

# SKINSENSE

When it comes to skin care, knowledge is power.



**Dermatology Center of Williamsburg**  
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## In this issue

### Skin Care

Tips on how to help your skin look younger.



### Wound Care

Easy steps for a successful healing process.

### Medications & You

Information on why you may need to see the Doctor before getting your refill.



### Hand washing

All soaps are not created equal. Simple steps to keep those germs away.

### Billing Corner

DCW is now accepting two new insurance carriers....find out inside

### In the Spotlight

The perfect recipe to prevent wrinkles.



## Can your skin look younger?

**There are some tried and true serums and creams which can make a big difference.**

So far, my favorite brand is SkinCeuticals

Just remember the mnemonic "ACES".

Here is your basic "dermatology-recommended" facial care 101:

**A: Alpha hydroxy acid and Vitamin A (Retinol and Retin A)**

**C: Vitamin C (Ascorbic acid)**

**E: Vitamin E (Tocopherol)**

**S: Sunscreen, SPF 25 , UVB/UVB.**

In the right concentrations, these can help reduce wrinkles, age spots and improve the general look of the skin. Every dermatologist is using products with the aforementioned chemicals.

There is hard science behind the claims.

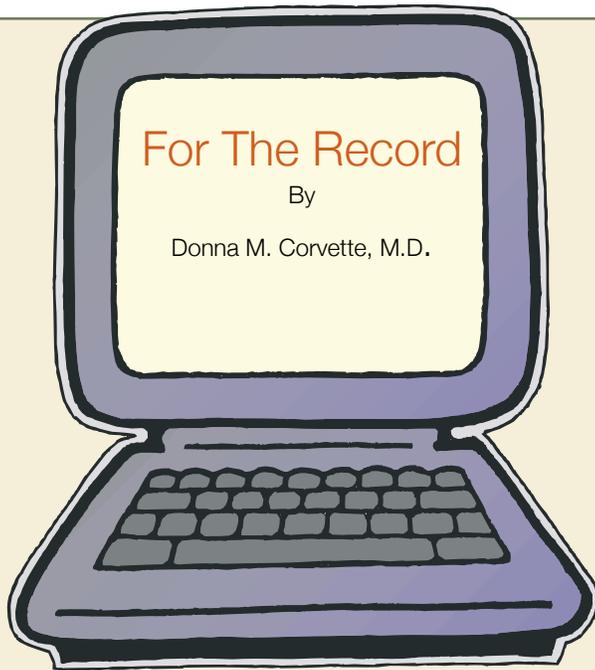
Microdermabrasion is also a helpful tool. There is no down time or healing time.

Call or stop by and my staff will be happy to help create a program that is just right for you.

- Dr. Donna Corvette

**Look for more great tips and information from Dr. Corvette inside!**

# You Asked.....Dr. Corvette Answers!



## ***Dear Dr. Corvette, When should I worry about a spot?***

First and foremost, it is best never to diagnose yourself. If you are suddenly short of breath, you see your doctor. Same should be true of a new lesion or spot which worries you. My job is to diagnose you accurately. You are never bothering me! Let's stay on the safe side - come in and let's take a look!

## ***Dear Dr. Corvette, What does skin cancer look like?***

I have a very informative website ([www.dcw1.com](http://www.dcw1.com)) which will show you photos of the skin cancers we see everyday. Remember....basal cell and squamous cell carcinomas do not have to look a particular way. If something on your skin does not heal within a month, it is usually an infection or a skin cancer. Please be proactive - show us, so we can help you.

## ***Dear Dr. Corvette, Does laser hair removal really work?***

Absolutely! It is very rare that I hear that it doesn't. Please do not waste your money trying to rid yourself of blonde, gray or white hair. The laser hair removal systems do not get rid of these colors. It will get rid of black or brown hair "anywhere" on the body. The best candidate for laser hair removal is a light skinned individual, but all skin types can be treated. The darker your skin is, the more risky the procedure. Avoid having the laser performed when you are tan, as you will run the risk of burning. If you have questions, don't hesitate to call our office; we will be happy to answer them for you. Do not make the mistake of choosing your laser based on a coupon in a newspaper - you get what you pay for. Feel comfortable and safe having your procedures performed in a sterile, board-certified dermatologist's office.

## ***Dear Dr. Corvette, My friend said that you are not taking new patients?***

No, that is not true. We are still accepting new patients. Lori Wood, our Physician Assistant, joined our team in February 2008. She has been a wonderful addition to our clinic. You are more than welcome to book an appointment with her or me. All Doctor consultation appointments are always seen by me.

***If you have a question you would like Dr. Corvette to address for a future issue of SkinSense, email it to: [www.dcw1.com](http://www.dcw1.com).***

***Wear your sunscreen daily, rain or shine, 365 days!***

## Medication Refills

by Nikki Ward, M.A./Dermatology Tech

No matter what your diagnosis may be, it is not safe medicine to constantly give medication refills over the phone without seeing you and re-evaluating your condition.

Some medications, whether they are oral or topical, can have serious side effects if used for long periods of time or if they are not used as directed. A lot of patients overuse medications or use it for something it was not intended for. There are also oral and topical medications that should not be used during the summer months because they can be photosensitizing and can cause complications if you are in the sun for prolonged periods.

