

## **Skin Care Products at Krauss Dermatology, Inc.**

Great advances in dermatology and pharmacology over the past few years enable us to offer a large variety of safe and effective non-invasive treatments to our patients of all ages and skin types. An important part of this process is the use of non-prescription topical products. From acne patients in their teens and twenties, to older patients wishing to eradicate sun damage, non-prescription physician strength cleansers, creams, lotions and serums can help each patient reach his or her goals.

Unlike department store or luxury brands, these individual products are chosen by Dr. Krauss for their effectiveness. These products may initially be irritating for some people and can take time to get used to. For this reason, many are distributed only in physician's offices, where these concerns can be monitored and addressed. Many of the products come in increasing strengths. In this way, you can get maximal benefit with minimal side effects.

When beginning a regimen involving multiple products, start only 1 new product each week. If, after the first week, you have no irritation, itchiness, redness or flaking, you may begin another new product .

**Sunscreen:** The most important beauty product of all protects you from the sun's rays. The face, chest, neck and back of hands should be protected daily to avoid the signs of aging and skin cancer. Zinc oxide and titanium dioxide are "physical" blocks that provide broad spectrum (UVA and UVB) protection without delay. Chemical sunblocks add longer lasting and waterproof protection, but require 30 to 40 minutes to work. Our combination sunblocks contain both these types of compounds for maximum protection. Their elegant formulations make them a pleasure to use. All are fragrance free.

**Glycolic Acids:** These exfoliating alpha-hydroxy products improve the surface and barrier of the epidermis, thicken the dermis or mid-layer of the skin, reduce discoloration and fine lines, and unclog pores and hair follicles. They impart a luminous, smooth quality and are important to maintain hydration.

**Vitamin A Products:** Vitamin A derivatives (retinoids) are proven to improve sun damaged cells both clinically and under the microscope. They minimize fine lines, fade brown spots and may forestall precancerous lesions. They may be drying at first, so care must be taken when adding them to your regimen.

**Vitamin C and Antioxidant Products:** In the proper concentration and preparation, Vitamin C may be used topically as an antioxidant to help reverse damage due to the sun and the environment, and to minimize the signs of aging. Idebenone is a newer antioxidant that can also prevent damage due to the sun and the environment.

**Botanicals, and Moisturizers and Antiaging Gels:** These substances can be beneficial in soothing the skin, hydration and collagen stimulation. Added ingredients may perform various functions such as reducing swelling, minimizing wrinkles and fading brown spots.