

NEWBEAUTY

SPECIAL EDITION

ANTI-AGING SECRETS

Top plastic surgeons, dermatologists and cosmetic dentists reveal the latest innovations

THE LIQUID FACELIFT

The fastest way to erase 10 years

THE MAKEOVER ISSUE



WEIGHT-LOSS BREAKTHROUGHS

From a few pounds to a dramatic change

DISSOLVE FAT: LASER LIPO

The newest option in liposuction

PLUS: 250 of the hottest beauty products and age-reversing procedures...

DOCTOR PRESCRIPTION

the doctor suggests...

RED OR DEPRESSED ACNE SCARS LIKE KIM'S ARE MORE THAN A PHYSICAL REMINDER OF PAST BREAKOUTS. THEY IMPACT SELF-ESTEEM AND HOW WE ARE PERCEIVED BY OTHERS. BUT THANKS TO RELATIVELY RECENT ADVANCES IN DERMATOLOGY AND PLASTIC SURGERY, YOU DON'T HAVE TO LIVE WITH ACNE SCARRING FOR THE REST OF YOUR LIFE.

SUBTLE IMPROVEMENT WITH NO DOWNTIME

SOLUTION | MICRODERMABRASION

If you would like a conservative approach, a series of six or more in-office microdermabrasion treatments may provide subtle improvement. This procedure gently resurfaces the skin by "sandblasting" it with crystals that are then suctioned off along with the uppermost layer of skin.

COST
Starting at about \$125 per treatment

DRAMATIC RESULTS WITH DOWNTIME

SOLUTION | DERMABRASION

Deeper resurfacing treatments such as dermabrasion provide more substantial improvement in the texture and appearance of acne scarring. Dermabrasion using a wire brush is very effective on acne scars, however there's a risk of additional scarring and loss of pigmentation. During this procedure—which is performed under local anesthesia with or without oral sedation—the doctor sands down a raised scar or area of scarred skin.

COST
Starting at about \$1,500 per treatment

IMMEDIATE YET TEMPORARY RESULTS

SOLUTION | INJECTABLES

Hyaluronic acid dermal fillers such as Juvéderm and Restylane can be used as an effective yet temporary means to fill depressed scars without defined borders. The results are immediate and will fill the scar for about six months. In some cases the scar first needs to be released with a technique called subcision. This uses a needle to break up the connective tissue under the scar that tethers, or pulls it down. Scars that are filled without subcision may result in a "donut effect," making the scar more apparent. **"This treatment does not offer a complete solution, but still can have pretty dramatic results,"** says dermatologist Gregory Nikolaidis, MD, of Austin, Texas. Some doctors are using injectable silicone off label to treat acne scarring. It's important to keep in mind that silicone is not FDA-approved for cosmetic uses; the results are permanent and serious lumpiness and scarring can occur. So if you choose to undergo this injectable treatment, you do so at your own risk.

COST
Starting at about \$500 per treatment

DRAMATIC RESULTS OVER TIME

SOLUTION | FRACTIONAL RESURFACING

To date, the only FDA-approved, long-lasting light-based treatment for acne scarring is fractional resurfacing, which works in two ways to treat acne scars: It resurfaces the skin to improve texture and, in some cases, erase surface scars; and it stimulates collagen production deep within the dermis to repair structural damage. And it's safe for all skin types, although not recommended if you have a current breakout. **Dr. Nikolaidis explains, "If you can restore some of the skin's elasticity with a resurfacing treatment like Praxel, the scars are less visible."** After treatment you will look like you have a sunburn for a few days, you may be somewhat swollen and your skin may be sensitive. Keep in mind that fractional resurfacing is not a one-shot deal; you'll need at least three treatments to see maximum results. *For more information, see the NewBeauty Glossary.*

COST
Starting at about \$1,200

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