



Left: Before, and below, after treatment with the much heralded Dermaroller which is producing great results



Dr. Tahera Bhojani-Lynch explains the latest beauty treatment currently taking London by storm...

An alternative to the dreaded skin peel

As an experienced cosmetic doctor, one of the commonest questions I get asked is how to improve texture and tone of the skin, open pores and those very fine lines under the eyes and on the cheeks.

Until recently, the best answer I had for these were skin peels of varying degrees of depth. The main disadvantage is many clients are a bit scared of the thought of a skin peel, they require aggressive sun protection a significant period of time afterwards, and no one likes answering those awkward questions that come with the shedding of the skin.

So you can imagine how excited I was when I saw the Dermaroller in action. The tiny needles are delivered into the skin with exact precision and depth and the treatment is not really painful, as a good anaesthetic cream is applied first. Afterwards the skin looks red, like mild sunburn, but settles within 24 hours. Most people return to work the next day and then watch the skin improve over the next few weeks. Treatments are repeated at four weekly intervals and most will have three lots to see good results.

As doctors we have been amazed to see the results that can be achieved using this method of collagen stimulation. It is an ideal treatment for those patients who are afraid to have fillers or Botox or foreign material introduced into the skin, as this is a completely natural

method of skin rejuvenation. Skin treated with the Dermaroller shows up to a staggering 200 per cent improvement in collagen and elastic tissue formation. The technique can be used for stretch marks, loose skin, as well as fine lines and wrinkles - there is even a home use kit for stimulating hair growth in conjunction with a hair stimulating lotion.

Do beware, however, there are some cheap home use rollers available from China and the Far East. Remember this is an invasive treatment and if the metal of the roller is not surgical steel, it will blunt and cause trauma to the skin. If an untrained user uses the roller, the skin can be dragged and damaged and Far East imports may not be sterile, so make sure you go to a reputable clinic that offers only genuine Dermaroller treatments and a practitioner trained to use it properly.

Dermaroller is already changing the way many clinics treat sun-damaged and sagging skin, and the Laser and Light Clinic in Loughborough is already booked two weeks in advance for appointments. To book a free consultation call Loughborough 01509 266882.

Tahera Bhojani-Lynch is a Cosmetic Doctor and surgeon and is the former Senior European Medical Advisor to Allergan, makers of Botox and Juvederm. She practises at the Laser and Light Clinic in Loughborough and has been featured on radio, TV and in the press for her laser and cosmetic work.