

# Ask

## THE PROVIDERS



### ● ELISE WILCOX, PA-C

#### Q I have spider veins. What treatments do you offer?

A You are not alone. Millions of women are bothered by spider veins—those small yet unsightly clusters of red, blue, or purple veins that commonly appear on the thighs, calves and ankles. According to the American Society of Plastic Surgeons (ASPS), it is estimated that at least half of the adult female population is plagued with this common cosmetic problem. A number of factors may contribute to the development of spider veins, including heredity, pregnancy (and other events that cause hormonal shifts), weight gain, the use of certain medications, and occupations or activities that require prolonged sitting or standing.

Gateway Aesthetic Institute offers injection treatment (sclerotherapy) for the veins, with a safe sclerosing detergent that causes the veins to collapse and fade from view. For those with needle-phobia, we also offer laser treatments. Both procedures work great and may also remedy other bothersome symptoms that can be associated with spider veins, such as aching, burning, itching, and swelling. The procedure is done in our clinic, takes about 45 minutes and there is no downtime. Your legs will need some time to heal before they look better, so call for an appointment right away. Then unpack all those cute shorts, skirts and capris—just in time for nice weather!

● **INNA PROKOPENKO, R.N.**

**Q Is there an easy way to treat crow's feet?**

**A** Crow's feet and other fine lines around the eyes are common, but they are easily solved by a variety of treatments. Treatments of Botox, Dysport, or dermal fillers can provide results quickly and with minimal downtime; procedures such as a laser peel can provide extensive results with only a week or so of downtime.

● **DONNA FISCHER, M.D.**

**Q Can you explain the difference between skin tightening treatments and a facelift?**

**A** Both skin tightening and facelift procedures keep your facial skin from sagging. Skin tightening works over time and uses specifically designed lasers that treat the deeper dermis of the skin without breaking it. With facelift surgery, a physician actually detaches the skin from the muscle and tissue to pull it tighter. Then, as healing progresses, the skin and tissues re-bond in the new tightened position.

These procedures take very different approaches to help you achieve a youthful firmness to your skin. Skin tightening procedures are generally best for early prevention. Think of them as maintenance of the skin's elasticity. If started early, before wrinkles become problematic, laser tightening procedures should have you looking great when gravity starts to take control. The added bonus is that laser skin tightening treatments can be complimented with Botox, Dysport and fillers to achieve an even better result.

On the other hand, facelifts offer dramatic results for patients who already find themselves in a free fall. Remember, however, that facelifts are major surgical procedures requiring down time. The results generally last two to five years, after which additional lifts may be required.

● **MARK B. TAYLOR, M.D.**

**Q I was told my birthmark is difficult to treat. Can you help?**

**A** While birthmarks have typically been difficult to effectively treat, new techniques with advanced lasers have increased improvement and reduced the number of needed treatment sessions—even for the most stubborn birthmarks.

More than 80 percent of people are born with some kind of birthmark. Although some fade, many remain—and for most people, a birthmark, whether big or small, can cause self-consciousness. In addition, although the majority of birthmarks are benign, some may be associated with certain disorders.

Whether you would like birthmark treatment for medical reasons, cosmetic reasons, or both, numerous different treatments are available for all types of birthmarks including port wine stains, hemangiomas and more. (Fractional ND:YAG laser treatment is a new method of treatment for resistant port wine stains.)

● **ELISE WILCOX, PA-C**

**Q I have rosacea. How do I treat this skin condition?**

**A** The treatment of rosacea varies, depending on the severity and the subtypes. Oral and topical antibiotics are often prescribed, which may help with some of the redness and the acne-like breakouts. Redness from tiny blood vessels can be treated with lasers and another light treatment called intense pulsed light (IPL). (M2 Mandelic or malic acid products are also helpful.) There is no cure for rosacea, but with treatment, most people can control their symptoms and keep the disease from getting worse.