

# ASK DR BARBER

## About Plastic Surgery

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I am interested in **laser skin resurfacing procedures**. I have **acne scars, very large pores and rosacea**. Is this the best treatment for my problem?

ANSWER

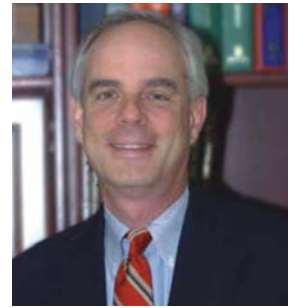
Laser treatments to the skin of the face can make significant improvements in the appearance of your face, but this treatment is not for everyone. The different problems that you describe are treated with different lasers and will have to be performed at different sittings. If I were treating your acne scars, rosacea, and large pores, I might start you on a cream based skin care program for several months to see what kind of results can be achieved with this simpler and less expensive regimen. If the problems persist, then laser can make a nice improvement in many cases. Rosacea can be treated quite simply, and typically, enough of the redness can be removed in one or two treatments that patients are very happy. Rosacea is one of the easier and more successful treatments with the laser. Acne scarring and large pores of the skin are more difficult to treat, and depending on the depth of the scars, laser may or may not be able to achieve complete smoothing of the skin. There are some gentle lasers (Fraxel or Pro-Fractional) which can improve the skin with less downtime, but at the cost of having to be treated on multiple occasions. A more aggressive laser such as the CO2 laser can improve the skin with a single treatment, but the downtime is longer and the amount of redness of the skin is something that can last months. A one-on-one evaluation from a board certified plastic surgeon can help you formulate a plan for trying to achieve the skin that you want.

Q

I am 18 years old and **my breasts are very different**. I have one that is large and one that is small. **I am so embarrassed that I will not put on a bathing suit and hate trying on clothes**. My breasts **have not changed in several years** so I am afraid that I am stuck with this problem. Is there **anything that can be done to help me**?

ANSWER

Breast asymmetry is present in almost every woman. Fortunately, the amount of asymmetry is such that it is subtle and not noticed by anyone other than the woman. That being said, there are a small percentage of women who develop very different appearing breasts, sometimes it can be shape differences, sometimes size differences and sometime both. As in your situation, this can affect a woman's self-esteem and social interactions. There is help for your problem. When I examine a woman with a significant difference in her breasts, I usually want to know which of the two breasts she prefers. Sometimes the patient prefers the smaller of the two, sometimes the larger, and most commonly, she likes neither. The strategy for trying to achieve symmetry is to make whatever change is necessary to achieve the symmetry. This often involves putting an implant in on the smaller side, sometimes reducing or lifting the larger side, and sometimes making adjustments to the nipple area to even out the size of the nipple areola complex. In almost all instances of significant breast asymmetry, surgery can improve the appearance to the point that wearing a bathing suit is something that you now look forward to rather than avoiding.



**Dr. W. Byron Barber**  
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### About Dr. Barber

**William Byron Barber II** is regarded as one of the most prominent plastic surgeons in his field and has recently been selected one of America's Top Surgeons. He has been practicing plastic surgery in Greensboro for 15 years and is board certified by the American Board of Plastic Surgery. He is presently Chief of Plastic Surgery at Moses Cone Hospital System and is an active member of numerous local, regional and national plastic surgery organizations.

Dr. Barber hosts free monthly seminars in his office. To make a reservation, please call Barber Center for Plastic Surgery at 336.275.3430. The office is located at 1591 Yanceyville Street, Suite 100 in Greensboro. Their website is [www.barberplasticsurgery.com](http://www.barberplasticsurgery.com) To ask Dr. Barber a question for this column, please email him at [drbarber@barberplasticsurgery.com](mailto:drbarber@barberplasticsurgery.com)

Dr. Barber has been featured in *New Beauty Magazine* and was selected as one of America's Top Plastic Surgeons of 2006.

