



How to Look Fabulous for Any Occasion (Even if You're Not the Bride)

How can you avoid developing aging lines around the mouth?

Lipstick at best provides only an SPF 5 in UVB protection. Use at least a lip balm sunscreen SPF 30 and apply lipstick over it. Lip cancers are aggressive and can metastasize quickly to nearby lymph nodes in the neck. The sun can be harsh on the collagen around the lips causing it to degrade and contributing to the deep pleated lines radiating around the lips. Protect the lips and skin around the

DR. WONG'S TOP TIPS FOR HAVING CLEAR SKIN

1. Avoid Touching, Squeezing and Picking your Face.

Be conscious of playing with your face when you are nervous. Bacteria, dirt, and oils on your hands can result in a pimple appearing within hours. Squeezing and picking can cause scarring, infection, and discoloration in addition to not helping remove the acne. You will have 2 or 3 new problems plus the pimple if you try home surgery.

2. Avoid New Facial Treatments within 1 month of the

ceremony. It is tempting to pamper yourself or use that thoughtful gift certificate from your bridesmaids. However, severe cases of irritant and allergic contact dermatitis can develop as a consequence. If you have not had these procedures and products

lips using a high UVA lip protectant. Dr. Wong recommends our minesol containing SPF 50+ lip protector for maximum protection.

What should you do first to look younger?

Did you know that the single most aging change on your skin is brown spots and not wrinkles? If you are trying to decide what to tackle first to improve your appearance: sun spots vs. wrinkles vs. broken capillaries, tackle the brown spots first. This will give you the best result towards achieving a more youthful appearance.

How can I live longer?

The December 6, 2010 issue of Journal of Oncology published a study

used on your face before, now is not the time to experiment. It may take many days to even weeks to clear a reaction related to a salon/spa treatment despite using prescription strength medications.

3. Hire Professionals to take care of your wedding details. One of my patients was married in a park and left the floral arrangement for her wedding bouquet to her bridesmaids. They gathered wild flowers to complement the outdoor theme. Unfortunately, my patient developed a severe blistering contact dermatitis on her face and neck from the attractive red poison oak leaves placed in her bouquet.

4. Minimize Congratulatory Kissing. Herpes Simplex is a contagious virus that is transmitted by kissing and sharing eating and drinking implements. A person maybe infected with the virus and not have any clinical signs on their lips. Stress can activate a dormant herpes virus. People who are unaware they are infected are surprised when the sores appear for the first time on their lips or face. Antiviral oral medication can be prescribed and is most effective if taken with the first 24-48 hrs of onset.

5. Avoid Excessive Alcohol consumption the night before the wedding. Alcohol dehydrates the skin and dilates capillaries. Celebrate your bachelor/bachelorette fling 2 days before the wedding in order to give your skin ample time to recover.

6. Do a Trial Run 1-2 weeks prior to the ceremony with the cosmetic products you are planning to apply for the event. This is an excellent way to screen for allergies, itching, and irritation.

DR. WONG'S 6 MONTH PLAN FOR ATTAINING CLEAR SKIN FOR ANY OCCASION

DO 6 MONTHS BEFORE:

Take Care of Uneven Pigmentation by scheduling a series of

showing that people who apply sunscreen daily lower their risk of developing melanoma by 50% compared with people who do not use sunscreen.

Furthermore, sunscreen users that did develop melanoma were less likely to have an invasive stage of melanoma.

Happiness Tip

Carry an umbrella when it rains!

IPL treatments performed one month apart to clear broken capillaries, excessive facial redness, and/or sunspots that may be present.

Remove Unwanted Hair with laser hair removal. Laser can effectively reduce hair regrowth of dark coarse unwanted hairs on the chin, upper lip, face, underarms, legs, and bikini area.

Follow A Skin Care Program customized for your skin. Dr. Wong can guide you in choosing correct cleansers, moisturizers, antioxidants and collagen boosters to restore your skin to a healthy and vibrant state.

DO 3-4 MONTHS BEFORE:

Fill in Obvious Facial Lines and Dips with dermal fillers. Fillers can soften and eliminate wrinkles and sunken-in areas on the face that contribute to a depressed, aging, and tired appearance.

Have a Refreshing Facial Peel to even skin pigmentation. Chemical peels can lift pigmentation from previous acne lesions as well as smooth and brighten your skin tone and texture.

DO 1-2 MONTHS BEFORE:

Remove Skin Tags, Warts, Moles and other three dimensional cosmetically undesirable growths several months ahead, so your skin has time to heal.

Diamond Microdermabrasion - Do every 2 weeks to brighten skin tone, smooth skin texture and keep pores unclogged. This helps keep black heads and pimples under control.

DO 3-4 WEEKS BEFORE:

Plan Botox Injections In Advance. Remember it takes 1-2 weeks for Botox to take full effect. Botox helps decrease and soften lines from overactive facial muscles (frown lines, crows' feet, deep forehead lines, orange peel chin).

DO 1-2 WEEKS BEFORE:

Call us for emergency acne injections for unwelcomed pimples.

Sleep

Take Anti-Stress Vitamins: especially Vitamin C(1000mg), Zinc(15mg), Copper(1-2mg) and Vitamin B6(50mg) a day!

