

Health, Beauty and Fitness

Marina Plastic Surgery — *On your mark, get set, gone*

By Charlie Sheridan, Director

Finally, a solution for stretch marks. Men have them, women have them, adults and adolescents dread them. Until now, there has been no treatment that significantly improves them. Today's focus: smooth skin without stretch marks.

It is now in "Vogue," quite literally, to diminish those unsightly stretch marks. In fact, the April issue of a leading fashion magazine sported a feature article on Fraxel® Laser Treatments for stretch marks. Fraxel® Laser Treatments are best known as a revolutionary non-invasive procedure approved by the FDA for wrinkles, acne scarring and skin discoloration.

But to the medical industry's astonishment, the Fraxel® Laser has another surprising indication, to improve stretch marks. This finding is similar to what happened years ago when Retin-A was developed to treat acne, only to discover the amazing "side effect" it had upon diminishing wrinkles. Likewise, Minoxidil was originally prescribed for prostate conditions, but patients who used it began to notice hair growth. Now, both of those products are better known more for their "pleasant" side effects than for their original indications.

The same may become true for Fraxel® Laser therapy. Since millions of people are plagued with stretch marks it remains the number one

researched cosmetic topic on the Web. This "secondary benefit" may well become the greatest find in medical history, especially when taking into consideration that the medical industry has feverishly tried for years to develop an effective resolve for this embarrassing skin condition. No previous claims of lotions, potions or treatments have ever been truly effective (save for minor improvement).

So, being the skeptic that I am, I personally decided to give this claim a try. To my utter amazement, four Fraxel® Laser treatments remarkably improved the hideous stretch marks along my tummy by almost 75 percent. I have not been able to wear crop tops since the birth of my son 18 years ago, due to the unsightly and embarrassing reminders of pregnancy, until now. And what's more, The Fraxel® Laser can be safely used on any part of the body.

What makes this laser so unusual is that it utilizes a digital approach to touching up the skin; much like current computer technology does for repairing old photographs, pixel by pixel. Primarily used for wrinkles and skin discoloration caused by the aging process, Fraxel® Laser Treatments rectify these conditions at the flip of a switch.

Dr. Grant Stevens was one of the first surgeons locally to obtain Fraxel®,

and began performing the procedure at Marina Plastic Surgery in Marina del Rey and Palos Verdes. Thousands of customers have flocked in and personally witnessed the disappearance of wrinkles and uneven skin tone before their very eyes. "Clients will be surprised at how quickly they see improvements in the tone and texture of their skin," says Dr. Stevens.

The difference is that while traditional treatments are usually applied to larger areas of the skin surface, the Fraxel® procedure more precisely targets smaller areas of underlying skin. Such meticulous attention to problem areas stimulates collagen production deep within the skin. It also protects surrounding skin from unnecessary exposure and speeds the healing process. "The Fraxel® laser is a much gentler treatment that accomplishes significant results in a shorter time than some of the more traditional treatments commonly used," said Dr. Stevens.

Typically, six treatments are recommended, and each one takes as little as one hour. During the procedure, the skin is washed and a blue tint is applied. A special light wand that penetrates to the dermis is passed over the skin. Subsequent treatments are spaced about two to four weeks apart.



DR. GRANT STEVENS

Dr. Grant Stevens is a board-certified plastic surgeon and the medical director of Plastic Surgery Associates in Marina del Rey and Palos Verdes. He specializes in cosmetic plastic surgery and has recently been named one

of "America's Best Physicians" in The Guide to Top Doctors. His colleagues nominated Dr. Stevens, which makes this recognition especially prestigious and rewarding. He is an active member at the Centinela Freeman Regional Medical Center — Marina Campus, where he is past chairman of the department of surgery, the past chairman of the liposuction committee, and the past co-director of the breast center. He is also on staff at St. John's Medical Center and the Marina Outpatient Surgery Center.

Marina Plastic Surgery Associates Medical Corporation and The Institute are dedicated to offering the latest advancements in cosmetic plastic surgery and skin care. Learn more about Fraxel® treatments on our Web site.

Marina Plastic Surgery is at 4644 Lincoln Blvd., Suite 552, Marina del Rey. Information and consultations, (310) 827-2653, www.MarinaPlasticSurgery.com ■

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