

# DORÉ

## LASERS, PEELS, AND MICRO, OH MY!

To find out, we interviewed Dr. Melissa Doft, a NYC-based double board-certified plastic surgeon, and Gabrielle Garritano, the founder and Chief Executive Officer of New York City spa, Ject, to weigh in and tell us what they know about lasers, peels, microneedling and microdermabrasion – and how to know which one is right for you.

*How does laser skin resurfacing work?*

Laser skin resurfacing is all about using a targeted approach. The laser sends short, concentrated pulsating beams of light at irregular skin, which very precisely removes damaged skin one layer at a time. The laser beam removes the epidermis, or the outer layer of skin, and heats the dermis, also known as the underlying skin. This process stimulates the growth of new collagen fibers as the treated area heals, leading to smoother and firmer skin.

According to Dr. Doft, lasers are “very controllable [in that] you know the exact depth you’re hitting for resurfacing because it’s preprogrammed.”

*What are lasers best used for?*

Lasers have a much broader array of uses compared to other technologies, says Dr. Doft.

Laser skin resurfacing can reduce facial wrinkles, blemishes and scars and improve skin ailments such as scars from acne or chickenpox, aged or sun-damaged skin, liver spots, and birthmarks. It can also improve fine lines or wrinkles around or under your eyes, forehead or mouth and improve your complexion if you have yellowish or grayish skin tones.

*How much does it cost?*

Per Dr. Doft, for minor laser procedures, the cost ranges between \$500-\$1000 but for treatments such as Fraxel, the cost goes up to between \$1500-\$2000.

With laser treatments, Dr. Doft notes to avoid the sun afterwards and stay off Accutane for the six months prior to laser treatment. Avoid any laser treatments during pregnancy.

*What is a peel?*

A peel, also known as a chemical peel, “uses a chemical solution to smooth the texture and tone of your skin by removing the damaged outer layers,” according to the American Society of Plastic Surgeons. A chemical peel “stimulates collagen, helps with pigmentation, and increases radiance by taking off the top layer of skin and removing dead skin cells so the skin looks luminous,” says Dr. Doft.

– Deep chemical peel – Dramatic results but a longer recovery. The agent used here is phenol. A deeper peel can be done in the office or during surgery for another procedure. It involves peeling for a week, followed by “baby soft skin,” says Dr. Doft. There is a longer recoup time but more significant results, she adds. Depending upon the concentration, a TCA peel can also be considered a deep chemical peel.

A VI chemical peel is a moderate-depth peel that uses a blend of ingredients, which include salicylic acid, TCA and Phenol. This peel is “great for acne, brown spots, and aging,” notes Dr. Doft. With a VI peel, which happens to be one of Dr. Doft’s favorites, you can apply it on “day one, peel over the next two days, and you’re done by day three,” she adds.

*How much does it cost?*

Dr. Melissa Doft: Around \$500

Ject: Light/Medium peel, for sensitive skin with minimal to no downtime, \$160

Deep peel, for deep exfoliation and re-texturization with medium downtime, \$220

*What is the downtime afterwards?*

With a light peel, there is no downtime, a VI or medium strength peel involves 3 days of downtime, while a deep TCA peel takes about a week to heal, says Dr. Doft.

Dr. Doft notes that for a light peel, results can last a month, for a VI peel, results can last a few months and a deep TCA peel can have results lasting a year.

*Are there any cautionary measures to keep in mind?*

Although a chemical peel is usually a safe procedure, all peels carry some risks. While rare, infection or scarring can occur with a chemical peel treatment. Some people with certain skin types can develop a temporary or permanent color change in the skin with either lightening or darkening. Avoid the sun and use sunblock for several months to protect the fresh new layer of skin. Dr. Doft notes to avoid Accutane as well.

*How does microneedling work?*

Microneedling is the process of puncturing the skin with thin, sterilized needles to create tiny wounds, which leads to triggering the skin's repair mechanisms and stimulating collagen production. Microneedling "turns over dead skin cells so skin looks glowy after treatment and induces new collagen production so [the skin] feels plumper after treatment," says Garritano. Dr. Doft notes that microneedling creates micro injuries that stimulate collagen and elastin. "The body learns to repair itself," she adds.

– Microneedling with PRP – Involves infusing your blood’s own Platelet Rich Plasma (PRP) and growth factors back into the skin to reinvigorate and rejuvenate cellular turnover. This treatment further stimulates collagen production for a quicker healing response. Dr. Doft notes that as the 6-12 needles go in and out of your skin, tiny channels are created, which can then be infused with PRP, hyaluronic acid, peptides or vitamins, effectively giving you more access to deeper levels of the skin.

– Microneedling with radiofrequency (RF) – “When the needles go in, a machine emits radiofrequency, which causes tightening of the dermal layer of the skin,” says Dr. Doft. This leads to “a decrease in fine lines and pore size, improves acne, tightens skin, and creates an overall glowier look,” she adds. This procedure is considered a “game changer,” says Dr. Doft and is less technician dependent as the depth of the 36 microneedles used can be controlled to 0.1mm and the amount of radiofrequency administered can be controlled.

Dr. Doft:

Standard microneedling: \$500

Microneedling with RF (Vivace machine): \$1000-\$1500

*How long do the results last?*

Microneedling is offered as a set of three, spaced out about one month apart with booster sessions every six months, says Dr. Doft.

Both Dr. Doft and Garritano note that microdermabrasion can be performed by an aesthetician and is typically added on to a facial.

Microdermabrasion is great for “making the skin look more radiant and polished, [helps with] small bumps from scars and helps blend and smooth everything out,” says Dr. Doft. This treatment works on the surface of the skin and helps with texture, she adds.

For deeper microdermabrasion performed during surgery, Dr. Doft says that local or general anesthesia is performed. The pain level of this procedure depends on the depth.

*What is the downtime afterwards?*

There is no downtime or recovery period for microdermabrasion performed with a facial. For deeper microdermabrasion performed during surgery, downtime can range from a week to 10 days, says Dr. Doft.

Dr. Doft notes that deeper microdermabrasion is sometimes done during a facelift for lines around the face. This involves going deeper into the skin and takes longer to recover.

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