

“Seeing the Light”

WITH NEW ANTI-AGING TREATMENTS

By Robyn Siperstein MD, FAAD



↑ Before Treatment: 43 Years Old
After Treatment: 55 Years Old →
After 12 Years of Forever Young BBL treatments, the skin looks younger.



Ultraviolet (UV) light in our

sun's rays, while not visible to us, damages our skin cells by altering our DNA. UV light can be responsible for aging our skin, creating wrinkles, brown sunspots, precancerous growths and even skin cancers.

Therefore, it may come as a surprise that there are other types of light that can help reduce these problems. These treatments are called phototherapy, photorejuvenation, photofacials, photodynamic therapy, and now there is forever young BBL. These treatments use light above the wavelength of UV light to reverse the damage.

Intense pulsed light (IPL) or broad band light (BBL) is a type of phototherapy that uses a range of wavelengths to treat uneven pigmentation, broken blood vessels, and large pores. On average, it takes three treatments to achieve the desired results though new research shows continual treatment after the outside damage has been corrected continues to reverse the signs of aging by stimulating new collagen growth, **see pictures above**. After each treatment the face will be pink (similar to a sunburn) for about 1-2 hours, but makeup can be applied immediately to cover this. The

brown spots will darken and crust, eventually flaking off over the course of 1-2 weeks while the red spots will either disappear or turn purple before they fade away.

Another treatment option called photodynamic therapy involves applying a photosensitizing agent such as aminolevulinic acid (ALA) to the face for about an hour and then using a **Blue** light treatment to activate it. This treatment can help with anything from acne to precancers called actinic keratosis, and needs to be done under the supervision of a physician. After this treatment it will feel as if you had a sunburn and the precancerous lesions will start to crust and flake off over one week. Several treatments may be needed, though on average, each treatment removes 70-85% of visible precancers.

No matter how perfect the results of the treatments above might be, if someone who had these treatments went out into the sun without proper sun protection, the spots and damage would ultimately return. Therefore, continued sun protection including the use of sunblock and sun protective clothing is just as important as these treatments in skin rejuvenation. {stb}

Dr. Robyn Siperstein graduated from Yale University and Yale School of Medicine and practiced in New Jersey before she moved to Florida 5 years ago. She now has 2 offices conveniently located just off of I-95 in Boca Raton and Boynton Beach, and uses the newest state-of-the-art Sciton Laser in her practice. Feel free to call either of the Siperstein Dermatology offices with any questions. 1700 W Woolbright Road, Suite #5, Boynton Beach (561)364-7774 & 950 Glades Road, 4th floor, Boca Raton (561)955-8885.



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