

DR. CELESTE NAGY

Beauty Facial Plastic Surgery

What should we be incorporating into our skincare routine today?

Though everyone's skin has different needs, using an antioxidant serum that contains vitamin C — also known as ascorbic acid or L-ascorbic acid — is beneficial for all skin types. Vitamin C protects the skin from sun damage, has anti-aging effects, reduces hyperpigmentation, decreases redness, and improves under-eye circles.

Most common concern or issue you see being a facial plastic surgeon?

The most common concern I see as a facial plastic surgeon is skin laxity, especially along the jawline and neck. Laxity develops as we age and we lose collagen and elastin in the skin. Therefore, prevention with SPF and antioxidants is key. We also have a range of treatments that we offer, both non-surgical and surgical to address this issue and build collagen.

Is preventive botox beneficial? If so, when would you recommend patients begin?

Absolutely! Botox works by weakening the muscle and therefore you cannot make lines on the forehead, between eyebrows, or around the eyes with movement creating that smooth skin appearance. The treatment lasts about 3 months. Therefore, starting Botox and doing the

treatment regularly prevents the appearance of wrinkles both at rest and in motion. In general, I see patients start preventative Botox in their mid-20s. That's when I personally started using Botox myself.

One procedure you think every woman or man should try out? Botox! Microneedling is also a procedure that is beneficial for men and women of any skin color or type. It's a procedure that helps with skin texture and fine lines by building collagen in the skin and doing gentle resurfacing.

Are there simple changes we can make to increase the consistency of quality skin days?

Develop a skincare routine that you can realistically follow in the morning and evening. It doesn't have to be complicated, but consistency is key!

Is there a way to prevent facial asymmetry?

Unfortunately, there is no way to prevent facial asymmetry as it is natural for every person to have some asymmetry. However, sometimes asymmetry can be improved with injectables such as Botox and dermal fillers.

DR. NAGY'S ROUTINE AND GO-TO PRODUCTS

- My basic routine is a facial cleanser with glycolic acid, serum with peptides and hyaluronic acid, vitamin C serum, moisturizer, and SPF. I will add toner and retinol in the evenings.
- My go-to products are ImageMD restorative cleanser or Jan Marini bioglycolic cleanser, NeoCuts bio serum, ImageMD, Jan Marini, or Obagi Vitamin C serum 15%, ImageMD Max Crème, and SkinCeuticals Retinol 0.05%. I also do occasional chemical peels and use hydroquinone 4% to treat hyperpigmentation.

