

AS FEATURED IN NEW BEAUTY[®] MAGAZINE

beautybrief

HEALING HELPERS

Your skin needs time to recover from any type of peel, resurfacing or surgery, and specialized skin care can help. Skin care in the first days following your procedure should be gentle (read: no exfoliation) and be sure to follow your doctor's instructions to the letter. If you don't, the reaction you have can depend on the nature of your procedure. After laser resurfacing, it's possible to get an itchy, red rash or even a burn, and using the wrong products after surgery can lead to infection at the incision sites.

IMMEDIATELY AFTER

In addition to a gentle cleanser that's free of exfoliating beads or acids, after surgery, your doctor may give you an ointment to apply directly to incisions until they are healed. In most cases, you'll be instructed to avoid all products other than this ointment until sutures are removed within the first week. Depending on the type of surgery you have, you may be able to apply eye cream or other moisturizers, but the key is to keep anything away from healing incisions.

CONTINUING CARE

Dr. Aguilera recommends his patients start using retinoids again once healed because "the skin is in repair mode in the weeks following resurfacing treatments, and a retinoid delivers a chemical signal to the skin to produce even more collagen." Since everyone heals at a different rate, be sure to check with your doctor before resuming your pre-procedure regimen. "After surgery, we don't recommend using alpha- or beta-hydroxy acids again for at least two weeks, or until incisions are completely healed," adds Stellato.

ENHANCED WOUND HEALING De La Terre Skincare Herb Rich Mist

De La Terre Skincare founder Anne C. Willis believes that "nature's own elements are cooling, nourishing and strengthening. In order to have a healthy complexion, you must return to natural organic solutions." Used either as a toner after cleansing or for skin-freshening throughout the day, the **Rescues Wounded Skin Herb Rich Mist** contains antibacterial and anti-inflammatory botanical extracts that reduce pain, redness, bruising and swelling to enhance wound healing. **\$18, delaterreskincare.com**

SKIN-RESTORING CREAM Glytone Lipid Recovery Cream

Glytone's systematic approach to skin care features high levels of glycolic acid, which is why it's sold through physicians and skin-care professionals. Although glycolic acid is a no-no immediately following any treatment or procedure, the company's new **Lipid Recovery Cream** eliminates the ingredient, and instead features camelina oil, rich in omega-3 and vitamin E, to help restore the skin's natural barrier after chemical peels, laser treatment, microdermabrasion and injections. **\$38, glytone.com**

REPAIR AND REJUVENATE Results Rx Recovery Program

Results Rx products contain ingredients that are said to be "recognized" by receptors on the skin cells for optimal results. Designed to help repair and protect fragile post-procedure skin, the **Recovery Program** includes the antioxidant-rich **Rescue Rx Recovery Balm** to reduce swelling and inflammation, **ICC Restorative Care Concentrate Restorative Serum** to help soothe and rejuvenate traumatized skin, **Gentle Clean Sensitive Skin Cleanser** to safely remove makeup, dirt and debris without irritating, and **Reflect Rx UV Protection Mist SPF 30 Sunscreen** to protect your skin. **Starting at \$110, resultsrx.com**



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