



## How Reasonable Are My Expectations?

The list of our expectations from skin care products and procedures is typically very long. We want facial aging, broken capillaries, enlarged pores, acne, brown spots or dark circles to disappear with a magic potion. We want skin to become tighter, firmer, brighter, smoother, more even toned, less red and acne free overnight. You might ask yourself the question, "Which product or treatment will make all that happen for me, yesterday?" The question we should really be asking ourselves is, "How reasonable are



my expectations?" When you are on a new medical- grade skin care regimen you should be excited about it, and know that at some point there will be change but perfection is not realistic. Expecting improvement is realistic as long as you are compliant and patient.

In order to have realistic expectations about prospective improvements, you must understand that there is a lot happening under the skin during each step in both home care and medical spa treatments. It is clinically proven that change from anti-aging products requires a certain amount of time for the products to penetrate all the way down to the dermis to see results. For example, the first signs of improvement, such as more even skin color, smoother texture and reduction in hyperpigmentation, can sometimes be seen as soon as two weeks after starting the products or doing a procedure. Laser treatments and chemical peels initially have this result, however, as the skin heals, a number of beneficial changes occur underneath: dermal regeneration, collagen stimulation, re-orientation of new skin connective tissue and skin tightening can take several months. The improvements seen from anti-aging skin care products are even more gradual than with procedures. To see the effect of the product, you have to use it for several weeks, not just a few days. Ask yourself if you allowed enough time for the product to work. Understanding that the processes will take time is crucial. Patients are often reminded that it took many years to accumulate the skin damage, so it will take some time (and commitment) to fix it. Depending on your pre-treatment skin condition, the time and the degree of improvement will vary substantially. Remember the more ways you are stimulating your skin, the faster you will see your results.

Keep in mind, these changes are gradual; they will not appear overnight. Since we are looking in the mirror (sometimes magnifying mirror) every day in anticipation of improvement, those steady changes often are not that easy to see. It is always best to

take pre-treatment photographs, which help to objectively evaluate your progress, and also give you a chance to compare.

The answer to better skin is not a “magic potion,” but rather a scientifically based approach to addressing your skin care concerns. When paired with compliance and patience, others are sure to start complimenting you on the appearance of your skin and then you will know your efforts were worthwhile.

**Oasis Medical Spa & Wellness**

2502 East Empire Street, Suite C, Bloomington, IL 61704, 309-662-6772