

Lasers restore clear, fresh appearance for age spots

Sun damage is cumulative over time. When age spots begin to show areas of sun damage, Orange City Laser Center can help remove those signs of damage with advanced laser therapy.

“Whether we call them age spots, sun spots, liver spots, or simply pigmented lesions, the discolorations and freckling that appear on the skin as we age all have a common origin: sun damage,” informs Jose J. Rosales, MD, of Orange City Laser Center.

“In fact, because our society has glamorized deep tans, many people have already done much damage to their skin by the time they reach 30 years of age. The age spots that once were characteristic of the very old are now becoming apparent on the arms, legs, and faces of those in their 40s and 50s.

Orange City Laser Center

Jose J. Rosales, MD

“Although these areas of discoloration are not themselves skin cancers, or even precancerous conditions, people need to remember that the sun damage that causes these benign pigmented lesions is the same sun damage that puts them at increased risk of developing skin cancer. This is why it is so important for people to be proactive about skin care.”

SOURCE: ISTOCK



Dr. Rosales adds that it is a myth that maintaining a base tan is a healthy way to protect against burning. “The tan itself is an indication that the body has received sun damage,” he reminds. “The best protection is to wear wide-brimmed hats and clothing that shields the skin from the sun’s harmful rays and to use an appropriate sunscreen on all areas of the skin that will be exposed to both direct and indirect sunlight.”

Tanning beds, too, cause skin damage. “If someone feels like they need a tanned appearance,” points out Dr. Rosales, “science has provided us with a number of products for temporarily changing the skin tone without increasing the risks of age spots or skin cancer.”

When the damage is done

“Unfortunately, many people learned

about the dangers of sun exposure too late to prevent a certain amount of damage,” continues Dr. Rosales. “The good news is that modern laser technology offers us a way to diminish the appearance of age spots and to restore a fresher, even-toned appearance to sun-damaged skin.”

At Orange City Laser Center, Dr. Rosales makes use of the Alexandrite laser to treat pigmented lesions.

“I have had a few sunspots removed from my own skin using this advanced laser treatment,” shares Dr. Rosales. “By applying the laser’s energy to the area of unwanted pigmentation, we deactivate the pigmented cells, leaving a very thin crust in the treatment area that falls away painlessly in four to five days, revealing revitalized, undamaged skin beneath.”

Dr. Rosales says that another treatment option for sun damage is a laser peel. This is done with the Erbium laser and a lunchtime peel, the equivalent of having three dermal abrasion treatments. A deeper peel can have the results of a chemical peel, but the healing process only takes from six to eight days.

Dr. Rosales points



Jose J. Rosales, MD, is board certified in family practice. He attended medical school in Honduras, obtaining his medical degree from the Universidad Nacional Autonoma de Honduras. He completed a residency in family practice at

Methodist Medical Center of Illinois, affiliated with the University of Illinois, Peoria. Dr. Rosales is a member of the American Academy of Family Physicians, Florida Academy of Family Physicians, and Seminole County Medical Society. Dr. Rosales is laser certified by Cynosure and Laserscope and has participated in several laser seminars.

out that even when a patient has sustained a great deal of sun damage, it is important to protect the skin against further insult.

“It is never too late to start a proactive skin protection regimen,” he assures. “Sun damage is cumulative over time, so protecting our skin at any point helps prevent the recurrence of lesions in the future.

“We have a full line of skin-care products to help protect the skin and to replenish its moisture and vitality,” notes Dr. Rosales, “but when already damaged skin begins to show the telltale signs of overexposure to the sun, we also have highly effective laser techniques to assist in restoring the skin’s clear, vibrant appearance.”

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1035 Town Center Dr.
Orange City
(386) 775-4974

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