

# Advanced Skin Rejuvenation

## Wrinkle Enhancement and Skin Resurfacing Procedures

### About Non-Surgical Face Lifts

Some surgeons and aestheticians refer to the procedures herein described as a “non-surgical face lift.” Creative ways to apply peeling solutions do not change the fact that the materials cause a separation of the upper layer of skin which “peels” or “sheds” within a few days. Superficial layers of skin can be removed by a variety of methods of **skin resurfacing** including chemical peeling, dermabrasion and laser resurfacing. Each seems to have some unique qualities and an experienced surgeon can explain which procedures might be the most advantageous in any individual case.

With any of these methods, outer layers of the sun damaged, wrinkled, or scarred skin are removed. However, only with deeper (Level III) procedures are *new* collagen and elastic fibers produced in the deeper layers of skin. As a result some tightening of facial tissues occurs, but not to the extent which can be accomplished with surgical removal through conventional face lifting and eyelid lifting techniques.

“Light” peels generally do *not* produce long-term improvement in the quality and texture of the skin, but may be used as *adjuncts* to the methods herein described. The Skin Center & Total Health Spa at the McCollough Institute offers a variety of products and services

designed to enhance the results and promote healing after resurfacing.

### Treatment For Wrinkles

Neither a face lift, eyelid surgery (Blepharoplasty) nor a brow lift will remove the wrinkles of weather-beaten skin, the transverse creases of the forehead, “crow’s feet” around the eyes nor the vertical wrinkles of the upper and lower lips. **Remember, surgery is designed to improve sags and bulges and resurfacing should improve wrinkles.**

We feel that in most cases **some combination** of resurfacing, dermabrasion and chemical peeling, offers superior results in treating wrinkling. But every persons skin is different, and we will recommend which combination of procedures might be best for your skin.

These procedures can usually cause the skin to have a more youthful fullness replacing the old wrinkles, in short, a rewarding and frequently dramatic exchange of “peaches for prunes.”

There is also some evidence that resurfacing with peeling or dermabrasion may improve the diffuse patchy pigmentation of the facial skin that sometimes accompanies and follows pregnancy or contact dermatitis. They may also help the “dark circles” which



Wrinkling or deep creases are best treated with a Level III skin resurfacing procedure. Surgery improves sags and bulges; resurfacing improves wrinkles.

some people have under their eyes *if the circles are caused by dark skin*.

Skin resurfacing may be done as an isolated procedure (for example around the lips, around the eyes, or the entire face) or it may be used as an indispensable adjunct to face lifting and eyelid plastic surgery in an overall facial rejuvenation program. *We sometimes wait 3-6 months before resurfacing areas in which skin is tightened with surgery.*

Some skins are more favorable than others; fair complexions tend to do better than dark ones. Thick, tough, more *deeply etched or oily skins may require a two-staged approach for the best results* (i.e., a second peel or "touch up" of several areas at a later time). Like painting a roughly textured wall, deep creases may require a "touch-up."

Resurfacing alone is not indicated for treatment of sagging tissues; although the new skin has better elasticity, this requires surgery. Even so, we have seen additional tightening in the skin in many patients after resurfacing.

Skin resurfacing is considered a surgical procedure, therefore the risks that apply to surgery must be considered.

Patients are warned that taking female hormones or birth control pills for approximately six months after a resurfacing may lead to changes in skin pigmentation or color. Patients who feel they must take hormones usually do so without incurring any problems.

**Postoperative care is extremely important in your obtaining the best result.** We will give you instructions to assist you in caring for your new skin.

Your "new skin" will be much like the skin of a newborn baby in that it will take time for it to toughen and be able to tolerate direct sun, wind exposure, and certain skin care products. Because it is "new" skin the texture and color will be somewhat different from that which has not been resurfaced. Makeup can generally camouflage any contrast.

Furthermore, resurfacing will not reduce the size of **pores**. A pore is the surface opening of an oil gland or hair follicle. Attempts to reduce its size may lead to the development of a "pimple."

Remember, resurfacing can sometimes produce a dramatic improvement in the texture of the skin of your face. It may be the best treatment available to the facial surgeon to help obtain a fresher, more youthful skin for his patients. Certainly it is not indicated for every patient; therefore, we will give you our opinion as to whether we feel you are a candidate for these procedures.

Continued care of your new skin is important to help maintain what has been done with resurfacing. **A good skin care program with a trained medical aesthetician is recommended.** We will be happy to discuss this with you in more detail.

Some degree of swelling follows any surgical procedure. The swelling is due to the new tissue fluids brought into the area by the body to promote healing. The increased blood supply to the region is responsible for the pink color of the skin and is some of the "discoloration" associated with surgery, particularly with chemical peeling. When these healing fluids are no longer required, the tissues release them and they are absorbed through the bloodstream.

