

# Dermatology Cosmetic Basics

October 2019

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## Disclosure

- The views expressed in this presentation are those of the author and do not necessarily reflect the official policy or position of the Kaiser Permanente.
- No relevant conflicts of interest.
- Some off-label treatments may be discussed.
- References used for photos listed at the end of the presentation.
- Any patients photos have appropriate consent.

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## Dermatology Cosmetic Basics

- Sun Protection/Prevention
  - Benign versus malignant growths
- Treatments and Products
  - Botox
  - Filler
  - Lasers and Resurfacing
  - Other




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## 28 years of sun damage



Unilateral Dermatoheliosis. New England Journal of Medicine. April 19, 2012; 366:e25

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## SPF

- **SPF 2** blocks 50 percent of UVB rays
- **SPF 4** blocks 75 percent of UVB rays
- **SPF 8** blocks 87 percent of UVB rays
- **SPF 15** blocks 93 percent of UVB rays
- **SPF 30** blocks 97 percent of UVB rays
- **SPF 50** blocks 98 percent of UVB rays
- **SPF 100** blocks 99 percent of UVB rays

Publication of the American Academy of Dermatology




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The best sunscreen is one that you will wear regularly

Products available in office or by mail. Many patients call to order.



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## General Health Considerations

### Younger Skin Through Exercise



But there were no distinct activities when the researchers looked at individuals' skin samples for exercise habits. They found that older age, sex and various other unrelated frequency had mostly little effect. However, stress, tension and skin dryness were in their skin. Their skin was much drier in comparison to that of the younger and younger skin than in that of others of their age, even if they were past age 40.

But as the researchers noted, other factors, including diet, stress and lifestyle, might have influenced the differences in skin conditions between the exercising and sedentary groups. It was impossible to know whether exercise by itself had affected people's skin or been linked to better genetics and healthy lives.

New York Times, April 2014

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## Benign versus malignant




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## Moles?




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Sebacous Hyperplasia



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Dyschromia/Lentigines



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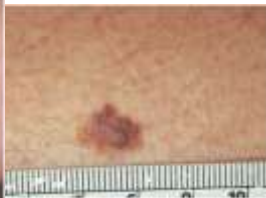
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Lentigo versus Lentigo Maligna



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[illegible]

## Wrinkles and Volume

[illegible]

Botox-Most commonly on upper 3<sup>rd</sup> of face




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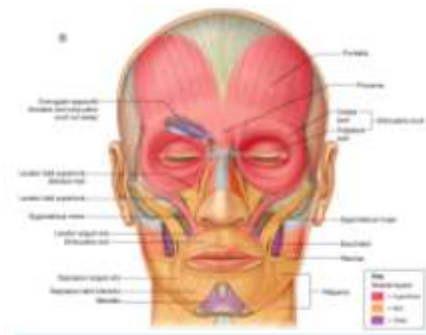
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Botox-dynamic wrinkles




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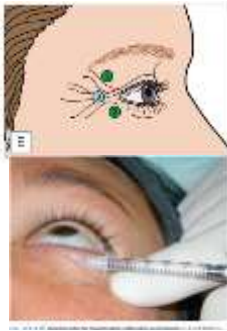
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Bologna, Dermatology, 3<sup>rd</sup> Ed.

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Fillers-Typically on mid and lower thirds of face



Carruthers, Procedures in Dermatology, 3rd Ed.



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## Dyschromia/Melasma/Lentigines



Bologna. Dermatology, 3<sup>rd</sup> Ed.

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## IPL



FIG. 217. 4. Intense pulsed light (IPL) treatment of all lentigines in a patient with Fitzpatrick skin type II.

Dermatology. Bologna, 3<sup>rd</sup> Ed.

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## Skin Resurfacing-Overall Treatment



Dermatology, Bologna, 3<sup>rd</sup> Ed.

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## TCA MEDIUM-DEPTH PEEL




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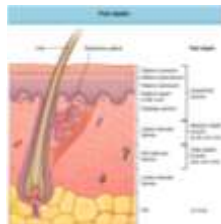
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## CHEMICAL PEELS

- 3 main categories
  - Superficial depth peel
  - Medium depth peel
  - Deep depth peel



	SUPERFICIAL	MEDIUM	DEEP
SKIN DEPTH PENETRATION	MOSTLY EPIDERMAL +/- Papillary Dermis	MOSTLY PAPILLARY DERMIS +/- Upper Reticular Dermis	MD-RETICULAR DERMIS
INDICATIONS	FINE RHYTTIDES, SKIN TEXTURE, PIGMENTATION	AK'S, FINE-TO-MED RHYTTIDES, SKIN TEXTURE, DYSCHROMIA	SEVERE PHOTODAMAGE, DEEP RHYTTIDES, SCARRING

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### Chemical Peel-Frost



Dermatology, Bologna, 3<sup>rd</sup> Ed.

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### ACTINIC KERATOSES TREATED WITH MEDIUM PEEL



Before

After

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Table 28.14: Complications of chemical peeling
Pigmentary alteration
Scarring
Infection
Melan
Perioral erythema
Atrophy
Textural changes
Cardio, renal and hepatotoxicity: long-term effects; toxic shock syndrome (limited to phenol peels)

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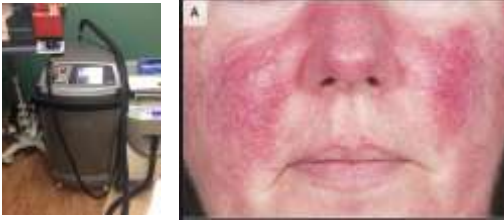
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### Redness, Blood Vessels




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### Vascular Laser




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### Pulse Dye Laser



Dermatology, Bologna, 3<sup>rd</sup> Ed.

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## Laser Resurfacing-Acne Scarring




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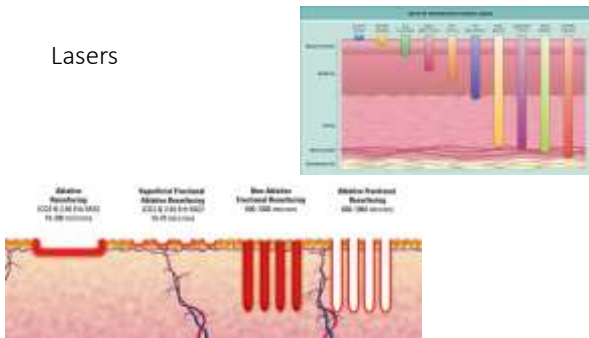
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## Lasers




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## Pixel laser for scars, cosmetic IPL -Examples of treatable scars




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## Other Services

- Laser Hair Reduction
- Kybella
  - FDA approved for double chins, April 2015
- Superficial Leg Veins-Laser Treatment

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## References

- Carruthers. Procedures in Cosmetic Dermatology. 3<sup>rd</sup> Edition. Soft Tissue Augmentation
- Carruthers. Procedures in Cosmetic Dermatology. 3<sup>rd</sup> Edition. Botulinum Toxin
- Bologna. Dermatology. 3<sup>rd</sup> Edition.

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