

COLLECTIVE EFFORTS LEAD TO  
 OUTSTANDING RESULTS AT  
**TEXAS INSTITUTE**  
*for SURGERY*



**+** ON PERSONALITY  
 POD exercise

ON THE TABLE  
 Bowl of Brightness

ON VACATION  
 Angel Fire Resort

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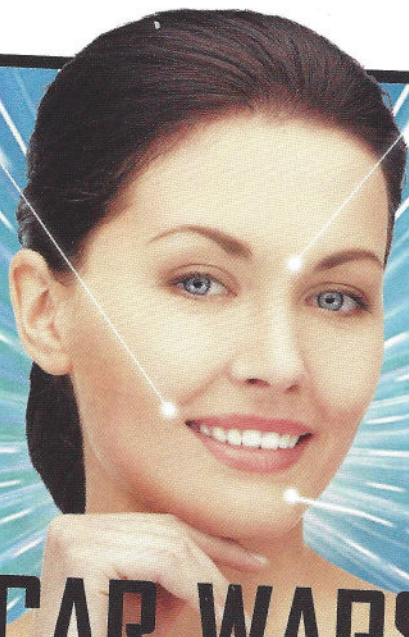


# The [REDACTED] New FORCE is Winning the... SCAR BATTLE!

By Fiona Wright M.D.



## SCAR WARS



For many of us, scars and stretch marks are a fact of life, and everyone who has them always asks, "How can I get rid of them?" Scars are commonly caused by acne, trauma and surgery. Stretch mark scars are created by the mechanical stress on the skin from culprits like pregnancy, body building, weight gain and hormone changes. While there are considerable variations in types and degrees of scars from one person to another, the emotional turmoil this condition causes is shared by all.

Although scars may not be completely erased, fortunately many scars will fade in time. For those that don't, exciting new treatments can minimize them considerably and even eliminate their appearance! While it may feel like a daunting task for you to sort through the many non-surgical methods used for scar removal, including injectable fillers to fill in scars, light therapy and lasers, dermabrasion and chemical peels, fear not ... and read on ... as we unravel the mystery for you.

Unsettling scars are one of the top skin concerns my patients seek for cosmetic correction. Although the majority are visible acne scars, many seek advice for surgical and traumatic scars as well as stretch marks. When assessing scars, physicians need to address all aspects which can include a change in color, texture, size and location. Scars occur at different depths in the deeper layers of skin called the dermis, and in different skin types. The success of scar removal is to choose the correct treatment which requires a Three Step Approach.

### STEP ONE: A Smooth Finish

A wound doesn't need to be deep or severe to leave a long-lasting scar. Fortunately, many scars will fade in time. For those that don't, treating them promptly and properly will go a long way in decreasing their appearance and development. For many of us who deal with everyday scars or stretch marks finding the right solution can be overwhelming, but with the use of a topical scar product that contains powerful ingredients, scars can show noticeable visual results. Topical scar products come in creams, gels, and serums.

- The best topical scar products tend to be gels containing silicones. Putting a sheet of silicone gel on a scar every day may help it fade or keep it from getting worse. Sheeting is available at pharmacies or from dermatologists and should be used for at least three months for best results.

- Sun protection is vital for minimizing a scar and preventing hyperpigmentation. A sunscreen with zinc or titanium dioxide with a sun protection factor (SPF) of 30 or higher is best. It should be massaged around a wound to help prevent the development of thick scars.

- Topical Retinoids (Vitamin A) can be applied to the skin to help smooth out very superficial acne scars and to help prevent new acne formation.

