



Plastic Surgery & Dermatology Associates (PSDA)

SKIN CARE – RECOMMENDATIONS

Dr. Jim Lowe, MD

General Instructions:

1. Skin care is an important part of facial rejuvenation and preservation of youth.
2. Most women are already using a number of excellent products that can be purchased without a service fee and that are as good as what we may sell you (ie. cleansers, toners, moisturizers).
3. These instructions are intended to allow you the independence of over-the-counter products with the added benefits of several doctor recommended active medications.
4. Prescribed medications (ie. Retin-A) are the only active ingredients that must be obtained from a physician.
5. If you would like further consultation or details we can arrange a meeting with our skin care specialist who offers a variety of product lines for a fee.
6. Self-managed skin care requires continuous assessment and judgment to identify times when further consultation from a professional may be required.
7. Doctor performed deep skin peels are best undertaken after 2-3 months of skin care preparation.
8. Dermatologic conditions such as severe acne, rosacea, and immunologic conditions are best managed by a board certified dermatologist. Please inform the supervising plastic surgeon of any known dermatologic conditions.

Night:

1. Patients should use a facial cleanser twice daily (morning and night) to remove makeup and environmental products.
2. Toners are acceptable but not absolutely required.
3. A noncomedogenic, or non-acne producing, moisturizer should then be applied. We recommend moisturizers which contain sunscreen, SPF 15 or higher. Many over the counter brands are available, including Cetaphil Facial Moisturizer, Oil of Olay Complete, Neutrogena Healthy Defense, Aveeno Positively Radiant, and Clinique City Block.
4. Doctor prescribed medications are then applied as instructed. These products may include a retinoid medication such as Retin-A, Renova, or Tazorac. Most of these products are prescribed to be used every other night for the first 2 weeks and then may be used every night as tolerated. If tolerated, the concentration can be

slowly increased every month. These medicines help reduce fine lines and irregularities in pigmentation. They often cause redness and scaling for the first few weeks of use. These side effects will improve with time. If the skin response is too great, contact your physician and discontinue the product. Patients are encouraged to adjust the regimen based on their particular need and response

5. Bleaching agents may also be used at this time or in the AM as instructed.
6. may be applied after healing is complete, about 7-10 days after the peel.
7. After a peel, your skin is fresher and smoother. It is also more susceptible to the sun's damaging rays and very prone to sunburn. Please apply sun block SPF 20 or greater for at least the first 6 months, even on cloudy days.
8. Your first follow up visit will be approximately 5-7 days after the peel. Do not hesitate to call if you have any questions or problems before then.

Morning:

1. A facial cleanser is used in the AM as in the evening.
2. A facial moisturizing cream with sunscreen (SPF 20 or greater) should be applied daily. Different types of moisturizers or available depending on your skin type and a bleaching agent can be combined with these products.
3. Toners can be used but are not absolutely required.
3. Hypoallergenic cosmetics can then be applied.

Recommended Over-the-counter Facial Product Lines:

1. Cetaphil
2. Neutrogena
3. Oil of Olay
4. Aveeno

Contacts:

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