

Find the wRight answer...

Join the forum today by emailing Dr. Wright at drwright@onmagazine.net and express your personal fitness or beauty question.

She may answer your question herself or she may ask a colleague for their expert opinion.

Then, read ON Magazine's next issue to discover the wRight answer to your fitness or beauty question.

For more than 12 years, Dr. Fiona Wright has been serving her patients' cosmetic dermatology needs and also referring patients to our area's most sought-after physicians and fitness experts for fitness or beauty advice. Now, within ON Magazine, she shares this information with all of us.



Dr. Fiona Wright is the founder of the Aesthetic Institute of Plano. She has lived and practiced in Collin County for 12 years and has earned a reputation as one of the premier physicians in the area of 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 honest opinions and expertise.

Q How does the at-home microdermabrasion products compare to the treatment that my facialist does?

Erin C., The Colony

A Microdermabrasion was first introduced in Italy almost two decades ago with the aim of removing skin layers to reduce wrinkles or irregular depressions and regain smoother, more youthful looking skin. The word "abrasion" implies wounding, and by creating a gentle "micro" wound, the tissue is stimulated to repair itself and produce new collagen and elastin.

Most microdermabrasion machines use crystals which are blown across the skin and then vacuumed off. The crystals will create an abrasive cleansing effect that an at-home microdermabrasion system cannot achieve. The depth of polishing will be greatest when using a physician-licensed machine. The application of the

machine's suction effect is also thought to cause vascular dilation which releases tissue mediators that stimulate the skin and may have a favorable effect on the skin's collagen and elastin balance. Home-based microdermabrasion treatments do not share this advantage as they do not have a suction component.

Although there are many products on the market that offer "microdermabrasion-like" benefits, these products should be best thought of as an adjunct to rather than a replacement for microdermabrasion services performed by an experienced skin care specialist. Popular at-home systems by Lancôme, Dr. Brandt and Neutrogena can be used to help maintain your complexion between office treatments. Clinical microdermabrasion procedures will create deeper skin changes, and your trained professional will provide the experience and judgment to tailor therapy for your particular needs and

optimize results.

*Fiona Wright MD, Aesthetic Institute of Plano
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Q A plastic surgeon recommended that I have a chin implant when I went for a consultation to improve my nose. Is that a common combination?

Billy L., Dallas

A You raise an excellent question regarding the relationship between the relative proportions of the chin and nose. Each part of the face is inter-related and an unusually small or large segment may disrupt the balance of the face.

A normal sized nose may appear overly large when the chin is too small. In these cases, a chin implant would re-establish balance to the lower third of the face and the nose would appear smaller. Patients often fail to recognize this imbalance and