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BY MELISSA MEISEL



Body

COMBINATION SKIN-CARE TREATMENTS SOMETIMES YIELD THE BEST RESULTS.

a loss of elasticity. Deep folds.

Dark spots. When “Jean” (not her real name), a 50-something Morris County resident, sought out dermatological treatment from Susan Stevens Tanne, M.D., of Cosmetic Laser MD in Livingston, she didn’t know just how much her skin was showing her age. “When I met [Jean] at her consultation, she had a significant loss of volume in her mid-face and lower face and areas of decreased pigmentation along her jawline. On top of this, she had some skin laxity due to a decrease in collagen and elastin,” Dr. Tanne says. “Although she emotionally felt great when I met her, her face didn’t look that way.”

According to Dr. Tanne, Jean’s situation is so prevalent that more and more people each day are seeking the services of New Jersey’s more than 400 dermatologists instead of opting for cosmetic surgery. Whether stopping the signs of aging, treating adult acne, or healing a scar, today’s local M.D.’s are at the forefront of their field.

TURNING BACK THE CLOCK

Dr. Tanne’s initial goal for Jean was to restore volume to her face and give her back a more youthful appearance. The first procedure that she underwent was microdermabrasion (\$125) to sweep away dead skin cells — which gave Jean a more polished, luminous look. Then she used Radiesse, a synthetic ➤

LOVE THE SKIN YOU’RE IN

Dermatology success stories in the Garden State

filler that lasts about one year and costs between \$650 and \$850 a pop, to plump up hollow regions in Jean's cheeks. For a final touch, Dr. Tanne injected Juvéderm Ultra (\$500) by the eyes for a lift.

Next, Jean began a series of FotoFirme treatments, a combination of intense pulsed light (IPL) and bi-polar radio frequency that combats sun damage and fine lines. The IPL portion corrects color, targeting both brown spots and spider veins. The bi-polar radio frequency decreases pore size and reduces creases.

Jean's FotoFirme treatments were spaced three weeks apart, and each appointment took about one hour. The package price is around \$4,000.

her real name) of Wayne visited the Paramus office to treat her adult acne. Dr. Baxt started her on a series of trichloroacetic acid (TCA) peels. The monthly treatments, which cost about \$150 each, slough off old skin. That encourages production of collagen, reduces pore size, and helps quell pigmentation. Then, Dr. Baxt prescribed a few prescription acne products to unclog Adrienne's pores. Once her skin was clear, she had three photofacials that diminished sun damage on her face and neck. The treatments cost \$330 to \$500 a session and take about half an hour every three weeks.

In the end, Adrienne was successful because she combined at-home treatments of pills and creams with in-office peels and

Robin Ashinoff, M.D., director of MOHS Surgery and Cosmetic Dermatology at Hackensack University Medical Center, for a deep facial scar from an at-home accident, it was a project set close to the doctor's heart. "The patient happens to be my daughter," Dr. Ashinoff says. "When she was about 15 years old, she fell running up my basement steps and split her upper and lower lips in three places to the muscle. It required about 11 sutures, which I myself performed. At five days, I removed the stitches and started an intense regimen to improve the scarring process, which tends to be quite extensive on the lips, especially in a young person. I did four laser treatments, which removed the redness and

“It feels so good to be able to leave the house and not worry about my face. I don't have to worry if people are staring at my skin.”



CLEANING YOUR SKIN IS JUST A FIRST STEP.

All in all, Jean's skin has improved dramatically. "She told me that her daughter is getting married soon and she wants to look her best for the wedding," Dr. Tanne says. "She is committed to maintaining her youthful, refreshed look."

"I wanted to look the way I felt," Jean says. "Dr. Tanne made that come true."

BEATING BREAKOUTS

Pesky skin bumps and clogged pores are not just for teens. According to Rebecca Baxt, M.D., of Baxt CosMedical in Paramus, adult acne is common for women in their 20s and 30s and even in their 40s and 50s. Therefore, when "Adrienne" (not

photofacials. "Adrienne is so typical of the patients that we see: an adult woman with acne who does great with a combination of treatments," Dr. Baxt says. "We can put acne into remission with an aggressive combination approach."

"When I first starting seeing Dr. Baxt, I always had to wear makeup to cover up," Adrienne says. "It now feels so good to be able to leave the house and not worry about my face. When I talk to people I don't have to worry if they are staring at my skin."

A CUT ABOVE THE REST

Occasionally, time doesn't heal all wounds. When Alexa Ashinoff of Cresskill visited

helped flatten the scars greatly." The laser treatments cost \$275 in total.

"Before I was treated, my upper lip had two gashes in it," Alexa says. "Being a teenage girl, this would have been extremely traumatic. My mom was able to suture it so that it now looks exactly how it did prior to my injury."

According to Dr. Ashinoff, the follow-up treatments required diligent maintenance. "She was determined to have the best possible outcome and religiously applied silicone dressings every night for one entire year," she says. "This is a testament to excellent results if you really adhere to a strict program for scar improvement."

Body