

SKIN-CARE ESSENTIALS

GET THE BEST RESULTS FROM PROFESSIONAL PRODUCTS

A PROTECTIVE CLEANSER
Clinique Medical Probiotic Cleanser

It's important to remove dirt and debris without stripping or irritating the skin, and this creamy cleanser is designed to be used without water and wiped off with a tissue. The probiotics (i.e. healthy, naturally occurring bacteria) help maintain the skin's protective natural lipid barrier. **\$27.50, cliniquemedical.com**



SAFE SUNBLOCK
SkinCeuticals Physical UV Defense SPF 30

Safe for recovering skin that's more susceptible to damage, this sunblock features nonirritating zinc oxide and titanium dioxide with an advanced technology that eliminates the unsightly white residue often seen with these physical sunblock ingredients. **\$35, skinceuticals.com**



ALTHOUGH MANY WOMEN SEE DERMATOLOGICAL PROCEDURES AND SURGERY AS THE NEXT STEP WHEN SKIN CARE ALONE ISN'T GIVING THEM THE RESULTS THEY WANT, THE FACT IS THAT SKIN CARE WORKS IN CONJUNCTION WITH MORE POWERFUL IN-OFFICE TREATMENTS. "SKIN THAT IS WELL TAKEN CARE OF IS MORE RESILIENT, AND RESPONDS BETTER TO TREATMENT," SAYS FORT LAUDERDALE, FL, DERMATOLOGIST DR. SHINO BAY AGUILERA. "PROPER SKIN CARE CAN LEAD TO BETTER HEALING AND BETTER OUTCOMES, AND YOU'RE MORE LIKELY TO GET THE RESULTS THAT YOU'RE LOOKING FOR."

PILLS THAT PROMOTE HEALING
GliSODin Advanced Pre/Post Phase One & Phase Two Formula

To keep inflammation under control, **GliSODin Advanced Pre/Post Phase One & Phase Two Formula** supplements contain a blend of antioxidant-rich maritime tree bark, gotu kola seed to promote healing, circulation-boosting hyaluronic acid, and lemon balm leaf to reduce stress and anxiety. The Phase One pills are designed to support noninvasive procedures like laser treatments and injectables, while Phase Two is taken along with Phase One to support healing after surgery. **\$300, spalook.com**



INTENSE MOISTURIZER
Circadia Hydrating Cream

A soothing, antioxidant-rich moisturizer is essential for the skin both before and after in-office treatments and procedures. **Circadia's Hydrating Cream** contains natural oils that help regenerate the skin and prevent moisture loss. **\$50, circadia.com**



PREPARE YOUR SKIN

Peels, lasers and surgery all injure the skin in one way or another, and in the weeks leading up to your appointment, it's essential to prime your skin. To make sure your skin responds to the treatment as best as it can, your skin cells should be turning over rather quickly, and you want your collagen-producing cells to be responsive.

KICK-START YOUR COLLAGEN

Most plastic surgeons and dermatologists will recommend retinoids and/or acids to prepare the skin. These active ingredients work in two ways: They get the cells to turn over faster, and they also help kick your collagen into remodeling mode, which helps the healing process. However, it's important to speak with your doctor about these products since you may be told to stop using some of these ingredients a week or two before your procedure so your skin isn't peeling at the time of treatment. "We want the skin in optimal condition the day of the procedure, so it's best not to use anything too aggressive for up to two weeks beforehand in order to give the skin time to heal," explains medical aesthetician Deanna Stellato of Chicago.

PREVENT PIGMENT CHANGES

Using sunscreen after any in-office procedure is a no-brainer, but most patients don't realize the importance of using sunscreen beforehand in order to prevent pigment changes after treatment. Using an SPF of at least 30 before a procedure helps keep the pigment-producing cells in check, so they don't go into overdrive when subjected to the stress of the treatment or surgery.