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## The Exact Questions to Ask Cosmetic Dermatologists During Your Next Appointment

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The typical dermatologist visit begins with a simple question: What brings you here today? Or sometimes, with cosmetic dermatologists, it's the more pointed: What bothers you most about your appearance? (These keen-eyed cosmetic dermatologists specialize in elective procedures designed to make us look younger/fresher/tauter, as opposed to diagnosing and treating specific **skin disorders**, like **acne** or **rosacea**.) The doctor is, of course, aiming to assess our priorities — which "flaw" do we perceive to be most in need of correction?

While the savviest of skin nerds may offer up not just perceived problems (fallen cheeks and smile lines, say), but appropriate solutions ("Voluma, please, *here* and *here*"), the majority of people will dutifully, and perhaps sheepishly, report their concerns and accept their doctor's prescribed fix. According to top cosmetic dermatologists, however, furthering the standard dialogue with some smart questions of your own can not only fine-tune your treatment plan and make your results last longer (the dream!), but head off disappointment and save you cash, too. Bring these conversation-starters to your next appointment.

### **How often do I have to be treated to stay looking my very best?**

"People are very fixated on how long the effects of certain treatments last — like Botox, filler, and laser. What they don't realize is that the longevity of a treatment result involves so many factors — most of which have more to do with the individual patient than the treatment itself. The same dose of neuromodulator could last six months on a 35-year-old but only three months on a 60-year-old, and the degree of efficacy can differ drastically. People often compare their results to those of friends, and have similar expectations.

Generally, I see my 30- to 40-year-olds two times a year; 40- to 55-year-olds three times a year; and 55-plus patients four times a year. I tell them that keeping up cosmetically is just like exercise, nutrition, or hair color: The best results come from small, consistent efforts. You want to be "touching up your roots," so to speak, not waiting for your color to grow out completely. So I like to use small amounts of a treatment, so it seems every time is a minor touch-up. This gives the most natural result for any cosmetic procedure." —*Paul Jarrod Frank, a clinical assistant professor of dermatology at Mount Sinai Hospital in New York City*