

# Your Skinfoformation

**Q** *My daughter is headed off to college and I want to make sure she has everything she needs to take good care of her skin. She has some acne, and she won't be able to see a dermatologist while she's at school. What do you recommend?*

**A** The stress of school, being away from home, eating different food, and adjusting to a new climate---it's no surprise that acne can flare up! **If your daughter is using acne medications, make sure that she has enough to last until she comes home.** Our acne patients love the Clarisonic MIA, a travel-sized brush which gently cleanses and exfoliates the skin. **Remind her not to eat too many starchy or sweet foods, and to take a fish oil supplement. Lastly, she should wear sunscreen daily (even in the winter), and use an oil-free moisturizer as needed.**



Clarisonic MIA  
\$149



SkinCeuticals  
Clarifying  
cleanser  
\$30



Colorescience  
Problem Skin  
Primer \$50



Elta MD  
UV Clear  
\$29

**Q** *I am 60 years old and my best friend talked me into getting Botox® for my frown lines. Well, it works great for her but it just didn't work for me. Can you tell me why?*

**A** Usually when someone has Botox® treatment for their frown lines and doesn't see a nice improvement, it is because they have deep creases that have been there for a long time. Botox® relaxes the frown movement and is a great long-term strategy, but it doesn't erase longstanding creases right away. **For someone with deep lines, we recommend injecting them with a filler such as Restylane® or Juvederm™ for immediate improvement, in addition to using Botox®.**

**Q** *I have little goosebumps on my upper arms that never go away, and sometimes they look red, so that I don't like to wear sleeveless tops. Can I do something about them?*

**A** You have a very common condition called keratosis pilaris (KP for short). It is harmless, but people often don't like the way that it looks or feels. Exfoliating treatments such as the in-office Diamond Peel microdermabrasion or using the Clarisonic brush at home help to smooth the rough bumps. **The most effective way to reduce the redness is with a laser-type treatment such as the IPL or VBeam, which are noninvasive and have minimum healing.**



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