In Dermatology, there are a lot of conditions that do not have a cure, but can be well-controlled with medication; however, no matter what your condition may be, it is important that you follow-up as directed so that your doctor can re-evaluate, re-educate and adjust your medication as needed. We cannot treat what we cannot see.

Some diseases or conditions may require more frequent follow-up visits than others. No matter what you have been diagnosed with it, is very important to be seen as directed by your doctor to receive the most appropriate medical care.

## Taking Wound Care Seriously by Tracie Henitz, RMA

So you've just had your scheduled procedure and you think, "Well, that's that". Not so fast! Your job is just beginning. That is the very important job of wound care. How you take care of your wound can mean the difference between healing nicely without incident and developing a potentially dangerous infection.

Forget what your mother said about airing out your wound and letting a scab form. Yes, a scab is a natural barrier to bacteria while healing is taking place below. A scab also lengthens the healing time by forming a "bridge", preventing the skin from coming together.

For a less noticeable scar and more rapid healing, moisture is the key. By applying Bacitracin Ointment or petroleum jelly to your wound daily will help keep it moist and it is less likely to form a scab.

### Follow these simple steps for successful healing process:

- Keep the original dressing on your wound for 24 to 48 hours.
- Wash your hands with soap and water before removing your dressing.
- Remove the dressing and clean the wound with hydrogen peroxide using a sterile applicator.
- With a sterile applicator, apply a generous amount of Bacitracin ointment or petroleum jelly.
- Finally, apply a sterile bandage or sterile gauze adhered with paper tape.
- Continue this routine for 10 to 14 days, until your wound is healed.

Remember that you, the patient, are key in preventing infection and insuring successful healing. If you should experience symptoms such as swelling, fever, red streaks, increased redness, drainage, severe pain or bleeding that cannot be stopped with 20 minutes of firm pressure, call your doctor's office immediately. These could be signs of infection and prompt treatment is important. If your doctor is closed, go to the emergency room or urgent care.

## Billing Corner

by Kathy Sibley

Accounts Receivable Representative

We are pleased to announce that Dermatology Center of Williamsburg is now participating with Aetna and Cigna Insurance Carriers.

Call us to schedule your skin check or any dermatology problem today and learn about all of the skin care products we have to offer. DCW now carries Tizo3 SPF 40 sunscreen.

Tizo3 is formulated to offer sheer, elegant protection with a silky, smooth matte finish, while providing superb UVA/UVB light protection and is also fragrance free.

DCW is accepting new patients and we look forward to meeting all of your dermatology needs.



## The Importance of Hand Washing

by April Jenkins, CMA

What is an effective way to reduce the spread of infection from person to person? Hand washing! Something so simple can make a huge difference.

Hands should be washed with a detergent soap, antimicrobial soap or alcohol based hand rub. Detergent soaps, better known as plain soap, contain agents that break down and emulsify the dirt and oil present on the skin, whereas Antimicrobial soaps contain an antiseptic, an agent whose function is to kill or inhibit the growth of microorganisms. Alcohol based hand rubs contain 60%-90% alcohol and come in the form of gels, lotions and foams.

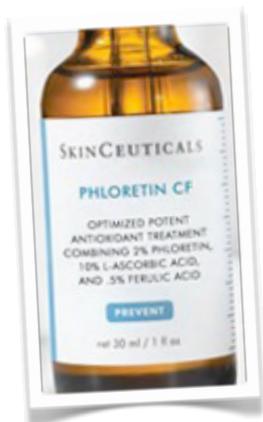
### You should wash your hands:

- \*Before and after eating
- \*After using the restroom
- \*After sneezing or coughing
- \*When hands are visibly soiled with dirt of body fluids.

After washing hands, it is good to apply hand lotions or creams to help minimize the occurrence of dermatitis associated with frequent hand washing.

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*In the Spotlight*  
*by Michele Rae Selby, Practice Administrator*



### **Wrinkles -How to Minimize**

Use a gentle cleanser, such as Cetaphil or Gentle Cleanser by SkinCeuticals. Gently pat the skin dry and apply an emollient moisturizer such as CeraVe, Cetaphil or Emollience by SkinCeuticals. This will help to seal in moisture from your shower.

Next use an antioxidant, which helps to protect your skin from environmental aggressors. Topical antioxidants are the latest in skin rejuvenation. We recommend SkinCeuticals CE Ferulic, C +AHA and the newest addition, Phloretin CF, all scientifically proven to help eliminate fine lines and wrinkles.

Lastly, choose a sunscreen with SPF of 25 or greater and look for products with zinc oxide and titanium dioxide, which are physical blockers that give unsurpassed protection from damaging UVA/UVB rays. Several good sunscreens that meet the above specifications are Ultimate Defense SPF-30 from SkinCeuticals and Tizo3 SPF 40.

For more information on these products or other services we offer, contact us today at 757-645-3787.

## Defining a New Class

INTRODUCING THE  
**BROAD-SPECTRUM  
ANTIOXIDANT**

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