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Your Skin Milestones. What do you do when your LIFE CHANGES, have you reaching a NEW DECADE and it is WRITTEN ALL OVER YOUR FACE?

We asked Dr. Fiona Wright, doctor to Dallas's A-list clients and one of the Metroplex's premier physicians in the field of cosmetic treatments and skincare, to help us find the wRight Answer to this common question. Walk through the years with us, as we learn about the best in beauty injections, the latest in skin tightening and the latest in wrinkle busting skincare.

20's

Dr. Wright's Motto

"Being in your 20's is the most important decade for your skin because it's probably at its healthiest, with great collagen support and supple skin. Believe it or not, most visible signs of aging are actually signs of sun damage and what you do in your 20's will reflect how you look in your 40's."

What You Need to Know

It is imperative to use sun protection every day. Sun exposure will cause a breakdown in collagen creating loose, dull and rough skin. As well, the sun can make your skin over-produce melanin, resulting in brown spots and splotches. To stop sun damage from getting worse, apply a UVA/UVB Sunscreen with an SPF of 20 or higher. One of the primary issues with people in their 20's is leftover teenage acne and acne scars.

Regular use of benzoyl peroxide or glycolic face washes and creams can help keep your acne under control. For a more advanced approach, in-office procedures would include **Chemical Peels** to include glycolic or retinoic acid/retinol derivatives if you suffer with more severe acne. Additional peels can also focus more on early pigmentation problems and prevention.

30's

Dr. Wright's Motto

"Although you retain much of your youthful look, you may begin to notice that your complexion looks 'tired' and less radiant. Your skin begins to become drier and the sun-damage effects begin to appear. You've taken good care of your skin, but you'll probably start noticing fine lines and wrinkles, especially around the eyes and mouth. However, there is good news for 30 year olds! It's never too late to start a great skincare regimen for you."

What You Need to Know

At this age, by improving the quality of the hydration in your skin and beginning daily soft exfoliation, you can notice an immediate improvement in your complexion. With that, I commonly recommend **Hydrating and Exfoliation Facials** along with **Medical Microdermabrasion** which can get rid of small imperfections and keep that "youthful glow" a few years longer.

Also, now is the time when brown spots may become more of a problem. Don't waste your time with only skincare products - remove them quickly with chemical peels or **IPL (Intense Pulse Light) PhotoFacial treatments**. IPLs are an advanced light therapy used to reduce skin imperfections such as sun damage, pigmentation, pregnancy mask, red or brown acne scars, redness, skin flushing, and facial veins in a safe and effective way. During your treatment series, I always recommend increasing your sunscreen SPF protection and to apply it often! This IPL treatment is designed to combat the effects of aging skin with a gentle non-invasive approach to areas of concern on the face, neck, chest, and hands. With a thorough patient evaluation to selectively target your unique concerns you can say goodbye to make-up!

40's

Dr. Wright's Motto

"The most annoying problems at this age are volume loss and wrinkles caused by movement. You will begin to really notice crow's feet and dark circles around your eyes, and the 'dreaded 11's' or frown lines. Many people are now aware of the great benefits of Botox/Dysport and Facial Fillers for these aging concerns. But what many do not know, is that with using advanced injection techniques, your doctor can create a gentle lift throughout -which will make a dramatic improvement to your overall face, bringing forth a more youthful and refreshed appearance."

What You Need to Know

Temple of Doom

In your 40's it is well known that eyebrows droop and eyes often look tired or angry; however we are now recognizing that the temple region just in front of the hair line starts to hollow as well. This hollowness creates an imbalance in facial proportions leading to an aged look. This Temple Rejuvenation can create a youthful and natural look by correcting the sunkeness of the temple and reverse the drooping of the eyebrows and elevating them to their original position again.

The Eyes Have It!

Many will begin to suffer from bags under their eyes. Under eye bags or puffiness is an unappealing distraction, and although it cannot be removed without surgery, filling the tear trough with safe effective fillers can dramatically reduce the problem. The goal is to fill the trough below the bag and lift the cheek to provide a more natural contour between the two, effectively masking the appearance of the bag.

Sunken eyes and dark circles can be treated in much the same way. The protruding lower eyelid tissue creates a shadow in the normal depression below the eyelid and creates dark circles under the eye, a hallmark of eyelid aging, giving the face a tired and aged look. With precision placement, I am able to fill in the cheek and part of the deficit under the eye orbit, which will provide a shapelier contour and eliminate the

hollow, gaunt appearance.

The Mid-Face

The ideal face has a prominent mid-face with high, fully contoured cheeks. This facial characteristic makes a woman's eyes and lips appear larger, and her nose and jaw line appear smaller. The mid zone goes roughly from the eyebrows to the upper lip. As the face ages, our cheeks flatten as volume descends and disappears. Facial experts now focus on rebalancing this volume change. Injecting temporary fillers can plump up sunken skin and is also excellent for re-contouring cheeks, lifting jowls, and reducing deep facial creases.

50's



Dr. Wright's Motto

"The loss of hormones causes a decline in collagen, elastin, and oil production and this leads to skin thinning, dryness and drooping of the face. The cumulative years of sun damage will also create a deepening of lines and wrinkles, and discoloration. Your skincare products should be designed for menopausal skin with antioxidants, nondrying cleansers and rich moisturizers. In-office procedures are now a must, and should focus on skin tightening to improve advancing facial and neck skin laxity."

What You Need to Know

My favorite technology to tighten skin is the use of Radio Frequency. For a non-surgical approach, my patients enjoy the benefits of my 3DEEP System, which has a unique 3-Dimensional technology, allowing

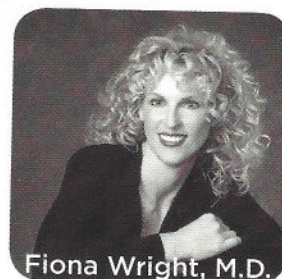
for the energy to travel DEEP into areas that other machines cannot reach. For many people surgery can be a scary thought, especially when it involves your face or neck and results are so permanent that you cannot go back once under the knife.

A step in between these two options is the new and exciting technology called the **ThermiTight Procedure**. This minimally invasive treatment involves your physician placing a Radio Frequency probe under your skin (much like how Facial Fillers are done) to stimulate skin tightening deeper and more effectively— and with longer lasting results! The combination of skin tightening with Botox/Dysport and Facial Fillers has all of my patients successfully avoiding the surgical knife. In fact experts agree that if this is something you've been considering, once you hit age 50, sooner is better than later.

Raise your Hands if You're Sure

Hands down, by now, your hands give your age away before your face does, which is why hand rejuvenation has become so popular! A skeletal look of the hand or prominent and unsightly veins can be lessened by pumping up the skin with soft tissue fillers to return it to a more youthful appearance. With my "handy" tool box of fillers, you can raise your hand and be sure – that your true age won't be betrayed by a simple hand shake or casual gesture.

New to this injectable scene is the introduction of a well-known blunt tip medical instrument called a cannula instead of a sharp needle. This technique has proven to be safer and with minimal risk of bruising and discomfort. The volume depletion in the hands can be easily corrected with Juvaderm or Radiesse volume fillers. While the literature reports wide variance in the duration of the effect, I find that my technique provides good volume restoration, with some persistence of effect still maintained at one year. Patients find the results impressive and the procedure simple – and they now feel more confident about showing off their hands and jewelry!



Fiona Wright, M.D.

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