin, see your doctor to make sure that you don't have a thyroid problem. Most often when someone has stubborn dry skin, it is the result of sun damage that has happened over a lifetime. No matter how much lotion you apply, the skin never feels soft and supple. The key here is not to moisturize, but to exfoliate and repair sun damage--Diamond Peel, Intense Pulsed Light, the Clarisonic brush, Retin-A, and glycolic acids all help to reveal your smooth, healthy skin.



Dr. Elaine's  
Perfecting Hand &  
Body Moisturizer  
\$26

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)