

Sand Away Sun Damage

Microdermabrasion was created to abrade and remove the skin's dead, outer layers. Used alone in a series of sessions, it can help to smooth coarseness and signs of premature aging caused by ultraviolet rays. "Microdermabrasion is a great way to improve skin texture, reduce fine lines and maintain good skin texture," says Daniela Dadurian, MD, founder, MD Beauty Labs, West Palm Beach, Florida. "For fine lines, we perform four microderm services spaced two weeks apart and then move the patient to a once-a-month, preventive care schedule."

Dadurian recently traded in her traditional crystal microdermabrasion equipment for the Sapphire Abrasive System from Raja Medical, which combines crystal-free, diamond tip technology with both blue and red light. "All three technologies are used simultaneously; it takes about 45 minutes to an hour to perform each service," she says.

Conversely, Judith Hellman, MD, Big Apple Skin Dermatology, New York City, assistant clinical professor, Mount Sinai Medical Center, has chosen to stick with her well-proven crystal system from Synergie by Dynatronics. She uses the device as frequently as once a week to reduce signs of sun damage. "I find this equipment to be just as effective as the newer crystal-free technologies," she says. "A lot of clients with sun damage have very coarse skin and some premature wrinkling. Particle microdermabrasion reduces the coarseness of the skin, and reduces and prevents fine lines and wrinkles."

Tackling Discoloration

Clients complain about brown spots or freckles which, of course, are hyperpigmented areas caused by overexposure to UV rays. Evening out skin tone and discoloration often requires a multifaceted approach that starts with clearing the slate and getting to the root of the problem. "Once the skin is exfoli-

ated and hydrated you get a much better view of the extent of the hyperpigmentation," says Amy B. Lewis, MD, New York City, assistant clinical professor of dermatology, Yale School of Medicine. Lewis uses the DermaSweep crystal-free system with infusions from CosMedic R&D to achieve these goals. "The DermaSweep allows you to add an infusion that comes through the tubing as you exfoliate," she says. "One of the options is a hydration infusion that I use for clients who have severely dehydrated skin."

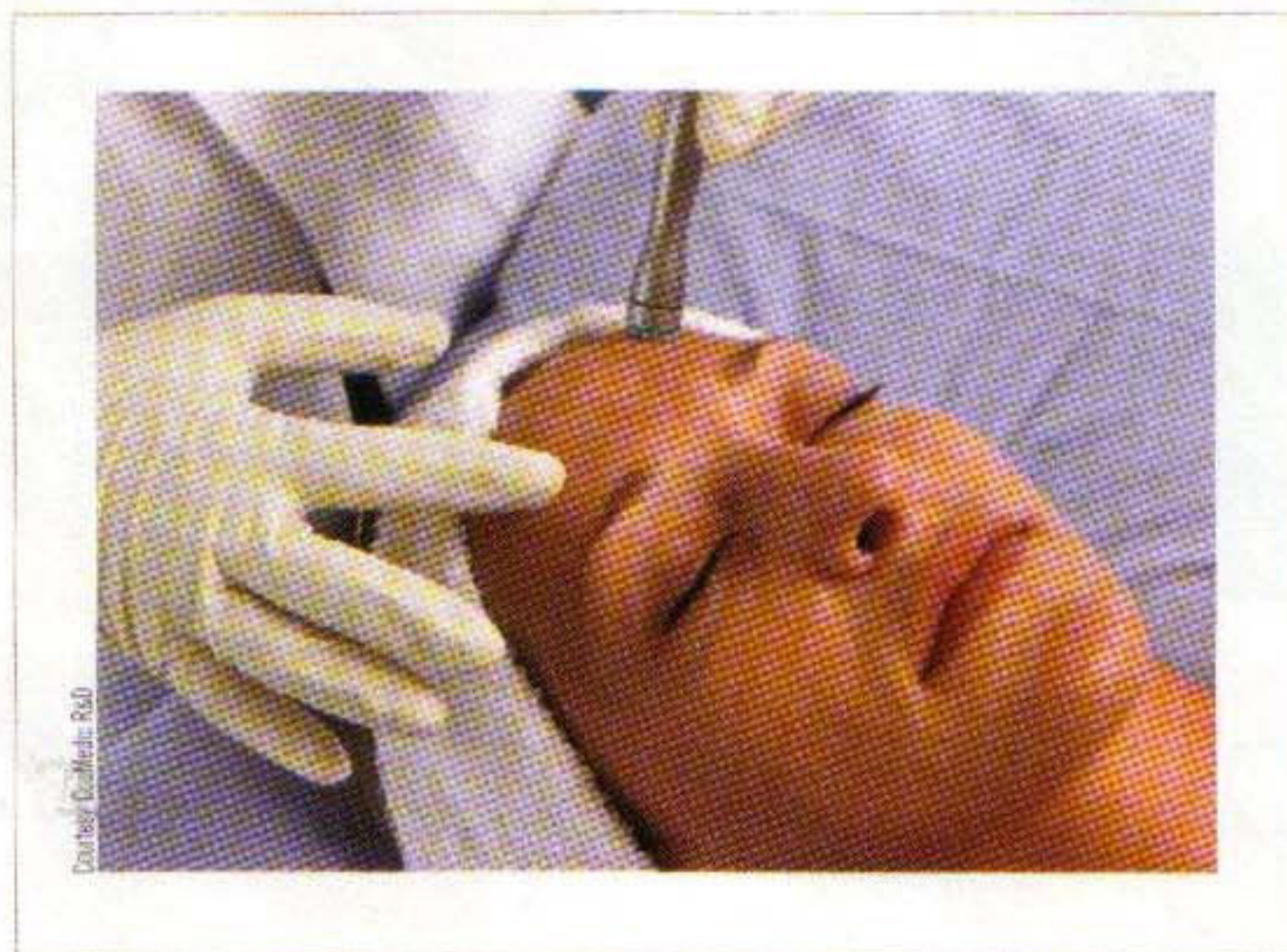
Laser and light-based therapies are often used to lighten hyperpigmentation. If your practice doesn't encompass these technologies, or if these services fall outside of your client's budget, a combination

of microderm, topical lightening agents and mild chemical peels can offer dramatic results. "Microdermabrasion absolutely helps with the penetration of topicals and chemical peels," says Lyn Ross, president, Institut DERMed, Atlanta.

"If I have a client who's not having success with her topical treatments, and her skin looks a little

bit coarse and rough, I recommend a series of microdermabrasion services in an attempt to improve the efficacy of the topical treatment. And usually it works," says Dr. Lewis. "The spacing of the sessions is geared toward the individual patient. I definitely want her to get over any irritation from the previous microderm before she has a second service." Dr. Lewis spaces the microderm services at least one to two weeks apart, "but some clients simply can't come in that often, whether due to finances or time constraints," she says. "In these cases, I recommend monthly microdermabrasion; it's easy to schedule and it provides gradual improvement."

Dr. Hellman offers weekly microdermabrasion in conjunction with home-care hydroquinone or kojic acid topicals. "With this combination, we're really able to lighten up the skin," she says.



▲ The DermaSweep from CosMedic R&D is a crystal-free system that allows the addition of hydration and other infusions during microdermabrasion sessions.