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MAI's Treatment Options for Summertime Skincare

Sunny days are upon us and while we are enjoying the weather, the sun is wreaking havoc on our face and causing wrinkles. While we must not forget to stay well hydrated and use hats and sunscreen regularly for protection, here are some additional skincare tips and expert advice from the Montecito Aesthetic Institute on how to look your best this summer.



Oculoplastic Surgeon & Facial Specialist, Joseph H. Chang M.D. of Montecito Aesthetic Institute shares his expertise on how to create improvement in facial skin based on four categories and treatments that best suit individual needs. "There is a certain framework to achieve the desired goals of a patient based on the color, texture, contour, or dynamics of the skin," states Chang.

So, which category does your skin improvement program fall under?

Dr. Chang answers some frequently asked questions about client's concerns and their treatment options:

COLOR...when skin color is not even and you can see variations of tans, browns, blacks, reds, broken capillaries and sunspots.

The ideal treatment for color improvement is using a laser like tool called Broadband Light (BBL), which is done as a series of treatments by a nurse/laser specialist. BBL is not technically a laser; it is using precisely focused light energy applied to skin to improve color. Dr. Chang recommends starting with 3-6 treatments and go on from there, depending on the results.

What is my recovery time? Typically, there is no down time, but people who receive this treatment should have no direct prolonged sunlight a week before and after the treatment.

Is it painful? The laser comes with a cooling device built in for maximum comfort during treatment. It feels like little rubber band snaps on your face. Most often the patient's face is numbed with a topical anesthetic to reduce the discomfort.



TEXTURE...Recommended when there is loose skin, for example under eyes and around lips, lower face, or jowl area; and where fine lines, large pores and rough skin are visible.

The ideal treatment for texture improvement is laser resurfacing, which uses a spectrum of laser power—from a Micro Laser Peel, to a Fractional Laser treatment, to a full field Laser Resurfacing treatment. The latter is a procedure that needs to be performed by a medical doctor in an operating room.

What is my recovery time? Results and down time depend on laser usage. The more aggressive the treatment the more down time is needed. Patients will typically see faster results with an aggressive treatment.

Is it painful? The Micro Laser Peel and the gentler Fractional Laser require no anesthesia. Patients do go under anesthesia for the full field Laser Resurfacing treatments. This is the one treatment modality that is most powerful, and painkillers are prescribed post-laser, until the skin heals, usually in less than a week.



CONTOUR...when there is a loss of volume, or shift in volume due to gravitational descent. With age, people lose overall volume, and things move downwards.

The ideal treatment for contour improvement is injectable fillers (i.e. Juvederm®, Restylane®, Belotero®, Perlane®, Radiesse®). This assortment of fillers with different properties allows us to customize the ideal filler for each part of the face.

Who are candidates for fillers? People with “grey circles” under the eyes, as well as “parentheses” around the mouth, both of which are a result of gravitational descent of the mid face. Fillers are also used to augment areas on your face that you want to emphasize like lips and cheeks.

What is my recovery time? Little to no down time. Sometimes bruising or swelling may occur that goes away within a few days.

Is it painful? Topical anesthetic and ice are used, along with anesthetic mixed with the filler. This “triple anesthesia” is very effective.



DYNAMICS...treatment or prevention of glabellar creases (frown lines between the eyebrows), horizontal lines on the forehead, and “crow’s feet” around the eyes.

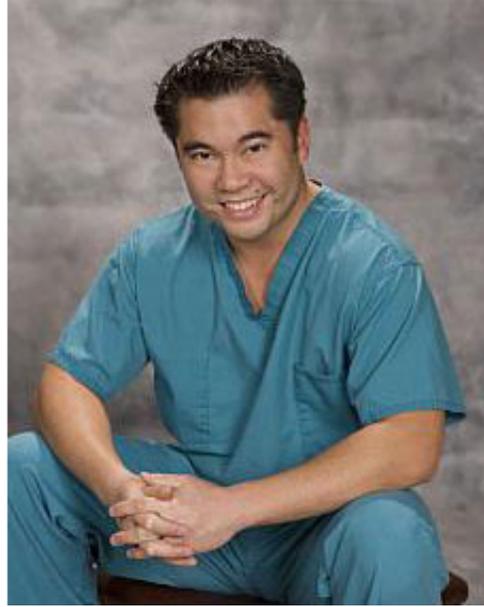
The ideal treatment for dynamic improvement is injectable muscle relaxers (i.e. Botox®, Dysport® and Xeomin®).

The principal is that when you make a facial expression, muscles are moved to create the expression, which creates folds in overlying skin. After a few decades of making those movements, the skin retains these folds. The injectable muscle relaxing agents relax the muscles, thereby decreasing folding of overlying skin.

Over time we can reverse lines, but ideally it is best to use muscle relaxers to prevent lines. Using injectable muscle relaxers is the single truly preventative option that almost everyone should consider when starting their facial maintenance program.

What is my recovery time? There is no down time. For ideal maintenance the best strategy is to repeat the treatment before muscles come back to full strength. Initially Dr. Chang recommends treatments every 3 months; after several treatments on this schedule, most people can go to longer intervals—sometimes 4-6 months between treatments.

Is it painful? Using topical numbing cream, tiny needles, and Dr. Chang’s ultra-gentle techniques refined over the last 16 years, there is very minimal discomfort with treatment. Many patients comment that they hear the treatment more than they feel it.



Joseph H. Chang M.D., Oculoplastic Surgeon & Eyelid and Facial Aesthetic Specialist created MAI in 2011 with the goal to offer an integrated aesthetic solution, combining his expertise in relaxers and eyelid surgeries as well as offering health and wellness services for a complete treatment. With over two decade's experience and a keen aesthetic sense, he has performed thousands of successful cosmetic eyelid surgeries and aesthetic facial rejuvenation procedures.

Dr. Chang is a member of the American Academy of Ophthalmology, California Medical Association, Outpatient Ophthalmic Surgery Society, American Medical Association, California Academy of Eye Physicians and Surgeons, American Academy of Aesthetic Medicine. He is a Diplomate of the American Board of Ophthalmology and Founder of the Kern Eye Group.

Call 805.565.5700 to book an appointment today.

