

Spring Renewal Skin Care

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American Board of Dermatology | American Board of Cosmetic Surgery | Physician of the Year 2008

Spring is nature's season of renewal. As you get out the shorts and flip flops and sing the praises of spring – don't forget your skin may need some renewal of its own. Dry, scaly, rough, spots on heels, knees, and elbows as well as stressed- out, dried-out, undernourished skin on your face and body need attention.

Q. I took a look at my legs and feet and wondered, what happened since last summer?

A. Knees, heels, toes and even elbows can also suffer from a winter wardrobe where we don't notice neglect. We don't pay as much attention to our legs and feet when they aren't on display, and it doesn't take long for our skin to become dry, dull, and flaky. The solution – start with moisturizer.

Q. What can I do to get ready for my spring wardrobe?

A. If you're like many women, you may be facing a major de-fuzzing. Professional laser hair removal treatments are an excellent option.

Q. What can I do about refreshing my face?

A. Cleansing, toning, and moisturizing twice daily, every day is a good place to start. Make an appointment with your dermatologist to learn about other options such as Fraxel and fillers. And never try to remove blackheads or whiteheads from your pores - without professional care you could cause scarring and even a possible infection

Q. My toes look awful, help!

If you have ugly or discolored toenails there are antifungal agents than may help. Be sure to make an appointment with your dermatologist to be accurately diagnosed and receive proper treatment.

Spring is a beautiful time, and you should feel beautiful. Adjusting your moisturizer and sun screen coverage are great precursors to skin care preparation for summer, Cosmetic procedures at your dermatologist can give you a boost and help you to look and feel as fresh as the season.

Call Dermatology Associates of the Lowcountry and schedule a consult today (843) 689-5259