

## Cosmetic Treatments

# The Best Treatments to Do This Summer

Elise Minton Tabin , Executive Beauty Editor | July 24, 2018



Come summer, not every skin-perfecting, fat-zapping, age-preventing treatment is a hot-weather must. In fact, plenty of doctors actually warn against having certain aesthetic procedures performed during the summer months because of increased sun exposure, which can hinder results. That doesn't mean that everything is off limits—plenty of sun-safe treatments can be done, as long as they are timed out just right and good sunscreen is applied in conjunction.

## **Surgery**

According to La Jolla, CA plastic surgeon Robert Singer, MD, most surgical procedures can be done year-round and aren't affected by sun exposure. "The summer is a great time for people who have extended summer vacations, like students and teachers, to have procedures like rhinoplasties, facelifts, and breast and eyelid surgery done because they have ample time to recover," he says.

## **Microneedling**

Amherst, NY plastic surgeon Samuel Shatkin Jr., MD says microneedling is a summertime go-to treatment that

keeps skin looking healthy and fresh. “It’s one of my favorite treatments because it can improve fine lines and wrinkles and even out skin texture and discoloration while keeping the surface layer of the skin—the stratum corneum—intact, concentrating more on the dermal layers to stimulate collagen remodeling. There is minimal recovery—perhaps one to two days—and reduced sun sensitivity and burning issues, another reason why microneedling is great for summer.”

### **Ultherapy and noninvasive body contouring procedures**

“Summertime is sun time,” says San Antonio dermatologist Vivian Bucay, MD. “That’s why I recommend treatments that don’t interrupt regular activities or regimens, like Ultherapy. It uses microfocused ultrasound to stimulate collagen production with no downtime and no risk of hyperpigmentation.” Other sun-safe treatments Dr. Bucay likes: Vanquish ME and UltraShape, two noninvasive body-contouring treatments. “These procedures are suited for the summer months because there is no bruising, swelling or downtime. Patients can participate in outdoor activities without having to worry about covering up the treated areas.”

### **Laser Genesis and chemical peels**

Even with sun exposure at an all-time high during the summer months, some doctors, like New York dermatologist **Gary Goldenberg, MD**, still perform nonablative Nd:Yag lasers, like Laser Genesis. “At my office, I combine LaserGenesis, which stimulates epidermal cell turnover to peel away sun damaged skin and stimulate new collagen, with a PCA peel. The combination of these treatments reveals healthier, smoother and more even appearing skin, and is perfect for pre- and post-summer (and year-round) skin care.”