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Jillian Michaels

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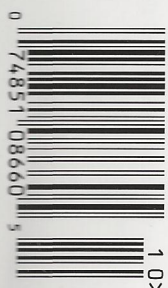
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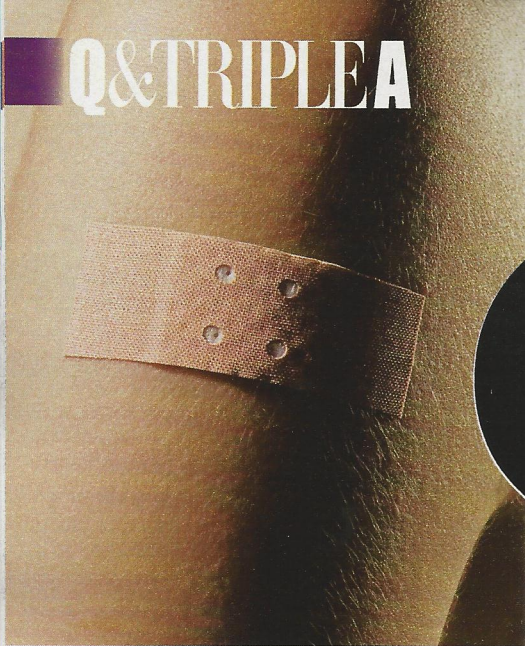
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Q

I got a doozy of a cut, and I don't want it to **scar**. Help!

▲ Got a boo-boo? Cover it while it heals to keep skin pristine.

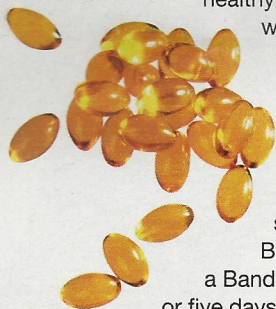


A

THE PLASTIC SURGEON SAYS:

"To treat a fresh wound, clean it with mild soap and water. Don't use hydrogen peroxide or any treatment containing alcohol—both kill bacteria, but they also zap the healthy cells that repair skin, which makes you more likely to scar. Also, never apply vitamin E to an open cut—it slows healing." Instead, use a medicated ointment such as Neosporin or Bacitracin, then slap on a Band-Aid. "Do this for four or five days, until the cut seals over." Once a scab forms, bring out the vitamin E. "At night, squeeze on a capsule's worth and massage it in. This stimulates blood flow to speed up healing, and studies suggest it may also help skin grow back more evenly." Keep this up for about three months, then be patient. "It can take a year for any raised or discolored skin to disappear. If that doesn't happen, a dermatologist can shrink a thick, puffy scar with a steroid injection for about \$250."

—Anthony LaBruna, M.D., a clinical associate professor of plastic surgery at Weill Cornell Medical College in New York City



A

THE DERMATOLOGIST SAYS:

"If the cut is on your face or neck, don't use any skin-care products containing retinoids, such as retinol and Retin-A, or any exfoliants until it's healed. And regardless of where your scab is, don't scrub or pick at it, which can leave a scar." Let it fall off naturally, then treat the skin with ScarAway Silicone Scar Sheets, \$19.99 for 8, or, for your face, ScarAway Scar Diminishing Serum (below), \$17.99. "Both contain a silicone that hydrates and repairs scar tissue, which, in turn, softens and fades the mark; they also help relieve itching. If you have medium or dark skin, be sure to also protect the area from the sun, which can make discoloration worse." If at any point your cut swells, crusts, or starts to ooze, see your doctor. "When left untreated, infected cuts are more prone to scarring."

—Jeffrey Dover, M.D., an associate clinical professor of dermatology at Yale School of Medicine in New Haven, CT



A

THE MAKEUP ARTIST SAYS:

"To hide a cut on your face, neck, or chest, wait until it scabs or closes up before putting makeup on it (otherwise it can get infected). Once that happens, you'll need a thick, full-coverage concealer, which typically comes in a stick or pot, to help cover it." (Try Dermablend Quick-Fix Concealer, right, \$23.) First, find the closest match to your skin tone, then fine-tune. "If the cut is red around the edges, pick a yellow-y concealer to counteract the redness. If it's more brown, go with a peachy color." Then, to camouflage the scab, use a tiny concealer brush to carefully dab just around the edges. "On the top, dust a tinted loose powder to take down the discoloration."

—Fatima Thomas, a senior makeup artist for MAC Cosmetics who has worked with Alicia Keys and Mary J. Blige

