

TIPS FROM DR. GORUP: Summer Tips

Get Ready For Summer - Look Your Best!

Dr. Alexander Gorup's Guide to a Flawless Face

With summer right around the corner, it's time to take extra care of your skin, especially your face. Damage due to sun exposure, smoking and premature aging can all wreak havoc on the delicate skin of your face and neck. Left untreated, you may look older and more tired, which may have a direct effect on your mood and how you present yourself to others. Luckily, today there are many options to achieving your personal flawless face.

Dr. Alexander Gorup, Lafayette's only board-certified facial plastic surgeon recommends the following steps for those who wish to improve their facial appearance:

1. Maintain an at-home skincare routine specifically designed for your face type.
 - Wash face twice-a-day with a gentle cleanser.
 - Use an A.M. moisturizer with SPF 15 and alpha-and-beta-hydroxy acids to provide protection from the sun and allow proper exfoliation and rejuvenation to the surface of your skin.
 - Use a more intense moisturizer at night.
2. Ask a facial plastic surgeon for an assessment or consultation.
3. Do your research.
 - Check out www.aafprs.org (The American Academy of Facial Plastic and Reconstructive Surgery) and click on the Virtual Exam Room for information about the latest surgical and non-surgical procedures from Botox and chemical peels to blepharoplasty (eyelid surgery) and Rhytidectomy (facelift surgery).

Improving your image is no longer an unrealistic option. With the introduction of non-surgical procedures and flexible payment options for many facial surgeries, you are now able to take an active role at improving your appearance. When asked about when to see a facial plastic surgeon, Dr. Gorup replies "I tell patients to try to see a facial plastic surgeon at the first onset of unwanted fine lines, wrinkles or discoloration. There are many non-invasive treatments that may postpone or prevent surgery in the future."