



Joel Schlessinger,
M.D., F.A.A.D., F.A.A.C.S.



Joseph Niamtu III,
D.M.D., F.A.A.C.S.

What is the best laser for treating sun damage?

Dr. Schlessinger:

That is a great question, and the answer

may just be that

a laser isn't the best thing for sun damage at all — the answer may be something called hydroquinone! While lasers are very popular and are present in my clinic in abundance (20 and counting), they aren't always the appropriate tool to improve sun damage and a condition called melasma. The reason for this is that lasers aren't all that good for darker skin types such as Asian or African-American skin, and they tend to create a lighter look to the skin if you are a tanned individual and don't want to give up tanning.

For this reason, products such as TriLuma (a prescription containing three things — hydroquinone, a steroid and a form of reti-

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noid) or other programs such as Obagi and/or hydroquinone-containing products can be terrific and have a fairly low likelihood of downtime, as opposed to a serious laser procedure.

What is the difference between an upper eyelid tuck and a brow lift?

Dr. Niamtu:

This is a very common dilemma, and many patients that

request upper blepharoplasty, in fact, need a brow lift. Most females have arched eyebrows and they become flat with aging. Some surgeons perform blepharoplasty and not brow lift, and this can be a problem, as many patients

are brow lift candidates. If significant eyelid skin is removed on a patient who needs a brow lift, it can preclude future brow lifting, because there will not be enough skin to close the eyes.

When considering a brow lift procedure, have the surgeon elevate (or tape) your brows to the anticipated position. Most patients can tell immediately if they would like the result. For most patients it produces a youthful, alert and refreshed appearance. Some patients do not like the suggested elevation and therefore would not be candidates.

Also, it is helpful to look at pictures when you were younger. If you had elevated brows years ago, but they have flattened with age, the chances are you will be happy with a brow lift. Finally, many patients benefit from brow lift and

simultaneous blepharoplasty, so many surgeons do both at the same time. For sure, many patients get eyelid tuck when they would have been better served with a brow lift, so a second opinion never hurts. There are few things that look more unnatural than an excessive brow lift, so make sure your surgeon understands the extent of your desired result and can show you his or her work. Most brow lifts appear very natural and make patients look younger and rejuvenated. ❗

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