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SURGERIES, SUNBURNS, AND SCARS

Sunseekers beware: These procedures require that you stay out of the sun.

BY BROOKE KLAIMAN

IT'S TIME FOR YOUR LASER TREATMENT, BODY CONTOURING procedure, or the facelift you've always dreamed of. Before procedure day, you go for a consultation at which your surgeon lays down the ground rules, the crucial piece being: Stay out of the sun. But how exactly do you do that when the sun's ultraviolet rays are ever present, you wonder?

Whether you are driving or walking in for your consultation, you are susceptible to the strength of the sun and its effects on your skin. What procedures require you to avoid the sun before and after? Why? What happens if you don't stay out of the sun?

Here, our Haute Beauty experts give the lowdown on what's fact, fiction, and just plain wrong as you continue your quest for beautiful, blemish-free skin.

REANA MYERS, CAREAGA PLASTIC SURGERY | BODY | MIAMI/FORT LAUDERDALE

One of the most frequent questions that I get from patients is whether they can get sun exposure after their nonsurgical procedures. When it comes to injectables, sun exposure is not contraindicated unless you have significant bruising and so patients are always advised to wear sunscreen. However, when it comes to any procedure that involves skin resurfacing or retexturing, it is important to note that while these are considered nonsurgical procedures, they require that the patient avoid the sun before

and after treatment. Some examples of these treatments are all lasers, such as IPL, fractional and CO2, micro-needling, and PRP treatments.

DR. ROBERT VITOLO | BREAST | NEW YORK

It's not really about staying out of the sun. It's about getting a sunburn. Staying out of the sun is not necessary for everyone. And the reason we say stay out of the sun is that most people do not know how to use sunblock properly. The only procedure that requires sun blockage is a laser ablation, where we resurface the skin using a laser that removes the top layer of your skin and creates a scab. After a week, the scab comes off and under the scab is a new skin. You do not want to expose the new pink skin to the sun until your skin color returns to normal. The new skin is pink because all the dead skin was removed and now it's the equivalent of brand-new baby skin, but it's pink.

The skin contains melanocyte cells that contain the pigment melanin. When the pigment cells are exposed to the sun it stimulates melanocytes, which then causes the skin to develop excess color thus turning the skin tan to brown. To prevent this from occurring, patients need a sunblock with an SPF of 50 or higher, it is also recommended to wear a large brim hat, sunglasses, and sunscreen (even at home) after a facial laserabrasion.

DR. BRIAN K. MACHIDA | FACE | LOS ANGELES

It's important to stay out of the sun before and after fractional CO2 laser resurfacing due to the risk of pigment change after surgery. Plus, we usually prescribe a bleaching cream prior to surgery so sun exposure should be avoided while getting this pre-op treatment.

DR. KIRAN GILL | BODY | NAPLES

I tell my patients to avoid the sun after any facial surgery I perform that involves exposed skin, including the face, eyes, and neck areas, because sun/UV exposure can affect healing, recovery, and results. It's also a good rule of thumb to avoid exposure before surgery to maintain skin integrity, which is needed to support the healing process. Part of the recovery conversation I have with patients is that some inflammation is normal after surgery, but sun exposure can make it more pronounced, resulting in excess swelling, bruising, and a longer healing time. Sun exposure can also increase melanin production in the incision lines, making scars more visible.

DR. OLIVER CHANG | BRAZILIAN BUTT LIFT | MIAMI/FORT LAUDERDALE

For the most part, staying out of the sun before and after surgery is a standard. This, of course, varies from surgeon preference, procedure type, body location, and whatever else the sun can potentially do to hinder the overall procedure. For my patients, preoperative sun exposure usually is limited weeks prior to prevent any sunburn to the area of surgery as well as to help maintain well-hydrated skin for better postoperative healing and overall hydration status, especially for body contouring procedures.

Postoperatively, sun exposure should be limited due to swelling, bruising, and tanning of any of these areas from surgery, which could potentially lead to permanent darkening. I advise my patients to avoid direct sun exposure to any scar or incision for up to a year postoperatively to achieve the maximum scar quality, making the scar as light and faint as possible. Always wear sunscreen/sunblock throughout the body, stay well hydrated and properly cover all surgical sites postoperatively to stay safe and achieve the best results.

