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5 Ways to Reverse Skin Sun Damage

By Lynn Allison | Friday, 12 Aug 2016 12:25 PM



Years ago, there were few warnings about staying in the sun too long. In fact, many of us tried each summer to get a deep tan to look “healthier.”

But now we’re paying for it with wrinkles, liver spots, and sagging skin — not to mention cancer — the result of too much UV radiation exposure.

Dr. Anthony Youn, Ma nationally known cosmetic surgeon who appears regularly on the Rachael Ray Show, tells *Newsmax Health* that even young people are affected.

“I see sun damage in patients as early as in their 20s,” he says. “You don’t need to be a sun worshipper to have problems.”

The good news is that there are new methods that can reverse much of the damage:

Hydroquinone. Youn, who practices in Troy, Mich., says that hydroquinone combined with Retin A or tretinoin is the most effective, non-invasive method of reversing skin damage caused by sun. The topical prescription cream eliminates sun spots and uneven pigmentation.

“It intensely exfoliates the upper layers of skin, so you will get lots of flaking for the first six weeks,” he says. “But you will get results within a month.”

Intense pulsed light. “IPL is the gold standard for pigment reduction,” explains Youn. This procedure makes age and sun spots turn dark and flake off over the course of a couple of days. You usually need just a few treatments.

Chemical peels. Dr. Rebecca Baxt, a New York-based dermatologist, tells *Newsmax Health*, that “peels do wonders to reverse sun damage, especially brown marks on the skin.” Many different types of peels are available, but Baxt prefers those with TCA or trichloroacetic acid and glycolic acid.

Besides getting rid of pigmentation inconsistencies, chemical peels reduce fine lines and wrinkles.



Photodynamic therapy. PDT is approved by the U.S. Food and Drug Administration to reverse precancerous sun damage called actinic keratosis. The procedure involves placing a light-sensitive solution on the skin for approximately an hour, says Baxt. The solution is activated by a light source and then removed. It's painless but time-consuming, and several treatments are required.

Topical antioxidants. Los Angeles-based dermatologist Dr. Ava Shamban tells *Newsmax Health* that you can also repair the skin by applying antioxidants directly to the face and neck. She says vitamin C serums with AHA or alpha hydroxy acid that slough off dead skin and boost collagen are particularly effective.

You can also make your own mask by combining yogurt — which has natural AHA — with anti-inflammatory honey, and frozen strawberries and blueberries, which are chock-full of antioxidants. Place all the ingredients in a blender and apply to the face for 15 minutes.

“The antioxidants penetrate and repair the skin,” says Shamban.

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