

Expert tips for your skin queries

Dermatologist and cosmetologist Dr Geeta Oberoi offers valuable advice



Dr Geeta Oberoi

consult a dermatologist before starting application. We need to see if pigmentation is superficial or deep, and the amount of scarring and damage, which can be well assessed with our skin analysis machine. This will tell us the actual depth of scarring. We can then work with various treatments like Chemical Peels, Skin Polishing and Derma Roller to name a few. If you use make-up, clean your face regularly with a cleanser, and also clean the puffs and brushes you use to apply your make-up. Add zinc supplements to your diet.

respond promptly) or deep pigmentation (takes longer times to respond).

As per your history, use of brightening creams with peel treatments has caused further damage to various layers of the skin. Would advise you not to do any more chemical peels for the pigmentation. Use a high SPF sunscreen of SPF 50+, avoid fragranced prod-

ucts, use blending creams or creams containing Vitamin C, also creams containing licorice, nicotinamide would be a good option. However, you will need to consult a dermatologist before starting any applications.

There are various treatments as Micro Current, Mesotherapy and Oxygen Therapy, which will help reduce the pigmentation done in combination or individually.

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Q. I am 26-year-old married woman with a child. I have a problem of dark circles since five years now and recently noticed some lines appearing under my eyes. What can I do about this?

● The skin under the eyes is the thinnest in the body and in most of us, dark circles are blood vessels that can be seen under the skin. They can occur due to various reasons — rubbing of the eyes, using harsh cleansers, allergies, eczema, poor circulation around the eyes due to recurrent coughs and colds, lack of sleep and stress. Some people are born with deep set eyes and this gives a shadow making eyes seem darker. They could also be hereditary in nature. Nutritional deficiency like iron deficiency/ anemia can also make eyes look darker and tired.

You could use a mild cleanser for your eyes, creams containing vitamin A and K are beneficial to build the eye matrix and strengthen walls of the blood vessels. Also, vitamin C and Q 10 containing eye creams help promote collagen synthesis and act as antioxidants.

We can do treatments like Chemical Peels, Micro Current and Dermal Fillers to improve the dark circles.

Q. I am a 22-year-old girl studying Hotel Management. I have a lot of pimples, dark spots and scars on my face. This has resulted in my face looking darker. I am applying for a job but feel conscious about the marks on my face. What should I do?

● Firstly, we need to keep a check and minimise the fresh acne breakout as new acne that comes can lead to more scarring and post acne pigmentation. You need to use a matt, non comedogenic sunscreen of 30+, a face wash containing salicylic/ glycolic acid and topical or oral antibiotics to avoid getting fresh breakouts. You will need to use some blending creams containing kojic acid, arbutin to lighten the marks. Please

Q. I am a 46-year-old man and have excessive skin darkening on my face since several years. I have used certain commonly available whitening creams for eight years and had 15 sessions of skin peeling at a hospital. But the darkening has only increased. I've also done a skin biopsy but found no result. Should I continue the peels?

● You have been using certain brightening creams for routine skin care for eight years but some of these over-the-counter creams contain bleaching agents that can damage the skin rather than lighten it. Also, 15 sessions of chemical peels should have helped if the right peel was used and sun protection was followed post peel. Chemical peels are very safe if performed by a qualified physician. We would need to determine if the pigmentation is superficial (that will