

e-book

Get rid of **BROKEN SKIN**

By *Mucio Porto*

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Get rid of broken skin

And I'm here to tell you how you can get rid of broken skin! That's right, broken skin! The stock market crashes, companies fail, bones break and now the skin breaks!

And I think it's going to be very interesting because I'm not only going to comment on what causes the skin to break, but mainly how you get rid of that stuff.

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What is Broken Skin?

This is a joke, the skin that breaks, in the classes I give around the world, I like to talk about the collagen that breaks. What is this? It's the wrinkles!

Wrinkles are lines and grooves that form on the skin over time. They are caused by the loss of collagen and elastin, which are proteins that support the skin.

Collagen is a protein that gives firmness to the skin. It is produced by the body naturally, but collagen production decreases over time.

Elastin is a protein that gives skin elasticity. It is also produced by the body naturally, but elastin production decreases over time.



Types of wrinkles

There are three main types of wrinkles:

Dynamic wrinkles: these are the wrinkles that appear when you move your face.

They are caused by contraction of the facial muscles.

Folds and wrinkles: Wrinkles can be further classified into two types according to their depth:

Folds: these are superficial wrinkles that can be removed with less invasive treatments, such as creams or fillers.

Sugos: these are deep wrinkles that require more invasive treatments, such as plastic surgery or laser peeling.

Folds are caused by loss of skin elasticity. They are generally thin and can be found on areas such as the face, neck, and hands.

Suckers are caused by the loss of collagen and elastin in the skin. They are generally deeper and can be found in areas such as the face, neck, and body.



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Types of wrinkles (continuation)

Static wrinkles: these are wrinkles that remain visible even when you are not moving your face. They are caused by the loss of collagen and elastin.

Static wrinkles, on the other hand, are caused by the loss of collagen and elastin. These proteins support the skin and help keep it firm and elastic.

When collagen and elastin production decreases, the skin loses its firmness and elasticity. This causes the lines and grooves to become permanent.

In addition to aging, wrinkles can also be caused by other factors, such as:

Sun exposure: exposure to ultraviolet (UV) rays from the sun damages the skin's collagen and elastin fibers.

Smoking: Smoking reduces blood circulation in the skin, which can also contribute to the appearance of wrinkles.

Inadequate nutrition: a diet poor in nutrients can harm skin health and increase the risk of wrinkles.



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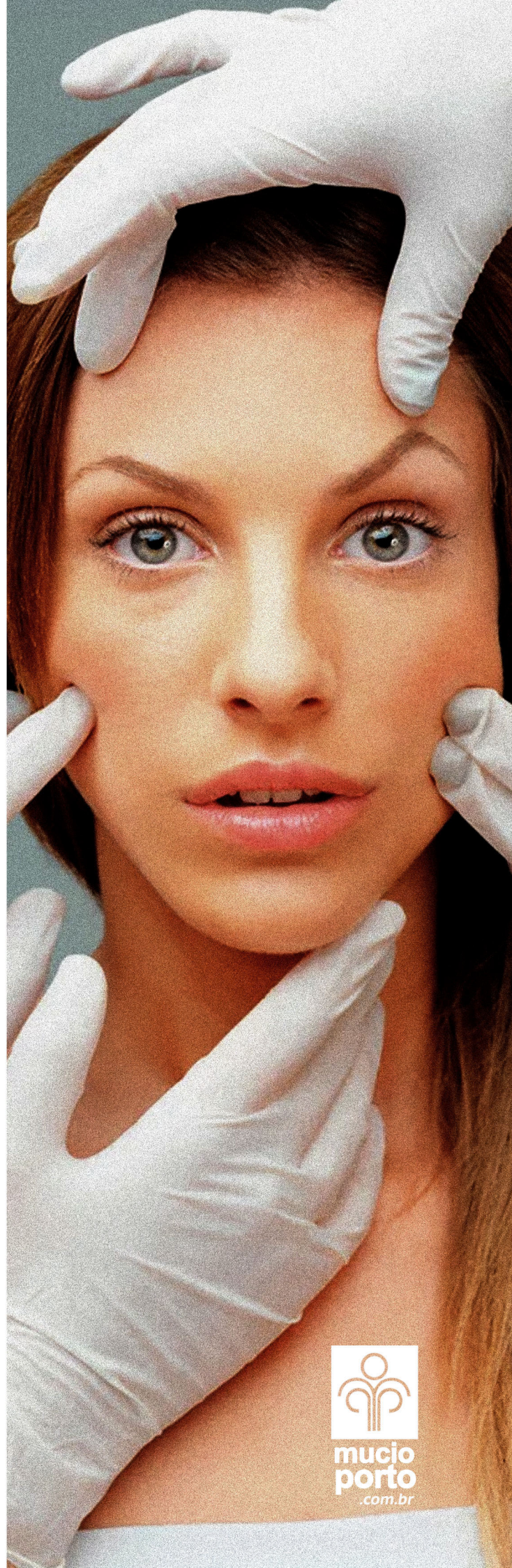
Pulling is not a solution!