### STEP TWO : Breaking the Barrier

The next step in scar correction is to remodel and break up the scar tissue found in the deep layers of the dermis. There are generally two main options- Laser Resurfacing, and MicroNeedling. Lasers are a great way to remodel the skin and reduce scars. The most exciting development in this area is the new *Fractional Skin Resurfacing*. The fractional lasers break the laser beam up into tiny little beams of light. The skin is treated like a lawn being aerated, with little plugs of laser treatment. This causes less damage



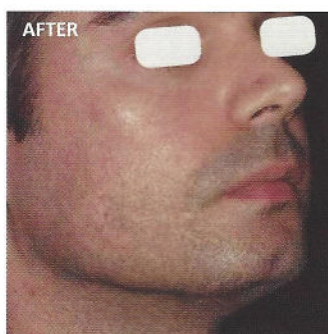
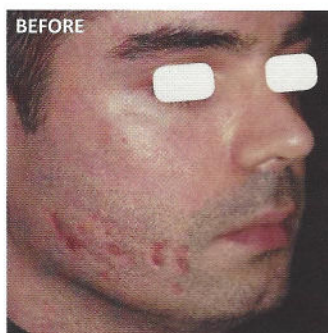
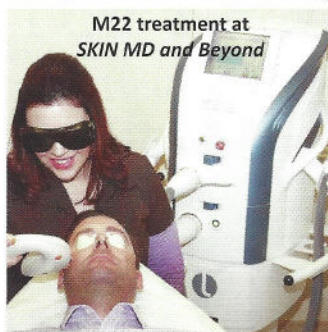
## Move over R2D2... now there is M22!

In the past, treating the three components of scarring (tissue remodeling, color correction and surface irregularities) required multiple machines. It was very labor intensive, time consuming and costly for patients. So when the M22, a one-of-a-kind aesthetic device designed to correct all aspects of scarring was developed, I was excited to offer it to my patients. The response and results have been received with overwhelming success!

For deep scar correction the M22 offers the **ReSurFX laser**. There are a few different types of resurfacing lasers that are available, but not all are equally effective. Unlike other fractional devices, ReSurFX is the only true non-ablative technology that requires only one pass over the skin to produce effective results. Why is this important? Typically, fractional lasers require multiple passes over the treatment area and this can overheat the skin quickly causing burns and hyperpigmentation.

The M22 also offers an advanced **Intense Pulse Light** device to address not only color changes that occur in scars and stretch marks, but also has special filters to stimulate new collagen remodeling to help **Smooth the Skin's Surface**.

In addition, the M22 also offers an advanced handpiece to **Reduce Active Acne Breakouts** while treating old acne scars at the same time. The benefits of the M22 are simple. It is all you need and it is all in one!



and less downtime, and allows for a more powerful treatment. By treating micro-islands of skin, the surrounding untreated skin drives the healing process, filling in the treated area with healthy skin and without the long-term downtime associated with traditional skin resurfacing technologies.

Although lasers are successful at treating scars and stretch marks, they



are often difficult to use on patients with darker skin tones. Darker skin pigment can react to the laser temperature levels needed to achieve skin remodeling and may result in increased pigmentation. To find a solution for those who cannot use lasers, I recommend **DermaPEN**, an advanced medical skin-needling therapy. DermaPEN is an FDA-approved electronic device that uses multiple fine needles to vertically pierce the skin. The physical nature of skin-needling breaks up the fibrous, uneven scar/stretch mark tissue and stimulates the growth of new tissue. DermaPEN MicroNeedling can be safely performed on all skin colors as there is no heat involved. The risk of hyperpigmentation is minimal.

### STEP THREE : Let there be Light

When dermal fibers stretch and tear to create scars and stretch marks, melanin cells and blood vessels can become irritated and create noticeable color changes. Over time sun exposure can also lead to an increase in discoloration and give the skin a more damaged appearance. Removal or lightening of these dark and red splotches can be addressed with **Intense Pulsed Light (IPL)**, also known as Photofacial. IPL uses multiple wavelengths of light to gently eliminate superficial skin color irregularities. This treatment is best suited to treat pigmentation and vascular changes rather than changes in skin texture. The benefit of IPL treatments is that it can address both the redness, which represents superficial capillaries, and the brown discoloration which is overlying pigmentation in fresh scars or stretch marks. However if the area is no longer discolored and resembles a silver/white hue, a fractional laser which focuses on resurfacing may still remain a better option.



Fiona Wright MD is the founder of Skin MD and Beyond. She has lived and practiced in Collin County for 20 years and has earned a reputation as one of the premier physicians in Cosmetic Dermatology in the Dallas-Fort Worth area. Dr. Wright has been featured in several NBC News Health Reports and is well known for her expertise and honest opinions.

To learn more logon to:  
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