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**DR. MARY LUPO DISCUSSES NON-SURGICAL REJUVENATION  
FROM A DERMATOLOGY PERSPECTIVE**

Atlanta, GA – April 10, 2013 – Mary P. Lupo, M.D., board certified dermatologist and clinical professor of dermatology at Tulane University School of Medicine, was a speaker at the 21st Annual Multi-Specialty Symposium “State of the Art in Facial Aesthetics 2013” in Atlanta in March.

With more than 28 years of practicing in the field of cosmetic dermatology, Dr. Lupo discussed her perspective on non-surgical skin rejuvenation. She says “there can be no beauty without luminous, glowing skin; tighten all you want, but if the canvas is blotchy, the art cannot be seen.” From a cosmetic standpoint, a younger-looking, refreshed face should have minimal lines and wrinkles, elastosis, hyperpigmentation, enlarged pores, telangiectasia and sagging skin.

Dr. Lupo shares her six R’s to improve aging skin:

1. Relax with botulinum toxin.
2. Refill with a hyaluronic acid.
3. Revolumize with pan-facial filling, cheek filling, jaw line shaping and increasing dermal thickness.
4. Reshape by combining botulinum toxin + fillers or skin-tightening lasers and radiofrequency.
5. Resurface/Retexturize with chemical peels, microdermabrasion, lasers (ablative, non-ablative, fractional non-ablative, fractional ablative), non-lasers light and energy sources, and dermabrasion
6. Recolor with daily SPF + retinoids + cosmeceuticals, Intense Pulsed Light, visible light lasers, ablative lasers, chemical peels, microdermabrasion, and fractional resurfacing (ablative and non-ablative)

There are several levels of treatment options that Dr. Lupo uses based on the patient’s age, skin type and cosmetic expectations and goals. The basic prevention of aging skin includes daily use of full-spectrum SPF and retinoids with light peels or resurfacing. In addition to this basic prevention, adding botulinum toxin, small volume filler, Intense Pulsed Light and/or non-ablative laser will be more proactive as the skin begins to show the signs of aging.

For a more aggressive treatment on mature skin, Dr. Lupo turns to both non-ablative and ablative fractional resurfacing depending on the patient. She finds that Intense Pulse Light is still useful for this type of skin and higher doses volumetric filler are needed, while botulinum toxin starts to become less useful for very mature skin.

No matter the age or skin type, all patients must stick to a basic skin care program to maintain a healthy appearance and to prevent further damage. Basic skin care includes cleansers, sunscreens, retinoids, antioxidant, peptides, growth factors, emollients, exfoliants and/or pigment lightening. Cosmeceuticals will improve tolerability of retinoids, hydrate the skin, repair the epidermal barrier, brighten the skin color, reduce redness and are often anti-inflammatory. A good skin care regime will be beneficial both

before and after a procedure and will complement the procedure to maintain optimal results for a longer period.

Dr. Lupo says there is no one formula for every patient, but every patient deserves an individualized global approach. Combinations are the key to optimal non-surgical results, and all cosmetic physicians should own and understand each process to advance this goal for patients.

*All of the procedures mentioned in Dr. Lupo's presentation were based on her personal experience and opinion. She recommends all board certified dermatologist receive the proper education and training before performing any procedures. She highly recommends that all patients choose a physician trained in an accredited residency program who has then passed the certifying exam and who is practicing within the scope of care of that specialty.*