

Skin Fitness

Exfoliate - Resurface - Protect

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Three Steps to Skin Fitness

- **Exfoliate**
 - Fruit or Glycolic wash
 - Clarisonic brush
 - Mud or Papaya masks
- **Resurface and regenerate**
 - Increase collagen production
 - Topicals, peels, fillers, lasers
- **Protect**
 - Sunblock: Zinc Powder



Indications for Skin Fitness



- Very effective when used daily
- Paired with Botox and/or Fillers
- Excellent preparation for IPL or fractionated CO2 laser
- Post-operative facial rejuvenation surgery

Skin Products Do Work

The Core Non-Prescriptives

- Glycolic wash
- Clarisonic brush
- Vitamins C and E
- Hyaluronic acid
- Physical sunblock

The Core Prescriptives

- Retin-A (0.05% and 0.1%)
- Hydroquinone (4%)
- Hydrocortisone (2.5%)

Glycolic Wash

- Glycolic acid for daily exfoliation
- Indications:
 - Daily exfoliation
 - Anti-aging
 - Acne prevention
 - Pre- and post-procedure regimen

Glycolic Wash

- Apply to dry skin for 30 seconds, rinse use clarisonic brush
- May experience dryness, redness, light flaking, and possible scabbing
- **Caution:** not for people with red skin (e.g. rosacea)

Clarisonic Brush

- Uses a sonic frequency of more than 300 movements per second
- Indications:
 - Loosens dirt and oil
 - Eliminates pollution
 - Cleans pores
 - Removes make-up

Clarisonic Brush



- Works with any non-abrasive cleanser
- Use for 60 seconds everyday
- Cleans more than twice as effective as manual cleansing
- Waterproof and rechargeable



Vitamins: C and E

- Indications:
 - Anti-aging
 - Anti-inflammatory
 - Reduces fine lines and wrinkles
 - Protects and inhibits DNA damage

Topical Hyaluronic Acid

- Indications:
 - Smooths wrinkles
 - Moisturizes skin
 - Anti-aging
- Apply topically
- Inject subdermally (fillers)



Sunblock

- SPF 30 refers only to UVB (the burning rays – need to also have broad UVA coverage)
- Apply on a daily basis
- Multiple applications are necessary
- Most of us get our UV damage while driving in our cars

Sunblock

- Chemical:
 - E.g. Parasol
- Physical:
 - Zinc Oxide
 - Titanium Oxide
- Advanced skin protection
 - UVA and UVB Windshield coating
 - Micronized zinc clothing
 - Micronized zinc topical (Colorscience)

Micronized Zinc

- Indications: Protection from sun damage
- Result of 30 years of R&D
- Easy-to-use retractable brush for:
 - Eyelids
 - Ears
 - Balding heads
 - Hands
 - Applying over make-up

Micronized Zinc Brush

- Works best on skin that is moisturized
- No greasy mess / No thick, white goop
- Doesn't burn eyes – great for eyelids!
- FDA approved for infants > six months old
- Refillable powder

Eye Spa

- Skin protection – zinc brush
- Skin rejuvenation
 - Vitamin C
 - Retin-A
 - Hyaluronic Acid
- Eyelash preservation
 - Blinc primer and mascara
- Eyelash and eyebrow growth
 - Latisse –
newly FDA approved
 - LiLash – same ingredients “generic”



Retin-A:

- Form of Vitamin A
- Indications:
 - Treatment of acne
 - Reduces fine wrinkles and hyperpigmentation
 - Renews skin
- Should be applied topically to the skin

Retin-A:

Patient Counseling

- Can cause skin sensitivity
- Avoid getting in eyes or on lips
- If using to treat acne, conditions may worsen before improving
- Avoid exposure to sunlight and UV rays
- Wear sunscreen and protective clothing

Hydroquinone

- Indications: Lightening of hyper-pigmented skin, such as:
 - Acne spots
 - Freckles
 - Age spots
- Should be applied topically to the skin once or twice daily

Hydroquinone: Patient Counseling

- Contains sodium metabisulfite, which can cause allergic-type reactions
- Sunblock is recommended to prevent melanin production
- Avoid contact with eyes and mucous membranes

Retin A – Hydroquinone - Steroid

- Indications: Lightening Melasma,
- Apply to clean, dry skin at least minutes before bedtime
- Excellent adjunct to IPL Photofacial



Latisse (LiLash)



- Indications: Prescription solution for eyelash hypotrichosis
- First FDA-approved treatment to grow longer, thicker, darker eyelashes
- Produced by Allergan
- With a sterile applicator, apply one drop per eye along the base of the upper eyelash each evening

Latisse

Patient Counseling



- Users may experience itching, dryness, or redness of the eye, or hyperpigmentation of the skin along the lash line
- Slight risk of brown iris pigmentation
- Users should start seeing results around 8 weeks with full results at 12-16 weeks