

Beautiful Skin Know How

Q&A with Dr. Brazil

Q. There are so many advertised products to make me look younger. Are any of them more than just "hype in a bottle?"

A. Yes. These products are called cosmeceuticals, and often rely on purchased testimonials or money back guarantees, which telemarketers know are only used 10% of the time even if the product is worthless. You must separate the science from the hype by demanding cosmeceuticals have clinical studies supporting their claims, or are based on basic scientific research that makes sense.

For example, I researched and recommend Remergent™ skin care, a new class of cosmeceuticals that incorporates DNA repair enzymes. Damaged DNA is the result of free-radical attacks on skin cells. This damaged DNA is often repaired by natural enzymes but when that fails the damaged DNA leads to abnormal cellular function that produces abnormal skin appearance, including roughness, sallow tone, discolorations and wrinkles. Remergent™ has the power to assist natural DNA repair and rejuvenate sun damaged skin. Nothing like it has been on the market before. I also recommend NeoCutis cosmeceuticals, which utilize human skin growth factors to rejuvenate skin. Similarly, Revalleskin™ and Vivite™ are also based on scientific studies; the first uses a coffee berry extract to provide unparalleled antioxidant protection and the latter incorporates glycolic acid and antioxidants to protect and rejuvenate skin.


Q. My eyes look tired and heavy, even when I'm rested. How do you fix that?

A. A drooping upper eyelid results from several problems. One is when the brow sags and the upper eyelid is forced down. When this happens, the natural

eyebrow curve is flattened too. If the impact is severe, a surgical brow lift is required. When it's mild to moderate, the forehead skin can be tightened with Thermage™. This procedure utilizes radio-frequency energy to heat, tighten and rejuvenate the collagen bundles within the forehead skin. For most people a single treatment is all that's needed, and the results are very long lasting. It's noninvasive and there is no expected down time.

Another cause of a drooping upper eyelid is excessive and inelastic eyelid skin. When it's severe, the skin can obstruct the upper visual fields. It's corrected with Blepharoplasty; a surgical procedure done under local anesthetic and mild sedation. The extra skin is carefully identified and outlined, then removed with the underlying muscle that is adding excess weight to the eyelid. If necessary, bulging fat pads are also removed to provide a smooth, streamlined upper eyelid. Recovery is short and the results predictable and extremely gratifying.

Q. I'm tired of the redness and blotchy discoloration in my face. I see too many spider veins on my cheeks and nose. It makes me look old and like a heavy drinker, even though I barely touch alcohol. Help!

A. Genetics and sun damage lead to these problems. Some people also have rosacea, which produces similar symptoms and can also cause pimples. Sunscreen and proper skin rejuvenating products are how you manage this condition over time. A Fotofacial™ procedure is one way to reverse the damage. Fotofacials utilize Intense Pulsed Light energy to rejuvenate the face. There is no expected downtime, and a series of three to five treatments is done to maximize the benefits. 

Dr. James Brazil is a Board Certified Dermatologist with more than 20 years of medical laser experience.



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