

# Unmasking Beauty with Skin Resurfacing

What is skin resurfacing? It's simply any process used to remove the superficial skin layers in order to reveal the healthier skin beneath the wrinkles and pigmentation issues caused by aging, sun damage, and other factors. According to Dr. Andrew Campbell, a double-board certified facial plastic surgeon at Campbell Facial Plastic Surgery in Sheboygan, Wisconsin, skin resurfacing procedures can vary from the Retin-A we use in our skin care regimens, to microdermabrasions, to chemical and laser peels.

Determining what procedure is right for you depends on your desire for skin improvement. For example, if you want to significantly reduce the signs of wrinkles, then a chemical or laser peel can do that. However, if you're concerned about the bags under your eyes, cosmetic surgery may be required to achieve the desired result. Dr. Campbell says many patients combine facial plastic surgery with a peel to improve the skin's overall texture and structure.

What is a chemical or laser peel? A chemical peel involves placing chemicals on the skin causing the layers to peel off at various depths enabling new, regenerated skin to appear. A laser peel is similar to a chemical peel, but instead of using chemicals it uses the thermal energy from a laser to vaporize the skin layers. The result of either peel is a youthful, healthy glow.

Peels themselves can also vary. Light peels can remove a single layer of skin causing a mild sunburn-type appearance requiring no recovery time. A light peel can also give the skin a refreshed look, but does very little to reduce wrinkles. A deep peel, on the other hand, reaches into the deeper dermal layer requiring significant healing time due to the bleeding and crusting that may occur while heal-

ing; however, by maximizing skin health before the peel and adding a combination of several healing promoters, Dr. Campbell has enabled his patients to reduce their deep peel recovery times from 10-14 days to 5-7 days. The results from deeper peels can last for decades with proper skin care.

Dr. Campbell and his staff help minimize the risks from a peel procedure by having their patients use Retin-A and Hydroquinone for five-to-six weeks prior to the procedure to prepare the skin and prevent abnormal pigmentation. They stress the importance of good skin care before and after the procedure. This includes the use of Retin-A, sunscreen, not smoking, and drinking lots of water. After deep laser peels, patients receive an Oxy-mist treatment that uses Amino-Plex and oxygen to promote healing. They are then given a balm to keep the skin from drying out while healing and prescribed medications to prevent any outbreaks or infections that could interfere with the healing process.

Both chemical and laser peels produce great results, but Dr. Campbell recommends you know the credentials of the person administering the peel beforehand. This is important because even a light peel can cause burns, scarring, and pigmentation problems if not done properly.



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