

Don't Wear Sunblock

By Schuyler C. Metlis, M.D., F.A.C.S.

I have decided to stop telling all of my patients to wear sunblock. It's bad for my business!

Excess exposure to the sun damages the cells of the skin. Some of these cells become abnormal, or pre-cancerous. Some actually become cancerous. Skin cancers are usually removed at surgery.

Continued exposure to the sun damages the skin's normal function and configuration. The skin loses its elasticity. That means wrinkles and sagging skin.

Wrinkles are treated with fillers like fat injections, Collagen, CosmoPlast, Restylane, Hylaform, and seemingly new ones coming out every week. They are also treated with Botox injections, to stop the muscles of the face from pulling and folding (wrinkling) the skin.

Damaged skin also develops blemishes. These, along with smaller, finer wrinkles, are treated with a variety of resurfacing techniques ranging from skin care, microdermabrasion and its variations, peels, and laser resurfacing.

Loose skin needs to be removed, with facelifts, brow lifts, eyelifts, midface lifts, or whatever new mini-lift is the fashion of the week.

I enjoy doing all of these. Don't take my fun away. Don't wear sunblock.

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