



Skin care trends

The world of cosmetic procedures offers many options, from minimally invasive treatments to more intensive interventions. With so many choices, it's smart to be informed. Here's what you need to know before undergoing injections or laser therapy procedures.



SKIN TREATMENTS	POSSIBLE SIDE EFFECTS
Botulinum toxin injections, known as Botox: Relaxes facial muscles to reduce wrinkles. Administered by a qualified professional.	Pain, bruising, swelling, redness at the injection site, and flu-like symptoms or headaches. More serious, but rare, side effects can include muscle weakness, breathing or swallowing difficulties, and vision problems.
Microdermabrasion: A noninvasive procedure that uses a special tool to exfoliate the skin's surface. Improves skin texture and reduces the appearance of fine lines and age spots.	While generally safe, it can cause temporary redness, dry, flaky skin, and sensitivity. More serious risks include bruising, sensitivity to the sun or skincare products, and, in rare cases, infection or scarring.
Dermal Filler injectables: Typically uses hyaluronic acid or collagen to plump up skin, fill in wrinkles, and add volume to the cheeks and lips.	Allergic reactions, infection, and uneven results
Dermaplaning: A simple and effective method of exfoliation. It uses a scalpel to remove dead skin cells and vellus hair (peach fuzz) from the face. A trained aesthetician or dermatologist should perform it.	Redness, irritation, and increased sensitivity, but these typically subside within a few days
Microneedling: A device with tiny needles to create micro-injuries in the skin, which stimulates collagen production and improves skin texture.	Infection, scarring, and hyperpigmentation



RESEARCH IS KEY

- Before undergoing any cosmetic procedure, thoroughly research the treatment and the practitioner. Check their credentials, experience, and patient reviews. Don't be afraid to ask questions about their training, certifications, and the products they use.
- Cosmetic procedures can enhance your appearance but won't necessarily make you look 20 years younger. Having realistic expectations is crucial for satisfaction.
- Every minimally invasive procedure carries potential risks and side effects.
- Certain medical conditions can increase the risk of complications. Be sure to disclose your complete medical history to your doctor or aesthetician.
- It's essential to consider the psychological aspects of cosmetic procedures. If you're considering a treatment to address insecurities about your appearance to improve self-esteem, it can be helpful to discuss these feelings with a mental health professional.