DR. JEFFREY LEE | BREAST AUGMENTATION | BOSTON

Laser resurfacing is the one procedure that I require patients to be out of the sun before and after. Sun exposure can cause your skin to increase its pigment production, which can lead to post-inflammatory hyperpigmentation in treated areas. While scars can be 100% protected from UV rays, larger treated areas like the whole face and neck cannot. Sunscreen is good but not good enough, so I generally recommend being out of the sun completely for two weeks prior to and four weeks after an aggressive laser resurfacing procedure. Surgical scars are equally important to keep out of the sun and my recommendation is to always double cover. This means, underwear and shirt/pants, or bathing suit and Band-Aid/tape. This ensures that 100% of the UV rays are blocked and that the scar will not darken.

DR. DAISY AYIM | BODY | HOUSTON

Summer is fast approaching, and clients want to enjoy the beautiful weather. However, we advise anyone that chooses to have a chemical peel or morpheus8 radiofrequency microneedling in our practice to stay

away from the sun. This is so important to avoid skin damage since both procedures alter the skin layer to improve appearance, texture, and color. Furthermore, this makes the skin vulnerable to sun rays even with sunscreen usage that may lead to complications from sun exposure such as skin burn, scarring, and photoaging.

NATALIE HASSELL, DR. SAMUEL LIN | NOSE | BOSTON

Before a procedure or surgery, it is especially important to limit sun exposure and use sun protection to avoid burning, irritating, or inflaming the skin. The length and importance of sun avoidance after a procedure vary. For some in-office procedures, such as chemical peels or laser hair removal, sun avoidance is recommended for the first days/weeks after treatment when your skin may be extra-sensitive. It is also best to avoid sun exposure before laser hair removal, as it is most effective on untanned skin.

Injectables like Botox or fillers generally do not require sun avoidance, but may be advised to help limit any swelling. Staying out of the sun is important for optimal healing and avoiding skin pigment changes after any surgery that results in scars that may be exposed to sunlight.

DR. SACHIN SHRIDHARANI | BODY | NEW YORK

Procedures that create vulnerability in a temporary capacity to the skin requires individuals to avoid sunlight. These noninvasive procedures include but are not limited to lasers treatments, chemical peels, and aggressive micro-needling and energy-based treatments. For almost any surgery, it is important to avoid sunlight to the affected area post-surgery. Scar tissue is fragile, and its healing process and the remodeling phase of wound healing can take up to one year. Disruption due to sunburn or overexposed sunlight leads to hyperpigmentation and can impair the wound healing process.

In aesthetic plastic surgery, we see a seasonality with several different procedures. We joke that summer bodies are made in the winter... at LUXURGERY! For my patients receiving facelifts or blepharoplasty (eyelid surgery), it is paramount to use aggressive amounts of sunblock if they intend on being exposed to the sun even two to three months after surgery in order to avoid the scar becoming reddened or more visible. Like everything in life... moderation is key even when soaking up vitamin D.

DR. RALPH GARRAMONE | BODY | FORT MYERS

The facelift, necklift, and CO2 laser are procedures that I ask patients to stay out of the sun both before and after surgery. The effects of any facial surgery are considered permanent but that doesn't mean that new skin damage cannot occur.

One way that patients can protect facial skin is by avoiding sun exposure, it is important to keep the skin protected from sun damage. What many people do not know is that sun exposure can interfere with healing and increase the risk of complications after a surgical procedure.

I do recommend staying out of the sun completely during the first week of a facelift and necklift recovery. After the first week of recovery, patients are asked to avoid sun exposure as much as possible. It is especially important to protect the skin around incision sites. Areas where surgical incisions have been made should be kept out of the sun for the first year following facelift surgery.



BOTOX & FILLER FAST FACTS

BY RACHEL DUKE

I HAVE WRINKLES. BOTOX. I WANT MY LIPS TO BE MORE DEFINED. Fillers. I don't like the fine lines by my eyes. Botox. I want to enhance the shallow contours of my face. Fillers. All customary uses of Botox and fillers, but is that all? As the gold standard of treatments in the world of aesthetic injections, there is a handful of uses that are misconstrued or simply unknown to the end-user. To get an overall scope on the benefits of both Botox and fillers, Haute Beauty expert Rachel Duke provides the fast facts.

BOTOX FAST FACTS

Botox is a purified protein.

Botox is a protein complex that is used to temporally relax muscles. It is derived from a neurotoxin produced by the bacterium Clostridium botulinum called botulinum toxin. Botox is a brand name. There are four different types marketed under different names that have all been approved by the Food and Drug Administration (FDA): Botox, Xeomen and Jeuveau, and Dysport. The brand Botox is approved for use in 95 countries and has been the subject of more than 4,700 published studies, which makes it the most researched and one of the safest drugs available.