I'm a plastic surgeon, I've been operating for 31 years, I learned from Professor Pitanguy, the best guy in the world, in the history of humanity, the best plastic surgeon in the world.

So, when you have a line, a static wrinkle, and if you think, as a patient, or sometimes even a less informed colleague, that you are going to treat this fracture by pulling the person, who doesn't even know what, a shoe sole, it won't disappear.

You will deform the person, this is from the 60s, 70s, when there were no great options, it was just plastic surgery. So, my colleagues, they pulled, pulled, pulled.

What's the problem with that? First, the skin remains of the same quality, that is, the fracture is there. And the more you pull, the more you deform the face and ear. Who here likes those plastic surgery procedures where the ear is attached to the chin? I like to say that it is an aesthetic tragedy!



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Your collagen has broken!

Guys, collagen basically breaks down, obviously due to genetics. The lighter your skin, the greater the chance that this skin, this collagen, will break down at an early stage of life. Have you ever seen black people with that wonderful, broken skin here? I don't think I've ever seen it. Because black skin is firmer, it has a lot of collagen. The skin is very light, it is thinner.

First myth that exists: Well-done facelifts will not remove broken skin. Pay attention, a well-done facelift will not take away your broken skin. Another myth that exists out there is that fillers, look!

We have a bunch of live shows that talk about fillers and now about the new concept of biostimulators. Biostimulators stimulate collagen, fillers will simply fill a region. No matter how much you spend your hard-earned money, on biostimulator and filler to remove static lines, static wrinkles, fractures, for example, in the Chinese mustache they will continue



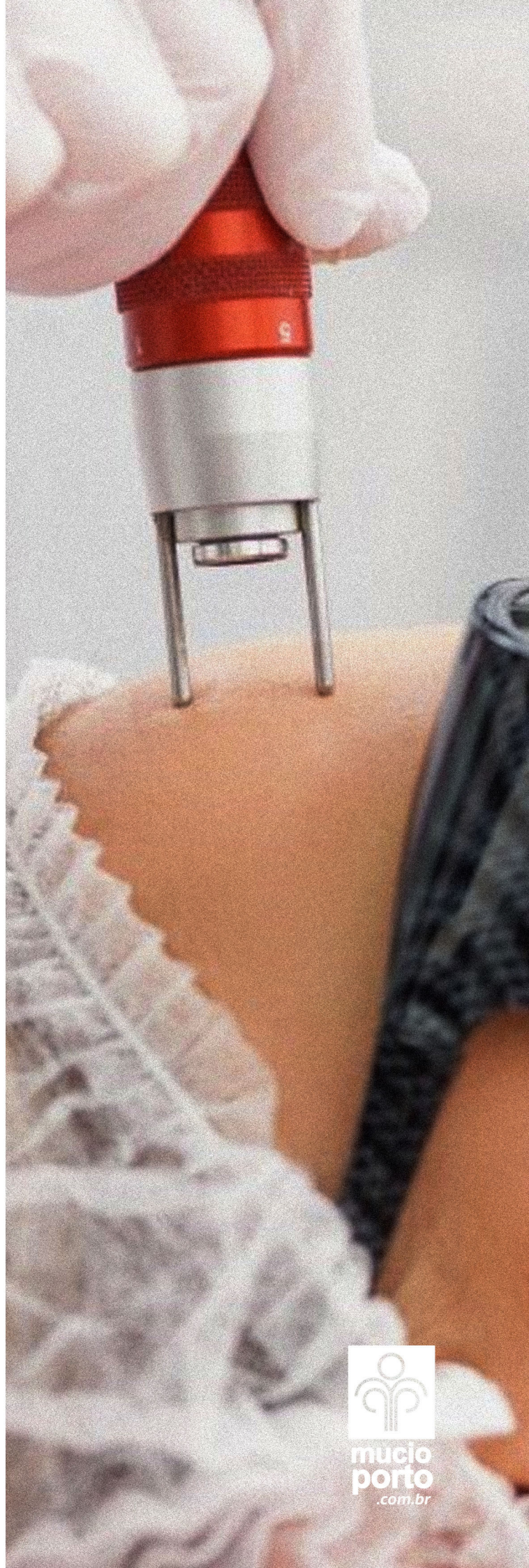
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Peeling is the solution!

