



The Power of Pairing

If you're thinking about undergoing cosmetic procedures, such as laser treatments or even surgery, those few hours you spend at the medical spa or doctor's office are just a small part of your journey to beautiful skin. The process of skin rejuvenation is a long one, and it starts with solid skin care. However, proper skin care is not a single product, it's a comprehensive regimen combined with cosmetic procedures. When these align, it's possible to reverse signs of aging, improve symptoms of sun damage and even prevent future skin damage from occurring. The ultimate goal is to find the right balance for your skin and treat its specific needs with or without plastic surgery.

The Ideal Regimen

Nearly everyone's skin can benefit from antioxidants, growth factors, peptides and other special ingredients. Antioxidants can actually help reverse existing signs of damage as well. Retinol or Retin A and skin brighteners such as hydroquinone are other key skin-improving ingredients and they benefit just about everyone, especially those with acne and visible signs of aging and hyper-pigmentation. Lastly, UV protection (sunscreen) is a crucial part of every skin care regimen. But SPF alone isn't enough it needs to be one that contains UVA/ UVB broad spectrum coverage. Together, these ingredients help get skin in optimal shape before cosmetic procedures and cosmetic surgery. This also ensures the best and longest lasting results possible.



Medical Spa Treatments

Microdermabrasion treatments essentially remove the uppermost layers of skin in order to eliminate damaged cells; so skin care plays an indispensable role before and after this procedure. Before a treatment, it's especially important to have stopped using retin A or retinol products for 3 days. A proper skin care regimen also ensures that the end result is uniform.

Chemical Peels also help to retexturize the skin by exfoliating the upper most layers. When the skin is peeling and healing immediately after treatment, patients use a very gentle regimen (including SkinMedica® Sensitive Skin Cleanser and TNS Ceramide

Treatment Cream™). Once post-laser peeling is done, patients remain on long-term retinol, growth factors and skin lighteners, which helps prevent future damage. It's like an insurance policy for their investment.

Aluma is a treatment to help produce new collagen in the skin. This is something that directly affects the dermis by allowing bi polar radio frequency to stimulate the formation of new collagen. It's important to understand that the results from one Aluma treatment are not dramatic, nor do the results become visible immediately. You'll notice the improvement gradually, over the course of a few weeks or months.

Surgery

In order to obtain the best end result, it's important for the skin to be in optimal condition before undergoing cosmetic surgery. You have to keep in mind that surgery doesn't have an effect on skin quality—only a skin care regimen can do this. For example, a facelift can remove extra skin, but can't improve the quality of the skin that remains. This is why surgical patients need to be on a solid skin care regimen for at least six to eight weeks before the procedure. Of course skin care needs to be gentle immediately after surgery to ensure proper healing, but most patients get back on their retinol after just a few weeks.

Regardless of your personal skin-improvement plan, using the right products is key for obtaining the most beautiful, healthy skin possible. Cosmetic procedures like laser treatments and surgery are wonderful ways to improve the appearance of the skin, but the proper skin care regimen can take their results to a whole new level—and preserve the skin's rejuvenated appearance for years to come.

Oasis Medical Spa & Wellness

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