

Health & Beauty

The Beginner's Guide to Lasers

Your 101 guide to everything lasers

by LINDSAY TIGAR | COMMENT

Why might you consider lasers?

There's no age minimum to begin a laser treatment, but dermatologist and co-founder of the Precision Skin Institute Lesley Clark-Loeser, MD, recommends talking to a trusted professional before starting the process. Because lasers can morph and transform our pores, the choice shouldn't be taken lightly. "An individual may consider lasers for improvement in a particular skin condition. Our current armamentarium of lasers allows us to treat an extremely broad spectrum of both medical and aesthetic skin conditions," she says. What do they include? Everything from acne, rosacea and skin cancer to unwanted hair growth, scarring, uneven pigmentation, wrinkle reduction and much more, Clark-Loeser says.

When you speak with your dermatologist, they'll decide which type of laser to use for your specific skin woes. This is why you don't have to be a certain age to begin since many uses for lasers are as appropriate when you're 25 as when you're 65. "It really depends on the problem that is being treated. For scars, poor texture and uneven skin tone, patients can be treated in the teenage years. For fine lines and wrinkles, you can start in your 20s, 30s or 40s," says dermatologist **Dr. Kristina Goldenberg**.

