

FutureDerm

Beauty from a scientific perspective

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Dr. Rebecca Baxt began one of the first combination dermatology and plastic surgery practices, located in Bergen County, New Jersey. Dr. Baxt is particularly interested in treatment of acne and rosacea. She attended the University of Pennsylvania and had her residency at the New York University Medical Center. She currently has hospital privileges at the Valley Hospital in Ridgewood, New Jersey and Bellevue Hospital in New York, New York. She also has an academic appointment at New York University.

What makes you interested, in particular, in rosacea and acne?

As a dermatologist, I enjoy treating skin conditions and making people better. I find acne and rosacea are very responsive to treatment and my patients are very thankful and happy so it's a win-win. Making acne and rosacea patients better is very rewarding.

What are the ingredients someone with acne and rosacea should look for? Acne patients can look for benzoyl peroxide or salicylic acid over the counter. Also glycolic acid. Rosacea patients need to stick with very mild and hypoallergenic types of products since their skin is so sensitive. A lot of the antiaging and antiacne medications will irritate rosacea sufferers.

What are the biggest skin care mistakes you see people with acne makes? Over scrubbing and washing and picking. Acne isn't about dirt and you can't scrub a clogged pore open. Scrubbing and overwashing and picking just cause irritation and scarring and it doesn't help remove acne. Washing twice a day or three times a day is plenty. Get care from a great dermatologist if the over the counter creams and gels aren't enough. No scrubs or puffs or picking.

What are the biggest skin care mistakes you see people with rosacea make? Trying everything in the supermarket or the makeup counter or the pharmacy thinking it will help them. It's a big waste of money and time and can make their skin worse. Rosacea patients need to find a program that works for them and stick with it, changing with the seasons as necessary. These patients really need guidance from a dermatologist.

What are the benefits of a combination dermatology-plastic surgery center like yours?

There is a lot of overlap within dermatology and plastic surgery. We often do dual consultations so the patient can see both the dermatologist and the plastic surgeon at the same time and make a plan altogether. Its very time consuming to go back and forth between consultations and offices seeing different doctors getting varying opinions and then the doctors often don't speak to each other. We can evaluate the patient at the same time and talk in front of the patient at the time of consultation so everyone is on the same page.

How did your practice come about? My mother who is dermatologist and my father who is a plastic surgeon realized that there was a lot of overlap between the two fields and combined their practice over 35 years ago. They were one of the first if not the first practice to do it, and there have been many others who have followed in their footsteps.

What are the most common procedures you perform? What are the ones you most commonly recommend? Botox, Fillers, Chemical Peels, Fraxel laser resurfacing, Vbeam laser or IPL for redness/rosacea, Isolaz for acne, Smoothbeam for acne, Laser Hair removal, I recommend all of these all the time. It really depends on what the patient needs.

What are some exciting developments in aesthetic medicine that are happening right now?

The most exciting things to me right now are the new fillers. We have loved Juvederm and Restylane, and now we have Belotero which is similar but we are able to inject it more superficially, and we are expecting Voluma for cheek augmentation hopefully by the end of this year.

If you could tell FutureDerm readers any one important skin care tip, what would it be?

Wear your sun block and don't forget to reapply!!!