



## Lowe Plastic Surgery (LPS)

### Healthy Skin Guide

Dr. Jim Lowe

#### **Phases of Skin Repair:**

This information sheet details a prescription strength skin care program that produces meaningful results at the cellular level. You will experience different reactions and results as you progress through the different phases of care. Real results take time and this program produces such results only if you continue to use and adjust the products based on your individual needs. Further detailed physician or nurse consultation is recommend if you have any questions or concerns regarding your skin care program.

#### **Out with the Old - Weeks 1-6**

**Action:** The top layer of skin exfoliates and new skin forms at the dermal layer. Melanin production or brown spots are reduced.

**Reaction:** Flaking and light peeling, sensitive feeling, possible redness and dry feeling, some fading of age spots, wrinkles and lines may be more noticeable. Some acne patients will experience a temporary increase in breakouts.

#### **In with the New - Week 7-12**

**Action:** The new skin cells are turning over and new collagen and elastin are produced. Melanin production continues to decrease.

**Reaction:** Improvement in wrinkles noticeable. Pore size reduce creating smoother skin, skin lightens, and redness and dry feeling decrease.

#### **Healthy Glow & the New You - Week 13-18**

**Action:** All cellular stimulation is correcting. New skin cells are on a 6 week cycle, melanin production is controlled, and elastin and collagen production is optimized.

**Reaction:** Even skin tone and smoothness achieved. Skin is self-hydrating and redness resolves. Skin quality is improved and wrinkles are reduced.

#### **Skin Care Products:**

The skin care regimen that we recommend does not require participation with product within the skin line. Many of the products can be replaced with over-the-counter products that you like or that may be cheaper. The Tetinoin and hydroquinone products cannot be sold over-the-counter without a physician's prescription.

**Obagi & Dermesse** skin care systems follow similar formats and both skin lines in many cases can be interchanged or substituted based on your own preference. Both skin lines use a numbering system to help you understand the sequence of care (1-6)

## **Skin Care Regimen**

### **Prepare:**

*Remove impurities and adjust pH to prepare skin for penetration of product lines*

Cleanser – Wash your face with the cleanser of your choice, rinse with warm water and dry. Avoid aggressive rubbing with cloth or pad. **Product is for daily use.**

Toner – Apply the toner of your choice on a cotton pad and apply to entire face. Do not rinse. **Product is for daily use.**

### **Correct:**

*Repairs damage to skin, correcting brown spots, uneven skin tone and texture, enhancing penetration of products.*

Clear / Skin Lightener – Measure ½-1 gram or pea sized amount and apply evenly on your face, extending to hairline, across the jaw, and over ears in a feathering motion. **Product is for 2-3 times per week or as directed.**

Exoderm /Exfoliator – Measure ½-1gram or pea sized amount and apply evenly over your face, avoiding the eyelids. Massage the product until it completely absorbs. **Product is for 2-3 times per week or as directed.**

### **Stimulate:**

*Repairs damage to deeper layers of skin and restores elasticity by enhancing collagen and elastin production.*

Blender /Balancer plus Tretinoin (Retin-A) – At night only, measure ½-1gram or pea sized amount and mix with the prescribed amount of Tretinoin. The percentage of each product should be about the same. If the skin flakes too much mix less Tretinoin with more Blender/Balancer. If the skin does not flake enough, do the opposite, mix more Tretinoin with less Blender/Balancer. Apply evenly on your entire face, extending to the hairline, and even around the eye area as directed. Avoid excessive application around the corners of the lips and creases in the center face. Apply at night because these products are deactivated by the sun. **Product is for daily use**

### **Protect:**

*Protects newer and healthier skin and prevents further damage*

Sunfader / Skin Lightener with UV Block SPF 15/ SPF 32 / Sunscreen HQ – Apply the sunscreen of your choice in the morning under your makeup. Reapply often when in direct sunlight. Always avoid prolonged direct sun exposure. When using Sunfader or always apply the sun screen after these products not before.

**Control:**

*Control products are specialty items that may provide added benefits. At first your skin will be sensitive or have reactions. Eventually, your skin should become more tolerant. Notify your physician if you notice any adverse reactions or you have any questions.*

Eye Cream – Recommended for daily use to take care of thin sensitive skin around eyes.

Action / Soothing Cream – Use as needed to spot treat where skin is dry, red, or itchy

Tolereen – Apply low-dose hydrocortisone when needed for persistent redness or itching

**Morning Routine:**

Prepare

1. Cleanser
2. Toner
3. Other products recommended (Professional-C)

Correct

3. Clear/Skin Lightener (entire face or as directed)
4. Exofoderm / Exfoliator (avoid eye area)

Protect

6. Sunfader / UV Block SPF 32 / Sunscreen HQ

Control

Eye cream / Action / Tolereen

**Evening Routine:**

Prepare –

1. Cleanser
2. Toner

Correct

3. Clear/Skin Lightener (entire face or as directed)

Stimulate

5. Blender / Balancer (1/2 gm or pea size)  
Tretinoin (1/2 gm or pea size, dosed by physician)  
(\*Mix these two products, adjust as tolerated, start every other day)

### **Recommended Over-the-counter Facial Products**

Cetaphil  
Neutrogena  
Oil of Olay  
Aveeno

### **Recommended General Products**

#### **Laundry:**

All Free & Clear Detergent (Also available for HE washers)  
Bounce Free Dryer Sheets  
Fabric Softeners & all Fragranced Products are discouraged

#### **Bathing / Showering:**

Dove, Tone, Caress, Lever 2000 BAR soaps  
Fragranced Products Discouraged  
Quick Lukewarm Showers are Much Better for your Skin than Soaking in the Bathtub!

#### **Body Moisturizers:**

Cerave Cream, Cetaphil Cream, Aveeno Cream  
Vaseline Petroleum Jelly

#### **Facial Moisturizers:**

Aveeno Positively Radiant or Positively Ageless Moisturizers (Both are SPF30)  
Oil of Olay Complete SPF30 or  
Eucerin Facial Daily Protection for Sensitive Skin, SPF30

#### **Feet:**

Kerasal Foot Ointment

#### **Shampoo:**

Head & Shoulders, Aveeno Baby Shampoo

#### **Makeup:**

Anything Oil Free or “non-comedogenic”

#### **Sunscreen, Normal Skin:**

Anything that you will wear, SPF30 or greater, Neutrogena sunblock stick,  
Coppertone Sport Spray is easy to apply and is not greasy, SPF 30 or SPF 50

#### **Bug Spray:**

General repellent: OFF active sweat resistant, OFF Skintastic Kids, Cutter all Family  
Tick Prevention: Equate Bedding Spray (used also in lice treatment)

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