

# MIXED REACTIONS

Before booking an appointment for a nonsurgical cosmetic treatment such as a body wrap or an electrofacial, check your medicine cabinet first. According to a cautionary handbook, *Drugs & Cosmetics: Combinations That Can Kill You* (CRF Publishers), by pharmacist Rachel Furman, many common drugs interact negatively with certain salon treatments—and can harm you.

- **Excedrin:** People with irregular heartbeats or other heart conditions should not take this pain medication within 48 hours of getting an electrofacial. The treatment, which uses electrical currents to help tone facial muscles, can speed up the heart—as does Excedrin, which contains caffeine. Mixing them could be dangerous.
- **Birth-control pills:** If you're on birth-control pills and have high blood pressure, avoid taking Jacuzzi baths or getting body wraps or hydrotherapy. These treatments all increase body temperature significantly, putting more pressure on the heart and causing flushed skin and an increased heart rate.
- **Prozac:** Because taking this antidepressant may cause excessive sweating or nausea, women should be cautious about having steam treatments, body wraps, or anything that includes aromatherapy. According to Furman, the treatments may become unbearable or make the nausea worse.

# Getting Flashed

First there was laser resurfacing. Then there was microdermabrasion. Now there's photorejuvenation, or Intense Pulsed Light (IPL) therapy. This latest skin-perfecting technique, already cleared by the

FDA, has been shown to erase broken capillaries, and fade age spots, freckles, and the red blotchiness associated with rosacea—with virtually little to no trauma to the outermost layers of skin. It may even boost the growth of collagen, reports a soon-to-be-published study conducted by dermatologist David J. Goldberg, chief of dermatologic surgery at New Jersey Medical School in Newark. Photo rejuvenation—which is also known as EpiFacial, FotoFacial, or PhotoFacial—works by sending pulses of intense nonlaser light to the skin. "The light penetrates and heats up the skin's deepest layers, triggering new collagen formation," says Goldberg. A series of five treatments, three weeks apart, is usually needed to get the best results. There are drawbacks: Slight redness and swelling can occur for up to 24 hours after the treatment, it costs a total of about \$2,500 for the five sessions, and it cannot be used to treat those with dark skin or anyone taking Accutane.

## LIGHT YEARS YOUNGER



The skin of a 41-year-old patient of Campbell, California, dermatologist Patrick H. Bitter Jr. before and after five treatments with Intense Pulsed Light therapy.

# A Shot of Hope

Record numbers of women have been getting injected with Botox—despite safety concerns about the temporary muscle paralyzer. But now they can relax their wrinkles in peace. A new study of more than 263 patients presented at the annual meeting of the American Academy of Dermatology in San Francisco—concluded that Botox is a safe and effective way to temporarily relax forehead muscles. The study, funded by Botox manufacturer Allergan Inc. in preparation for FDA clearance, was conducted by independent doctors at more than 14 sites across the U.S. and Canada. The only side effect reported by the researchers was a droopy upper eyelid, which occurred in about 5 percent of the cases and lasted from two to four weeks.

# The Figures on Figures

More women than ever are postponing face-lifts by reducing fine lines and wrinkles early on, according to newly released statistics from the American Society for Aesthetic Plastic Surgery. The number of patients who got Botox injections and chemical peels increased dramatically, while the number who got face-lifts decreased just slightly.

Procedure	# of 1998 Recipients	# of 1999 Recipients	% Increase/Decrease
BOTOX	157,439	498,204	Up 216%
CHEMICAL PEELS	393,286	841,777	Up 114%
BREAST AUGMENTATION	126,913	191,583	Up 51%
TUMMY TUCKS	42,249	59,665	Up 41%
LIPOSUCTION	218,064	287,150	Up 32%
COLLAGEN INJECTIONS	367,170	474,756	Up 29%
FACE-LIFTS	100,208	100,203	Negligible Decrease
FAT INJECTIONS	73,419	52,289	Down 29%
NOSE RESHAPING	133,058	102,943	Down 23%