

Q: I am 38 years old, married and have two kids. I have problems with wrinkles and pigmentation on my face, and I want to overcome them with a laser. Is there any laser that can concurrently treat my wrinkles and pigmentation? How and what are the risks?

Wrinkles result from weakening and gradual depletion of collagen and elastin in the skin. Fine lines start to appear in thin skin around the eyes. Pigmentation is the result of combination of UV radiation, hormonal stimulation and acne.

Laser Toning targets unwanted pigmentation as well as stimulates collagen synthesis in the dermis. Skin feels supple immediately after treatment, and signs of aging are reduced. This treatment has minimal to no downtime, and can be repeated as part of an intensive rejuvenative regime, or as a complement to maintenance anti-aging program.

Fractional Laser Resurfacing (Smartxide DOT) Laser is a state of the art laser technology which is optimized for treatment of stubborn wrinkles, scars, large pores and pigmentation. It penetrates deeply into the skin for regeneration of new collagen and tightening of sagging skin. There is minimal downtime after laser treatment. Some facial redness is expected after the treatment, which goes away within 3 days. Tiny scabs may be evident during the recovery period of 5 to 7 days, though these can be easily concealed.

The above treatments are not stand alone, but should be part of a holistic treatment program which may include botulinum protein injections, and topical skin care.

Q: I really feel upset and angry, as I have some annoying pimples on my face, which I have treated at clinics and by using pimple remedies. But still such efforts did not help. Now, the pimples have also gone all over my back. What should I do to make the pimples go away from my face and back?

It's a combination of genetic factors, environmental triggers and hormones.

Stress increases sebum production, while not sleeping enough can lead to a hormonal imbalance.

There is some scientific evidence that dairy products can worsen acne. The testosterone-like hormones in milk influence acne. Fermentation, which occurs in cheese production, also results in increased testosterone production. Foods with a high glycemic index (GI), like white rice and processed sugar, can also worsen acne. These are digested rapidly in the body, causing a surge in blood sugar levels. This causes spikes in blood insulin levels that trigger the sebaceous glands, increasing sebum production.

You should start off with skin care products for acne skin. These products would contain ingredients such as salicylic acid or glycolic acid or benzoyl peroxide. However do take care that you do not experience irritation from overuse of these products.

When pimples get more swollen, red and painful, or pimples develop on the back, you should seek medical treatment.

You may require topical and oral medications to control the pimples. Chemical peeling can be carried out to remove the dead skin cells which clog the pores on the skin.

Laser peel targets acne causing oil glands, shrinks the glands, and reduces pore size. It also gently exfoliates dead skin cells and comedones.

Photodynamic therapy (PDT) kills acne-causing bacteria which reside in the oil glands. This treatment involves the application of a primer onto the skin, followed by irradiating the skin with special light source. It controls excessive sebum production and stimulates collagen synthesis for healing of acne scars.

Q: When I was a teenager, I had dark circles in my eyes, which have been getting worse since I was married and had children. My dermatologist said the dark circles are due to genetic factors. He gave me a cream

to diminish them. It's been six months since I used the cream, and I haven't seen any progress. What should I do? Is there any procedures that can overcome my problem?

If you have had dark circles since youth, then it is most probably due to genetics causing the accumulation of pigments around the eyes. If your eyes are naturally deep-set, you will also appear to have more prominent dark circles. Dark circles are also caused by congestion of blood vessels located below the very thin skin under the eyes.

As we age, the skin starts to appear wrinkled and sag, look puffy, aggravating the already obvious dark eye circles.

If you have allergies like eczema or rhinitis, these conditions may also contribute to the problem.

Dark eye circles are a complex problem, cause by one or more of the above factors.

Start with effective skin care. An eye cream should contain anti-oxidants to protect the skin against environmental stressors and premature skin aging. It should also contain lightening ingredients to target excess pigments in the skin and reduce congestion below the skin.

Hyaluronic acid injections can be use to firm and plump the skin, giving a smooth contour to the eyes and brighten tired-looking eyes.

Pigment laser can improve dark circles caused by excess pigmentation. This also has the added benefit of stimulating collagen production within the skin to smooth out wrinkles and strengthen the skin.

Fractional laser resurfacing can remove wrinkles and stimulate new collagen under the skin. It is used to thicken the thin eyelid skin and is use to improve wrinkles, pigmentation and dark circles under the eyes.

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