

OTC vs. Medical-Grade Skin Care Products



Erin Brady, Licensed Medical Esthetician



Maria Gerken, Registered Nurse, CANS



Marylou Lee, Licensed Medical Esthetician



Nicole Hollander, Registered Nurse, Owner

Have you ever wondered about the various options when it comes to skin care products? You can find them available online, on social media and QVC, at the department store, at your drugstore, or even at your doctor's office! Prices can range from \$3 to \$300, but why? What's the difference?

You saw some good before-and-after pics, so it's got to be good, right? Why the difference in price? What makes one superior to the other? Why did your dermatologist recommend CeraVe or Cetaphil if it's not the best? Let's talk about medical-grade skin care versus over-the-counter (OTC) remedies.

OTC products may contain corrective ingredients; however, they are available to the masses. So are they effective? You may have read about hydroquinone, retinoids, and growth factors, and these can be found just about anywhere. However, these ingredients are in very small quantities because

they can be aggressive and cause side effects. So, the safe way to distribute these without a Licensed Aesthetician or medical professional is to make the dose very minimal. Less-active product equals less reaction and less results. With that being said, we can still appreciate the results of a product with some retinol, but the end result is it will just take longer and may not be as dramatic.

There are also products that claim to have active ingredients, but, when you read the list, it's the very last one listed, meaning it's in the smallest quantity. Therefore, it may not be effective. As for your dermatologist's recommendation for your healthy skin and OTC products, it's ok! Those products will not harm your skin. Your physician understands they're non-comedogenic (won't cause blocked pores, so they're appropriate for almost every skin type!

You may also see very inexpensive versions of

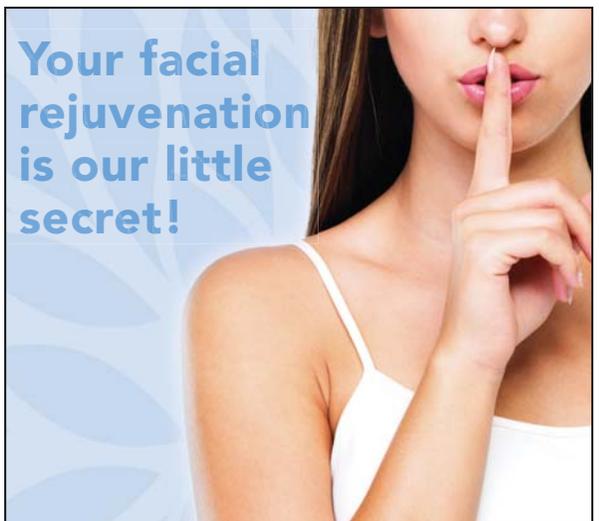
retinoic acid (Retin-A). Be wary of these products. True retinoids can only be distributed from a physician's office or a medical aesthetics center with a medical director. A topical retinoid or retinol (a derivative of a retinoid) needs to convert to retinoic acid to be effective. If this does not occur, you will not get the intended response. Higher-quality ingredients are known to actually penetrate and absorb into the skin. This is why you will see almost an immediate response when applying these products.

Besides daily SPF, retinoids are the most important product you can choose for your skin. Retinoids turn skin cells over more rapidly, thus creating healthy, glowing skin, with the added benefit of stimulating collagen and elastin. This HAS been medically proven by the FDA. Products sold in doctor's offices or medical spas are referred to as medical grade or prescription strength.

These products offer the strongest, most effective treatment options for all skin concerns ranging from acne and aging to pigmentation. Continuous skin care treatments are just as important as a doctor's checkup, dental appointment or an oil change.

It is also important to consider purchasing your products from a reputable establishment rather than on the Internet. Purchasing online has huge benefits ranging from convenience and some killer deals, BUT there has been a spike recently in products that are not legitimate from online vendors. While the packaging may look correct, what's inside can be a low-quality substitute. Trusting in your medical aesthetician and his/her recommendations is definitely worthwhile.

If you're looking to enhance or change your skin, please leave it to the educated professional to guide you. Each skin care consultation at Hush Medical Aesthetics is customized to the client's skin type.



HUSH offers an array of skincare options, injectables & laser treatments for a non-invasive, natural-looking approach to anti-aging.



4920 York Road | Buckingham, PA 18912

215.794.6905

HushMedical.com

ZO® SKIN HEALTH