One must be willing to accept the swelling and discoloration which occurs following such operations. Though swelling itself is usually visually disconcerting most people feel it is a negligible inconvenience to pay for the physical and psychological improvement they generally experience. **Please inform us if you have taken Accutane.**

The following is Dr. McCollough's **Skin Rejuvenation Classification:**

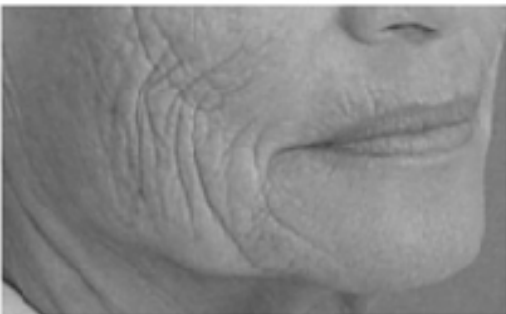
**Level I** – these kinds of treatment are often offered by *non*-surgeons, frequently in a spa setting. Patients are able to return home or to work or play immediately. Little or no healing time is required. Level I treatments tend to “polish” the skin for a few weeks, but have essentially no long-term benefits. Treatments range from \$100-\$250.

**Level II** – these skin resurfacing procedures are generally offered by facial plastic surgeons and dermatologists. More layers of damaged and wrinkled skin are removed with these deeper (dermis-level) treatments. Healing time generally requires about a week. Level II procedures are generally recommended for patients less than fifty years old and/or those with minimal to moderate sun damage and wrinkling. Treatments range from \$750-\$900 per facial region (\$3,000-\$3,700 for the entire face).

**Level III** – these procedures should be performed by facial plastic surgeons and/

or surgically-oriented dermatologists. Level III resurfacing procedures are the most effective methods of removing *severely*, sun damaged, blotchy skin, and deeper wrinkles. Healing time is longer – generally two weeks – however results are long-lasting and dramatic. Treatments range from \$950-\$1,225 per facial region (i.e. around the mouth and chin, or around the eyes – upper and lower eyelids). Full facial treatments range from \$3,800-\$4,900. In most cases operating room and anesthesia *are included* in the cost of resurfacing procedures.

And, remember, different parts of *the same face* generally require differing levels or depths of treatment. For example the thin skin of the eyelids may not tolerate the same level of treatment that the thicker skin of the forehead, nose, lips, and chin may require. An experienced surgeon will know how to vary the depth of the treatment to meet the specific needs of his/her patients. The next section deals with surgical procedures that enhance the breasts and body.



The patient in these photographs had Level III chemical peeling to correct wrinkles around the mouth and dermabrasion a Level III for the deep lines.





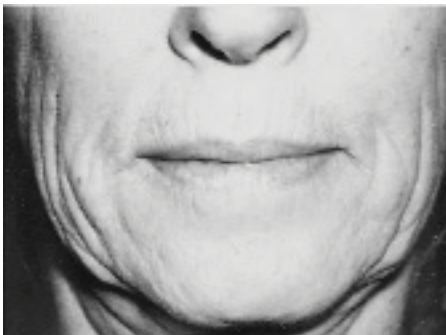
This woman represents what might be considered the “ideal” candidate for skin resurfacing. The deep creases around the mouth and eyes plus the weather-damaged appearance of the rest of the facial skin result from years of sun and wind exposure. Resurfacing with a Level III chemical peel can often give the skin a much more youthful and “fresher” appearance. No surgery, other than resurfacing, was performed. The change in hair styling and use of makeup contributes to the more dramatic improvements in this case.



While resurfacing is not designed to correct the folds of overlapping skin of the cheek or eyelids, the resulting generalized “tightening,” smoother skin texture and better elasticity seem to improve these conditions.



This photograph demonstrates the improvement obtained in this patient's skin texture following a Level III resurfacing. Some tightening of the eyelid skin also occurs with this procedure. No other surgery was performed.



Many of the deeper creases around the mouth and cheeks were corrected in this same patient.

*Skin Resurfacing may be the best treatment available to the facial plastic surgeon to help maintain a fresher, more youthful looking skin for his patients. However, keep in mind that no "down time" equates to no long term results. Unless it takes 2-3 weeks to heal, one should not expect long lasting results.*

*During the healing process, if Dr. McCollough feels it is indicated, he may "touch-up" areas that need attention during a post-op visit.*



Skin resurfacing can provide a dramatic “finishing touch” to a total facial rejuvenation. This woman first had a Blepharoplasty (upper and lower lids) and face lift; then, nine months later she had a Level III full face chemical peel.



The surgery improved the condition of sagging tissues while the peel improved the texture of the skin itself.

*Skin Resurfacing, like painting, is an “art form”; results can vary from one procedure to the other and from one operator to the other.*



Although this woman presented with drooping and sagging tissues in her eyelids, face and neck, other medical problems prohibited her having a face lift and Blepharoplasty. Because she had wrinkles in all areas of the face, a Level III full face resurfacing was performed. As a general rule surgery corrects sags and bulges—skin resurfacing corrects wrinkles. Most patients who have a chemical face peel do get some tightening of the skin.



Although the skin resurfacing procedure did not extend below the jaw line, notice the dramatic improvement in the neck. She had no other surgery or treatment other than the Level III peel.

All photographs on our website are used to demonstrate the result obtained in that particular case and should not be used for comparison.