

# Unlocking the Secrets to Radiant Skin

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## Basic skincare routine

Cleanse – Active Ingredients – Moisturize

- ▶ AM:
  - ▶ Gentle cleanser
  - ▶ *Vitamin C serum, Niacinamide (examples)*
  - ▶ Sunscreen moisturizer
- ▶ PM:
  - ▶ Gentle cleanser
  - ▶ *Azelaic acid, Adapalene (examples)*
  - ▶ Nighttime moisturizer, if needed

## Gentle cleansers

- ▶ Cetaphil cleanser
- ▶ CeraVe foaming or hydrating cleanser
- ▶ Neutrogena ultra gentle foaming or creamy cleanser
- ▶ La Roche Posay Toleriane purifying foaming facial wash

## Sunscreen moisturizers

- ▶ CeraVe AM Facial Moisturizing Lotion SPF 30
- ▶ Cetaphil Daily Oil-Free Facial Moisturizer SPF 35
- ▶ Neutrogena Hydro Boost Hyaluronic Acid Moisturizer SPF 50
- ▶ Neutrogena Mineral UV-Tint SPF 30
- ▶ Eucerin Sensitive Mineral Face SPF 35 (tinted)
- ▶ Elta MD UV Clear
- ▶ La Roche-Posay Anthelios Mineral (+/- tinted) SPF 30

## Nighttime moisturizers

- ▶ CeraVe PM Facial Moisturizing Lotion
- ▶ Neutrogena Hydro Boost Hyaluronic Acid Water Gel Moisturizer
- ▶ La Roche-Posay Toleriane Dermallergo Moisturizer

## Common skincare active products

- ▶ Vitamin C serums: antioxidant, brightening
  - ▶ Examples: SkinCeuticals C E Ferulic, Paula's Choice C15 Super Booster, The Ordinary Vitamin C Suspension 23%
- ▶ Niacinamide (vitamin B3): improve texture, brighten, hydration
  - ▶ Examples: Paula's Choice Niacinamide 20% treatment, The Ordinary Niacinamide 10%
- ▶ Azelaic acid: even out skin tone, pigmentation, acne, and rosacea

- ▶ Examples: The Ordinary Azelaic Acid Suspension 10%, prescriptions for azelaic acid 15% gel or 20% cream
- ▶ Retinols/Retinoids (vitamin A): anti-aging, acne
  - ▶ Examples: Olay Retinol24, Alastin Skincare Renewal Retinol .25, Differin (adapalene) 0.1% gel, or prescription strength adapalene, tretinoin, or tazarotene
- ▶ Hyaluronic acid: hydration, elasticity, anti-aging
  - ▶ Examples: Vichy V Mineral 89, La Roche-Posay Hyalu B5 Serum, SkinCeuticals Hydrating B5 Gel

### **Botox**

- ▶ Causes temporary paralysis of muscles, which smooths out and helps prevent wrinkles and fine lines; typically lasts 3-6 months
- ▶ Areas for treatment: glabella, crow's feet, forehead, bunny lines, masseter, down-turned corners of lips

### **Chemical Peels**

- ▶ Can improve skin texture and tone and reduce the appearance of fine lines
- ▶ Some peels found over the counter (glycolic acid) or performed by aestheticians
- ▶ In-office peels: Jessner's peels, trichloroacetic acid 25% or 35% peels, VI peels

### **Fillers**

- ▶ Can help with the appearance of lines and loss of volume
- ▶ Tends to last 6+ months – years (can be permanent)
- ▶ Examples: Juvederm (hyaluronic acid), Radiesse (calcium hydroxylapatite)
- ▶ Common places to inject: nasolabial folds, cheeks, lips

### **Broadband light therapy (BBL, IPL)**

- ▶ Can help improve: sunspots and pigmentation, redness and very small vessels, skin tone, acne

### **Pulsed dye laser (PDL)**

- ▶ Gold standard for treating redness and blood vessels on the face
- ▶ Commonly used to treat: rosacea, telangiectasias, spider angiomas, scars

### **Fractionated laser**

- ▶ Commonly used to address:
  - ▶ Fine lines and wrinkles
  - ▶ Scarring, including acne scars
  - ▶ Uneven skin tone
  - ▶ Pigmentation
  - ▶ Precancerous lesions