

LAWRENCEVILLE PLASTIC SURGERY

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DR SMOTRICH



OUR STAFF



PROCEDURES



FACILITIES



FAQ'S



WHAT'S NEW



PATIENT INFO

In This Issue

- [Summer Skin Care](#)
- [Office-Based Surgery](#)
- [Breast Implants 101](#)
- [Beauty for Life](#)

**VOLUME I,
ISSUE 1**

SUMMER SKIN CARE

Your most important concern in the summer should be protection of your skin from the sun. To begin with, there are a number of myths regarding sun exposure. Even if you tan and don't burn, you are at increased risk for skin cancer. A tan is the earliest stage of ultraviolet damage to the skin.

No sunscreen is truly effective without frequent reapplication. Most of the sunscreens on the market provide broad spectrum protection. Mexoryl (ecamsule) has recently been approved in the United States and it has specific UVA protection to reduce photo-aging.



Two other factors affecting your skin the summer are heat and humidity. If you have dry skin, it may look great in the summer, but oily skin can look worse in warmer months. You'll want to use a good cleanser and alcohol-free toner. Remember that you don't want to remove all oil from the skin. Be careful of exfoliating scrubs in the summer, because uneven pigmentation can result with sun exposure.

Tanning booths deliver the same UVA and UVB radiation, so the damage to the skin is the same as from the sun. Also, the dyes from fake or instant tans do not provide any sun protection. Finally, remember that a serious sunburn is possible on a completely cloudy day.

As for the two types of ultraviolet radiation, UVB is responsible for sunburn and skin cancer, while UVA rays penetrate more deeply into the skin and cause wrinkling and photo-aging. Any sunscreen with an SPF greater than 15 will block about 93 percent of all incoming UVB rays. An SPF of 30 blocks 97 percent, which can be a big difference if you are a light sensitive individual.

A better way to exfoliate in the summer is to use a cleanser and/or moisturizer with an alpha-hydroxy acid. Finally, you'll want to use an oil-free moisturizer in the summer, which will provide moisture without clogging your pores.

Our newest product is Stop the Clock™, a triple-action anti-aging cream with DNA repair, antioxidant protection and skin lifting, as well as UV defense against aging. For more information on this superb day cream with an SPF over 50, visit www.prescribedsolutions.com.

The skin care specialists in The Facial Salon at Lawrenceville Plastic Surgery will address all of your skin care concerns, regardless of the season.

[Back to Top](#)

BREAST IMPLANTS 101

Saline implants need a much smaller incision, so the resulting scar is smaller, and saline implants have the ability to be adjusted in the operating room for women with different breast sizes. Saline implants are also about half the cost of silicone gel implants.

Studies are underway on the form-stable, or “gummy-bear” gel implant. It is important to remember that no implant will last forever, and there are other risks to breast augmentation surgery. This is all discussed in detail during your consultation with Dr. Smotrich. For more information on the implants we use, visit www.mentorcorp.com.



THE FACTS ON OFFICE-BASED SURGERY

There are a number of advantages to having your cosmetic surgery done in an office-based facility,

Women today have more options than ever before with regard to choice of breast implants. Implant size is generally the first thing on a patient's mind when she comes in for a consultation.

However, with the reintroduction of silicone gel implants to the market in 2006, a woman now has the option of either saline or gel implants. Dr. Smotrich prefers gel implants in women who have minimal thickness of the fat layer overlying the ribs in the upper chest, because saline implants can cause visible ripples.

Gel implants are also preferred when the implants are placed directly under the breasts, on top of the pectoralis muscle. This approach is often done in women with sagging of the breasts following weight loss or pregnancy.



