

# SUN VS. SKIN:

## An Uneven Battle

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Photography by Tracy Doyle

Enjoying time in the sun is a big part of summer, but it's important to take precautions to help prevent skin damage from harmful UV rays. Kasey Swing, licensed Medical Esthetician at the Mandell-Brown Plastic Surgery Center, says sun protection is one of the best things people can do to keep their skin in shape all year round.

Most people know that sun screen is a key component of summer skin care, but Swing explains that many people don't understand some basics about this common product. "Most products out there are what we call chemical blockers," she says. "These chemicals absorb the sun's rays, but studies show that physical blockers that contain zinc oxide do a better job."

Swing says consumers should seek out sun screens with zinc oxide; the higher the strength, the better. Dr. Mandell-Brown's private line includes a carefully crafted, moderately-priced option, Sheer Physical Sunscreen, which contains 13.5 percent zinc oxide and an SPF of 50, as well as Vitamin C, an antioxidant beneficial for sun protection.

When it comes to SPF, Swing says many consumers think this number refers to the strength of the product, but in reality, it's about longevity. "This number is a gauge to how long it will last," she explains. "SPF 50 might last for half a day, for instance." This is true for makeup products containing SPF as well – an area many women overlook. Swing recommends trying a sun screen mist or sun screen powder. These products can be applied on top of makeup without affecting the look.

Clients can also incorporate products into their routine from the recently-launched Mandell-Brown skin care line, developed for



both men and women and for all three skin types: normal, dry and oily. The collection of cleansers, lotions, and skin treatments was designed by Dr. Mandell-Brown himself with value and quality in mind. The products include ingredients that meet the highest industry standards at a lower cost than skin care lines found at high-end department stores and spas, with a quality far surpassing drug-store selections. While Dr. Mandell-Brown's advice is to always focus on prevention, these products do double-duty, offering both preventative and restorative properties.

The Triple Antioxidant Cream includes green tea polyphenols, resveratrol, and caffeine USP, for instance, products that can help soothe skin and guard against free radical damage, lessening the appearance of red lines, fine lines, and puffiness, all conditions that can be aggravated by time spent in the sun.

In addition to Sheer Physical Sunscreen and Triple Antioxidant Cream, the product line includes Restorative Moisturizer, Firming Retinol Body Lotion, Green Tea Antioxidant Moisturizing Lotion, Retinal Plus Smoothing Serum, Gentle Antioxidant Soothing Cleanser and Firming Neck Cream. Mandell-Brown's highly trained staff can explain how to use the products and make recommendations based on a client's specific need.

For people who have already experienced skin damage, all is not



1. Skin lightening treatment pads containing Hydroquinone. Hydroquinone is a depigmenting agent used to lighten dark spots on the skin, often caused by the sun's harmful rays. No prescription needed like for other Hydroquinone products.
2. Hydrating lip plumper with SPF 30. Temporarily plumps the lips while Hyaluronic acid is providing long-term plumping and hydration.
3. Ultra Hydrating serum containing Hyaluronic acid. Hyaluronic acid is something we naturally have in our skin but as we age, we lose it and the production of it slows down. Babies have a lot of this in their skin, which is why their skin is so plump. It attracts moisture from the air, keeping us hydrated all day long. Hydration is an important factor when anti-aging. This serum can also be added to a moisturizer or body lotion for all-over hydration.

lost. Mandell-Brown Plastic Surgery Centers offer several procedures that can improve and repair the skin. Swing says she treats many patients successfully through the use of chemical peels. As a medical-licensed facility, Mandell-Brown offers peels at higher concentrations than clients are likely to see in spa settings, allowing clients to receive treatments tailored to their unique skin condition. "I see many people who have been in the sun their whole life," Swing says. "Prevention is much easier, but procedures like chemical peels are effective, especially for brown spots and discoloration." Over the course of several treatments, many patients see a remarkable difference in the health and appearance of their skin.

Dr. Mandell-Brown offers several non-surgical laser treatments including Genesis and Excel V Cutera lasers, which can help tighten skin that has lost elasticity and improve pigment issues like rosacea, brown spots, scarring and spider veins. Dr. Mandell-Brown also provides CO2 laser treatments, aimed at skin tightening and lessening deep wrinkles.







Microneedling is a wonderful technique to improve the skin's texture. It is helpful for acne or facial scars, fine lines, or improving rough skin texture. The Mandell-Brown Plastic Surgery center's aesthetician, Kasey, is performing microneedling to the forehead. This can be combined with Platelet Rich Plasma to improve healing or used alone.

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A relatively new procedure, microneedling, can help improve skin that has lost some elasticity through sun damage or simply the general wear and tear of life. Swing says this procedure uses tiny needles to puncture the skin, creating micro-injuries. This causes the skin to go into shock and repair mode, building new collagen and elastin, which can heal fine lines and wrinkles and improve the overall look of skin.

Mandell-Brown is unique in its use of the VISIA Complexion Analysis System to give technicians an up-close look at the skin's condition before, during and after the course of treatments. Swing says the high-resolution photos the computer takes allow her to compare a client's skin condition to that of their peers, giving her more insight into the best treatment plan. "This technology really sets us apart," she says. ❖

## SERVICES OFFERED at the Mandell-Brown Plastic Surgery Center

Abdominoplasty	J Plasma Skin Tightening
Arm Lift	Labiaplasty
Belt Lift	Laser Hair Removal
Botox	Laser Skin Resurfacing
Brazilian Butt Lift	Liposuction
Breast Augmentation	Mandell-Brown Private Skin Care Line
Breast Lift	Microdermabrasion
Brow Lift	Microneedling with PRP
Cutera Laser – red vessels, brown spots	Mole Removal
Ear Reshaping (Otoplasty)	Neck Lift
Earlobe Repair	Permanent Makeup
Eyelash Extensions	Rhinoplasty
Eyelid Surgery	Soft Tissue Fillers
Facelifts	Thigh Lift
Facial Peels	Venus Legacy & truSculpt – non invasive Hot Sculpting <sup>®</sup>
Fat Transfer	Waxing

## MICRO-NEEDLING AND PLATELET-RICH PLASMA (PRP)

We often combine micro-needling treatments with platelet-rich plasma (PRP) at the Mandell-Brown Plastic Surgery Center, to give clients enhanced results over micro-needling alone. Used to encourage the skin's natural healing and rejuvenation process, micro-needling with PRP uses the body's own platelets to enhance the results of micro-needling. These platelets contain growth factors which are released to accelerate the body's healing process by promoting the production of new collagen and elastin. The addition of PRP with micro-needling is an ideal treatment for clients looking to soften signs of aging including wrinkles and fine lines, and superficial scars such as acne scars.

Mandell-Brown Plastic Surgery Center is located at 10735 Montgomery Road, Cincinnati, OH 45242. For more information, call 513.984.4700 to set up a consultation or visit [www.mandellbrown.com](http://www.mandellbrown.com).