

Your Skin Maintenance Plan Worksheet

Each person has his or her own Anti-Aging Plan that will require a different Maintenance Plan. So I can't lay out a specific Maintenance Plan for you ahead of time. You need to decide what cosmetic treatments you want, and then fill out your own Maintenance Plan.

Be sure to use your calendar so that you can have your maintenance work done before a big event or the holidays.

Here are the timeframes for general maintenance for different kinds of cosmetic treatments. Use this as a reference only, and be sure to develop your own plan in consultation with your dermatologist.

Microdermabrasion: initial series of 5, maintenance once a month at a minimum for oily skin and as frequently as once every two weeks

Botox: for the first year, you may need injections every 3 months or so. After that, plan on every 4 to 6 months

Restylane/Juvederm: usually need injections every 4 to 6 months

Sculptra: after the first series of three or four injections, you'll need maintenance of approximately one set of injections each year

Laser Photorejuvenation: after the initial series of five treatments each month, you'll need at least one maintenance treatment per year or more if you spend a lot of time in the sun

Laser Hair Removal: after the initial series, you'll need maintenance at least once per year or maybe more

Thermage: technically, you don't do maintenance treatments with Thermage, but if you are over 50 and getting some laxity, you'll probably need to repeat the Thermage treatment every two years or perhaps a bit more frequently

Type of Treatment	For What Issue?	How Often for Maintenance?	Cost?	Date of Last Treatment	Date of Next Treatment
Example: Botox	Frown Lines	Every 4 months		December 2	April 2

