

# Chemical Peels, Electric Toothbrushes, Scars & More

## How much time is needed to recover from a chemical peel?

A chemical peel works by removing a variably thick layer of the outer skin and then relying in the body to rejuvenate new, healthier skin tissues.

With proper post-peel care, an upper layer peel will resurface in about two to five days, a medium depth peel in five to 10 days, and a deeper peel in one to two weeks. Post-peel care is extremely important in preventing complications such as unwanted scarring, redness or abnormal pigmentation. Make up can be used to temporarily camouflage redness after the skin has resurfaced. **Mitchell D. Kaye, MD** [Hopkinsville, Ky. (866) 234-0470 or [www.mdkaye.com](http://www.mdkaye.com)

## How long do you need to wait before a scar can be repaired?

Skin wound repair involves a complex, yet coordinated series of biologic events. Virtually all wounds produce visible scars; even when the wound healing process is normal, functionally disabling scars may occur. Abnormal wound healing may produce wide, thick scars, or scars that keep growing.

Basically, normal wound healing occurs in three overlapping phases: Inflammatory, collagen synthesis, and final maturation and remodeling.

Good surgical wound closure and care often prevents a bad scar. Signs of abnormal wound healing include excessive redness, itching, height or width, pain or drainage.

Steroid injections into a maturing scar, dermabrasion or laser resurfacing can improve a scar and can be done after the first four weeks or so from the initial wound. **Mitchell D. Kaye, MD** [Hopkinsville, Ky. (866) 234-0470 or [www.mdkaye.com](http://www.mdkaye.com)

## How effective are electric toothbrushes with germ protection?

Are electric toothbrushes really valuable tools? Can electric toothbrushes really clean your teeth more effectively than a manual toothbrush? The answer to these questions is yes.

Electric toothbrushes can clean dental plaque from the surface of a person's teeth better than a manual toothbrush in part due to two primary reasons: First, people actually think they are brushing longer than they really are. Electric toothbrushes have built-in timers that allow you to

measure the length of time you have been brushing. Second, electric toothbrushes like Sonicare provide a cleansing action beyond where the tips of the bristles actually touch. Germs that cause bacterial plaque are rinsed away due to the sonic motion of the brush head. **William Fitzgerald, DDS** [Murfreesboro, Tenn. (615) 896-7582]

## Can certain medications affect your hearing?

Yes. There are a number of medications which can adversely affect hearing. This class of medications are referred to as ototoxic drugs. The class includes certain powerful antibiotics, like streptomycin and gentamycin, as well as high doses of aspirin. You should ask your physician or pharmacist if medications you take are ototoxic. **Daniel J. Orchik, PhD** [Jackson, Tenn. (731) 660-5511]

## How important is sunscreen in the winter?

Although you may not be basking poolside in December and January, sunscreen is still very important. Most of our sun exposure and damage comes from our daily activities. Most people tend to have more wrinkles and sunspots on the left side of their face due to sun exposure while driving. Apply more frequently, if you are going to be in direct sunlight any month of the year. **Paul E. Goco, MD** [Murfreesboro, Tenn. (615) 848-9223]

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