Botox is not just for wrinkles.

It is FDA approved for three uses cosmetically and 12 uses medically. It can be used between the eyes, the forehead, and around the eyes. It is also

common to be injected in the lower face and neck for improvement in wrinkles and skin texture. Medical uses included neck spasms, excessive sweating, overactive bladder, lazy eye, and migraines treatments. It's been called "the drug that treats everything."

Botox has been shown to treat depression.

Several studies show that depression was reported less with patients who were treated with Botox. Our emotions tend to be reflected in our facial expressions. So when we relax the facial muscles this connection is disrupted, showing no facial expressions of sadness or frowning. More recent research suggests that Botox can affect feedback from facial muscles to the brain that can alleviate negative emotions.

Botox treats muscles not skin.

Botox injections target muscles, not wrinkles. When injecting Botox your provider is visualizing the muscles under your skin and how the muscle movements cause wrinkles to develop. For example, consider what happens if you crinkle or fold a piece of paper, folds and creases develop and cause wrinkles just like they do in normal muscle movements, especially in the upper face. So Botox can also have a preventive effect by relaxing muscle movements; it also keeps the wrinkles from getting worst or forming in the first place.



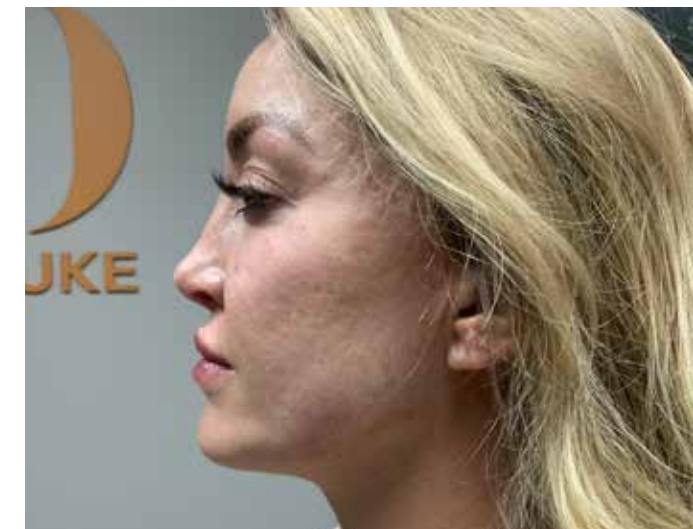
Before Botox & filler



After Botox & filler



Before filler in chin and jawline



After filler in chin and jawline

FILLER FAST FACTS

Fillers will not make your face look fat.

Fillers can actually narrow and contour the face. There is a myth that fillers can make the face look fat or fuller. Yes, we are adding volume; one syringe of filler is only 1/2 of a teaspoon. So even though several syringes may be added during a treatment the total volume is small. It's all about precise placement. When placed appropriately by a skilled injector, fillers can be used to contour the cheeks and jawline. Minimizing the appearance of jowls and thinning the face.

Not all fillers are created equal.

There are a slew of injectable fillers on the market. The most commonly used ones are hyaluronic acid. They are available as different-size molecules with different thickness and cohesivity or stickiness. Because of this the best fillers will be chosen by your provider depending on desired goals, needs, and outcomes. Certain fillers provide better volume replacement while others can provide a beautiful plump lip or can even soften fine lines, for instance.

Fillers can stimulate collagen and fat.

Renuva is an injection that, over time, is replaced with your body's own fat. This is a great option for patients who have suffered age-related volume loss or need significant volume replacement. Sculptra and Radiesse are both injectables that stimulate collagen production. The results with these products happen over time, so while you don't get the instant gratification you do with hyaluronic acid fillers, you do achieve longer results.

Filler placement will change as you age.

More youthful patients usually desire fillers for contouring and definition. At this time in life, fillers are used to help correct early signs of aging such as fat loss in cheeks or the early signs of nasolabial folds. More youthful patients may also desire a sharper contour to the face known as a "snatched" jawline or lip augmentation. When you become more mature, fillers can help add age-related volume loss. Not only will you require cheek fillers, but you may also need fillers in the temples and lower face for nasolabial folds and marionette lines. Filler placement can also help improve fine lines around the mouth and deflation in the lips. ■

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