

FROM THE UPPER EAST SIDE TO THE EAST END



Dr. Paul Jarrod Frank
Turns Back the Clock
Without Losing Time.

August is here as we all enjoy the summer's guilty pleasures; A sun-kissed face, a glass of Rosé, lazy days poolside and combing the beautiful beaches of the East End are just part of the summertime repertoire that we are all spoiled with. As the impending end of each summer draws closer, we relish the remaining days of our vacation season and we plan our return to reality with enthusiasm and determined resolutions. Despite the efforts to protect ourselves during the summer folly, the cumulative effects of the sun leave us all wishing we can erase some of the damage that has been done. Hamptons Magazine checks back in with our beauty expert, Dr. Paul Jarrod Frank for the third installment in our rejuvenation series to find out what the hottest beauty tricks are to improve the quality of our skin upon summer's end. As a Board Certified Dermatologist

and Dermatologic Surgeon, Dr. Frank specializes in minimally invasive cosmetic rejuvenation in his accredited facility on the Upper East Side's Fifth Avenue. With over 20 lasers, ultrasound and radiofrequency based devices in his armamentarium; Dr. Frank discusses with Hamptons Magazine the spectrum of treatments that Manhattan's skin conscious consumer uses to look their very best going into the autumn season.

Q: What are the most common skin complaints at the end of the summer?

Although there are certainly age-specific concerns regarding sun-damage, the most common complaints relate to the pigment and textural changes that the sun causes over time. Brown spots, widened pores, and the loss of vibrancy to one's skin certainly are common themes come September. Despite the admitted diligence of using sunscreen and avoiding excessive sun exposure, many patients complain of progressive ageing each year, not realizing that much of the cosmetic sequelae they are experiencing now come from sun exposure decades ago. Like many carcinogens, sun damage takes years to develop. The results of sunburns today won't be seen for years to come.

Q: What is the hottest technology right now in Cosmetic Dermatology and the battle against sun damage?

For the past few years, fractional lasers have dominated the forefront of cosmetic rejuvenation. These devices, which come in various forms and trade names, are used to resurface the skin in a very unique way. Much like repaving a road, lasers can be used to repair and rejuvenate much of the damage that has been done over the years by selectively destroying damaged layers of skin while stimulating the overwhelming reproduction of healthy and younger appearing skin.

Q: How do these devices work, and what makes them different than older lasers?

What differentiates fractionated lasers from their predecessors is the manner in which the laser light is delivered to the skin. Much like the pixels in a digital photo, laser energy is delivered in very discrete microscopic columns of light that heat up parts of the skin while leaving other parts intact. The untouched columns of skin provide a scaffold for much quicker and safer healing, allowing the technology to reach depths in the skin unattainable with earlier technology. Depending on the needs of the treatment these devices also vary in the manner in which new skin is generated. The basic differentiation is termed Ablative vs. Non-Ablative. Ablative fractional resurfacing, although much improved over historic ablative lasers, is reserved for the most aggressive skin rejuvenation where skin is physically removed with the laser. Non-Ablative fractional lasers, which are the most popular given their minimum downtime, stimulate collagen production merely by heating up columns of tissue deep in the skin. Regardless of which type of technology is used, the results are global improvement in skin quality including color, texture, pore size, clarity and wrinkles.

Q: Can Fractional Lasers be used on other parts of the body?

Absolutely. These devices have dramatic effects on scars and sun damage throughout the body. The neck, chest, and arms are very commonly treated areas. In fact, one of the most popular and remarkably effective treatments with these lasers is with stretch marks, a notoriously difficult skin condition to improve up until recently.

Q: Are these devices safe and what are their long term consequences?

As with any cosmetic treatment, safety is mostly determined by the physician's judgment in choosing the right technology for the right patient, using the device skillfully, and guiding a patient's recovery appropriately. Certainly the device itself plays a role, which is why these newer technologies have such a greater advantage. As with all products, there are many name brands and choosing can often be confusing for the cosmetic consumer. In my practice, I use the Fraxel® name-brand of devices. They were the original developers of fractional lasers and have the most clinical studies to date. In addition, they have the widest spectrum of devices that cater to all varieties of patient skin types, ethnicities, and skin maladies. I call them the Rolls Royce of fractional lasers when discussing options with my patients. I currently utilize all three of their devices, the Fraxel Re:store™, Fraxel® Dual, and Fraxel Re:pair®. Much of the research we are doing now with these lasers are revealing their benefits in reversing sun damage and even in treating precancerous skin tissue. So I am confident that the long term benefits of treating patients with these devices are dramatic.

Q: With the various treatment options and technologies, what is your advice to patients who are seeking to improve the quality of their skin?

First thing I discuss is sun protection and basic skin care. The metaphor of "you can't heal a bruise if someone keeps punching you in the arm" rings true in this case. I then discuss the various options of treatment based on the patient's skin type, cosmetic needs, and their availability for different degrees of downtime, and certainly cost. What I teach patients is that there is no best laser or treatment, just one that will suit them best. Choosing from a palette of cutting edge technologies helps me cater to each individual's needs. What I do most for my patients is relay to them the importance of healthy and vibrant skin and the skincare regimen that it takes to maintain it. Beautiful skin is one's best accessory. I want each of my patients to wear it well. ●

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