There are fractures, there is a derangement in the collagen fibers of the broken skin, I need to rearrange the collagen fibers.

And do you know how I do that? How can I do it? Injuring your skin, burning your skin, restructuring your skin so that it produces new collagen, new realigned, hydrated, strong, beautiful collagen! And then those static wrinkles, that aesthetic tragedy in general, go away.

For peeling we basically have good lasers! The carbon dioxide laser, for example, is a great option for doing cool work because it reaches a certain depth where it burns and realigns the collagen. But the problem with the laser, of all lasers, is that we have a photon that hits a target, which in the case of collagen skin is water. The more I burn, the more I will reach the epidermis. So there is a greater chance of us, for example, having spots. So, because of this and other factors, there is another option which is chemical peeling.



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MP Peel!

MP Peel is a Phenol peeling. Phenol is from the 19th century, in the 60s there in Miami, Baker and Gordon were two guys, they brought it to medical practice, it was wonderful, but the person turned white like wax.

Then, throughout the 80s and 90s, things got better, we started using them in the 90s, but now we have much less aggressive phenols, which don't strip the skin of pigmentation as much.

In black skin, for example, it cannot, because you can reduce melanin, the skin becomes lighter than the rest of the body, but in the vast majority of skin types, of course, with a medical indication, we have a very good result. Cool. And so, to define, to answer the question, how do I end up with broken skin, in my humble opinion, working for 31 years around the world, it is the lightest phenol peeling.



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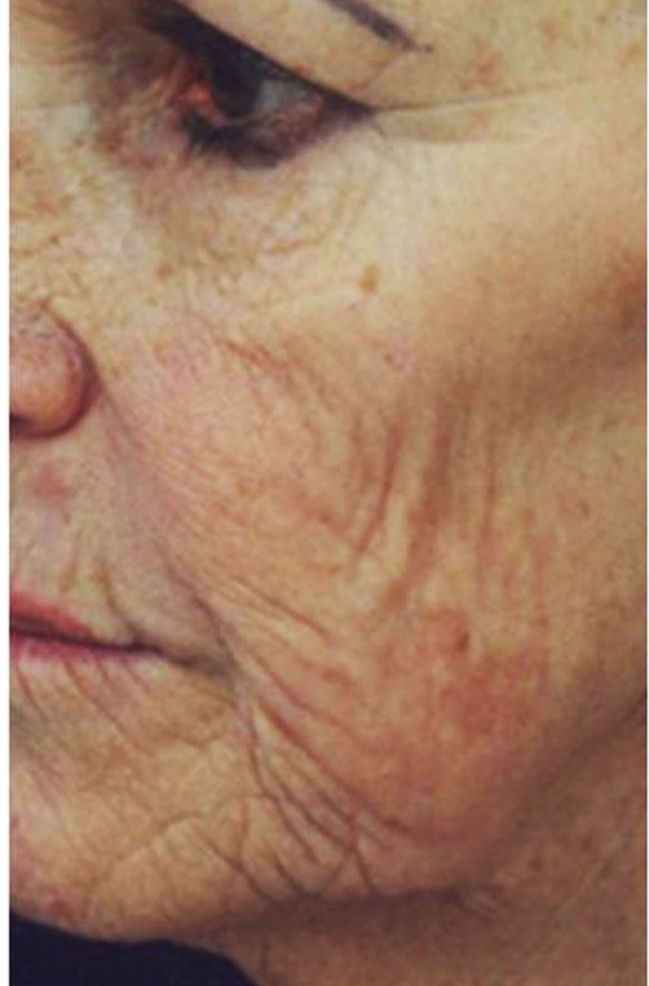
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MP Peel preparation!

It's called skin conditioning program, which means skin conditioning program. You have to prepare your skin, do you know why? We have to avoid something called spots or post-inflammatory hyperchromia. Every peeling, as it is an irritation, will leave the skin red. In some patients, in the first few days, after the masks and scabs come off, it becomes very red, but it diminishes over the days. Other patients barely stay.

First, for you to stimulate collagen production. So, I need to use products, like exfoliants, ranging from retinoic acid to glycolic acid, they will prepare your skin. I have to "hurt" your skin but I also have to avoid blemishes. Have you ever imagined?

Skin conditioning programs, I talk about this extensively in my classes. They start two to four weeks before the peel. Depending on your skin tone. MP Peel, he is outstanding. It thus removes 99% of your static wrinkles.



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Dr. *Mucio Porto*

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