

MASKS:

YOUR NEW FAVORITE ACCESSORY



Summer Newsletter August 2020

Hello Friend,

“When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome.”

– Wilma Rudolph

What's New at Enzer & Associates, PC?

All of our lives have changed as a result of the Coronavirus. We have adapted safety recommendations set forth by the Rhode Island Department of Health, the CDC, and many professional medical societies. Receiving an aesthetic treatment or medical care can be a source of comfort that we can provide for you in a time of great community stress. By creating an office safety policy and instituting new protocols, we have been providing a safe and welcoming atmosphere for our patients and staff! We continue to adapt to the daily challenges of the COVID-19 pandemic and appointment times have been adjusted to accommodate our rigorous cleaning protocols. We are also offering telemedicine consultations if you live outside our local area.



Call us at **401-274-4464** for more information.

This summer has not quite been like most. We've missed parades, festivals, and all the other outdoor activities we've always enjoyed. As we prepare to move forward, this newsletter focuses on you, and self-care. Dr. Enzer and Ashley Wright, FNP suggest options (read below) to keep your skin healthy and happy!

Face Cleansing: Say Goodbye to Maskne!

If you're serious about protecting yourself and others from the very real dangers of COVID-19, you're wearing a mask a good part of every day. Breakouts that occur after wearing a mask have become so common that

mask acne has been dubbed "maskne" on social media. You can identify maskne pimples as tiny little whiteheads that pop up after wearing your medical, cloth, or paper face mask to prevent the spread of Coronavirus. This may require an adjustment to your normal skin care routine, so call us and we can help!



Creamy rich, foamy fresh, or refreshingly cool? [Epionce](#) has a cleanser for you! It's important to cleanse your face at the beginning, and the end of the day as it prepares the skin for your daily moisturizing routine. Clean skin helps the active component of your moisturizer be absorbed. Dr. Enzer especially loves this skin care line for their focus on each individuals' skin type pairing a cleanser and moisturizer just for them. Healthy skin starts with clean skin-- which, we all need after long hours wearing face masks to protect against COVID-19!

Epionce cleansers gently remove dirt, oil and makeup without irritation or harsh ingredients. The upside, these cleansers protect the delicate barrier of our skin. The biggest cleansing mistake you can make is to use a formula that strips the skin of its natural oils—particularly the all-important cholesterol, fatty acids, and ceramides in the lipid barrier. When this protective barrier is compromised, your skin becomes dry, tight, itchy, irritated, and eventually more prone to the visible signs of aging.

Which cleanser is best for YOU?

Creamy Rich

[Milky Lotion Cleanser](#) is your go-to. It has a creamy milk-like texture that is most suitable for dry and sensitive skin types, but it can also easily be used as part of a double cleanse for extra makeup-removing power for any skin type.

Foamy Fresh

With its gorgeous pearlescent hue and foamy texture, [Gentle Foaming Cleanser](#) is a staple for most skin types--normal/combination. If you're on the fence about which cleanser to use, this is a win-win for every day cleansing.

Refreshingly Cool

A few pumps of this citrus-scented gel and you'll be hooked forever. [Lytic Gel Cleanser](#) is a 4-time NewBeauty Beauty Choice Award winner for a reason. It refreshes and cleanses oily and problem-prone skin without leaving it feeling tight, dry or stripped.

Whatever your type, remember that cleansing the right way is key to healthy skin.

Tips to Cleansing Your Face--

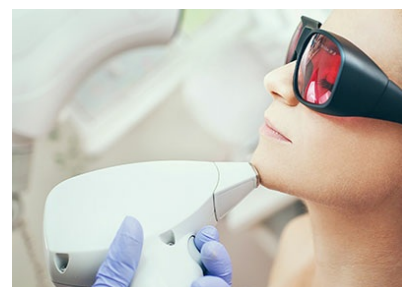
1. Wash your hands. If your hands have any bacteria on them (which they will from day-to-day use), this will end up transferred to your face.
2. Avoid using washcloths or sponges because they can tear the skin barrier. Ouch! Use your clean hands instead.
3. Use tepid water, not too cold nor too hot.
4. Double cleanse to get rid of extra-stubborn makeup. Try a milky cleanser first, followed by a foaming or gel cleanser. Don't worry—as long as you're using the right cleansers this will NOT dry out your skin!
5. Avoid exfoliating too often! In the same way as over cleansing, exfoliating your skin too often can do more harm than good. Depending on your skin type we recommend exfoliating once or twice a week.

Our staff is here to assist you with any questions or help to determine which cleanser is best suited for you. Don't hesitate to call **401-274-4464**. Take advantage of our touch-less curbside pick-up, or USPS-Mail services for all your favorite Epionce products!

