

Spring Skin Care

Dr. Oswald Mikell, MD • Dermatology Associates of the Lowcountry

American Board of Dermatology | American Board of Cosmetic Surgery | Physician of the Year 2008

Winter can take a toll on your skin! Spring is a great time to do some damage control - especially since people will see more of your skin in those warm weather clothes! As we say farewell (and good riddance) to cold weather, we should take time to examine our skin.

Q. Why does the winter weather take such a toll on my skin?

A. Winter weather decreases your skin's circulation and perspiration. The natural shedding of your skin's outer layer does not turn over in cold weather as fast as it does in warm weather causing a decrease in your skin's suppleness - making it feel rough and dry.

Q. What can I do to combat winter's signs on my skin?

A. Fortunately, there are several easy ways to get rid of the telltale signs of winter on your skin before spring is in full swing.

- Exfoliate to remove dry skin cells that clog your pores
- Moisturize your face - and your entire body
- Drink plenty of water

Q. Are tanning salons a good idea to get ready for spring?

A. No, you should avoid tanning salons - they can strip your skin of essential moisture and damage it with harmful rays.

Q. I can't wait to get out in the sun, but should I be careful?

The sun is getting stronger and your skin is still sensitive from winter damage, making it even more susceptible to sunburn. Apply a sunscreen to protect your skin whenever you go outside. And wear gloves when doing outdoor work to protect the delicate skin on your hands

Q. What about cosmetic treatments to refresh my skin?

A. There are a number of cosmetic treatments that can effectively refresh your skin and help to restore a more youthful and healthy appearance. You should meet with a dermatologist who can evaluate your skin condition and make the proper recommendations. Together you can decide which treatments are best suited for you.

Call Dermatology Associates of the Lowcountry and schedule a consult today (843) 689-5259