

# Your Skinformation

**Q** *My problem is that I have a weak chin. I have considered getting a chin implant, but I don't have the time to recuperate from surgery. Are there any other options?*

**A** The chin plays an important role in the balance and proportion of the face. A chin that is too small makes the nose appear larger, and also makes the neck and jawline look lax. **We can build up a chin in minutes without surgery** by injecting a filler such as Perlane® or Juvederm® Ultra Plus, and there is little or no visible healing afterwards.

**Q** *Our family is spending a lot of time at the lake this summer. I have the kids wear a T-shirt over their swimsuits, but they have actually gotten sunburned right through the shirt! What else can I try?*

**A** It's true that clothing often doesn't provide much sun protection. A white T-shirt gives about the same protection as a sunscreen with an SPF of only 7; if the shirt is wet, the protection is almost zero. **We recommend wearing a rash guard or swim shirt**, which gives much better protection and doesn't need to be reapplied like sunscreen does. **We also love a product called Sun Guard**, which boosts the sun protection of ordinary clothing after it is washed with your clothes in a normal washing machine cycle.



Sun Guard  
Sugg. Ret.  
\$20 - 6 packets

**Q** *The skin on my arms is very crepey. I am avoiding sleeveless tops this summer because they look so bad. What can I do for this?*

**A** First, use a body lotion that contains alpha-hydroxy acid, which smoothes the skin by stimulating collagen in addition to moisturizing. Always cover up your arms or apply sunscreen when you are outdoors. **Treatments such as the IPL laser, Thermage®, Coolsculpting or ViPeel make the skin smoother and healthier-looking.**



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

Email your questions to:  
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