Resurfacing & Rejuvenate Your Skin

Laser Skin Resurfacing--[FRAXEL®](#)

Healthy and glowing skin feels like a dream come true. Don't you wish there were an effective way to get rid of skin problems like fine lines, acne scars, and hyper-pigmentation? Consider Fraxel® laser treatment, a revolutionary procedure that has captured the attention of people all over the world. These days, everyone prefers state-of-the-art treatments, and Fraxel® is as modern as it gets.



What are the Unique Benefits Offered by Fraxel®?

1. Long-Lasting Results: Many skin treatments offer results that are very short-lived, often only a couple

of months at most. You can expect the results of Fraxel® laser treatments to last for a minimum of one year, and there have been situations where people experienced the effects of this technique for even longer.

2. Minimal Downtime: If you compare Fraxel® laser technology to its older counterparts, you'll be blown away by the improvements. Because this technique is so advanced, you'll only need to set aside a few days for recovery. While you will have to protect your skin from sunlight during this period, you'll still be able to continue with your regular daily activities.

3. A "Solution" for Multiple Problems: Several skin treatments only treat specific problems, and because of this, you need to combine them with other procedures to achieve the results you're looking for. Fraxel®, on the other hand, combats numerous signs of aging on your skin, making it the ideal "one shop stop" choice. What can be treated?

- FINE LINES AND WRINKLES- like crow's feet and brow lines.
- SURFACE SCARRING- helping to erase effects of acne and other scarring.
- PIGMENTATION- diminishing the appearance of age spots.
- SUN DAMAGE- helping improve the appearance of sun damaged skin.
- ACTINIC KERATOSIS (AK)- treating a common skin condition.

How Do Fraxel® Laser Treatments Work?

Dr. Enzer will set the laser to target the specific areas of your skin that require treatment. As a result, the laser will encourage these areas to grow healthy new skin cells and new collagen, thereby reducing wrinkles and improving your complexion.

How Many Treatments Do You Need?

The number of Fraxel® laser treatments required depends on the type of skin problems you want to solve. If it is hyper-pigmentation, it will take around one to two sessions to get the best results. For other problems such as acne scarring and wrinkles, you may need to have three to five treatments.

What is Involved in the Recovery Process?

Once you undergo Fraxel® laser treatment, you will need to take proper care of your skin in order to improve the rate of recovery. Avoid using products with harsh ingredients, as it can slow the healing process, and irritate your new baby skin.

Our office provides each patient with an Epionce® Essential Recovery Kit. This gentle, post-procedure kit includes all the essential products to maintain and hydrate your skin. Cold compresses are also beneficial for recovering quickly. Whenever you leave the house, you will need to make sure you use adequate amounts of sunscreen (SPF30 or higher) to protect your newly rejuvenated skin.

Interested in Learning More About Fraxel®? Visit our [website!](#)

**Note: Avoiding sun two weeks prior and after treatment is essential.*

Plan ahead to have glowing & rejuvenated skin this upcoming Fall.

Spider Veins BE GONE!

Spider veins, or telangiectasia, are the tiny purple and red blood vessels found most commonly on the thighs or lower legs. They can also appear on the face. Spider veins are relatively inconspicuous on most people because they are confined to a small area. However, some people become distressed when larger areas of skin are affected or the veins become more noticeable. Dr. Enzer will discuss all of your available options during your initial consultation to help you decide which course of treatment is best for you.

Although not treated by our office, varicose veins are different from spider veins in that they are larger, raised veins. Varicose veins are often a bluish color and can become quite painful, producing a burning or throbbing sensation. Both varicose veins and spider veins carry blood back to the heart, yet in most patients neither varicose nor spider veins are necessary to the circulatory system and therefore can be eliminated. The procedure to eliminate bothersome spider veins on the legs is called sclerotherapy.



[Sclerotherapy](#) is a minimally invasive technique to eliminate unsightly veins. A concentrated salt water solution is injected into the dilated leg spider veins. This solution irritates the lining of the vessels, making the blood in the vein disappear. Multiple injections will be performed during your visit to treat as much of the affected area as possible. The average patient required three treatment sessions.

Thank you for reading our newsletter! Our staff are always here to serve your aesthetic treatment(s), or medical care in a safe and welcoming atmosphere. Remember, if you have a scheduled appointment please call ahead **401-274-4464** for Coronavirus screening questions & check-in protocols. Till next time... Stay healthy!

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Cosmetic, Laser, & Oculofacial Plastic Surgery

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**Are you interested in learning about a particular treatment or product?
Let us know! [Chat with our office staff!](#)**

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