

try it, YOU'LL LIKE IT

By Sara Fiedelholz, editor



GO SPOTS GO

I have to thank the genetic lottery for giving me relatively good skin. I never really had to think about treating acne or blemishes. But when I hit 43 and moved back to South Florida,

it seemed that those not-really freckle brown spots, (a.k.a. age spots) were becoming more apparent. I think it is all the bright sunshine that made them easier to see.

I figured I would just have to make friends with my spots.

But then I was asked about the Fraxel Re:Store Dual Laser and off I went to the office of Horwitz Dermatology. I put my face in the hands of Whitney Krohn, the practice's certified physician assistant (a.k.a. Dr. Horwitz's right hand woman).

After a series of before photographs, my face was being covered with a special topical lidocaine cream made exclusively for Dr. Horwitz. (This is because he wanted a higher percentage of lidocaine put in the cream than is normally available.) This made me a little nervous. I became a bit more concerned about what was going to happen after I was told I needed to sit with the cream on my face for an hour.

I then washed my face with Dawn dishwashing liquid. (The nurse explained that Dawn is great for removing oil and any greasy creams.

I then laid down, put plastic glasses to cover my eyes from the laser, I closed my eyes and waited. Next thing I knew I felt two sensations the first was like being pricked with thousands of pins that have been slightly electrically charged. The second was a fan's nice cool breeze on my face. It took about 20 minutes for Whitney to move the Fraxel laser over my face. Each area was hit twice.

I like to think I have a high tolerance for pain, but during the second pass it did sting more, because as Whitney

explained, the areas have already been treated once with the laser.

Whitney was very upfront about the pain level of the laser and very detailed about what to expect.

My face felt hot – very hot—it was painful to the extent that I just received the worst sunburn I have ever had. I admit it. It hurt.

I went home and packed some Ziplocs with ice and placed them on my face to soothe my skin. It worked.

As an intrepid reporter, I have decided to put my skills to work for Cravings' readers.

I will go, do, try, explore and investigate any & all things, experiences, services, products, opportunities and activities that our readers are curious about.

So, if you have ever wondered what it is like to wrestle an alligator, fly off a trapeze, be wrapped in banana leaves or use an exclusive matchmaking service, let me know, and I will take it on.

I will then provide you with the lowdown and report back on the experience here in Cravings South Florida magazine.

By morning my skin didn't sting but it felt very dry and tight like it was plaster that was going to crack if I moved. As directed, I applied the ointment throughout the day.

But unfortunately there was nothing to be done for the color. Over the next few days the color began to fade and the skin slowly sloughed off and my skin was getting back to normal.

After five days when I again closely examined my skin the brown spots had significantly faded. It was amazing. I couldn't believe how great my skin looked. I could still see the spots but only lightly.

My mind jumped to thinking how one more treatment would get my skin back to its pre-40 condition; and just like that all memories of the laser's pain and irritation also began to fade.

P.S. Going for second treatment. Checkout the after photos in the next issue.

Send your wonders, curiosities and interests to me at sara@cravingsouthflorida.com