

# Fractional Laser Rejuvenation

Edmonton's Cosmetic Surgery Clinic

## Fractional Laser Rejuvenation &dash; A Great Combination of Safety and Effectiveness

Fractional Laser Rejuvenation is the safe, minimally-invasive approach to repairing aging and sun damaged skin. It combines the precision of laser technology with excellent safety and effectiveness that very few techniques can claim. After your very first Fractional Laser Rejuvenation, you will begin to feel the difference in your skin as it gradually becomes softer, smoother, tighter and fresher. The fine lines around your eyes will noticeably fade. So too will the uneven coloring and the brown spots caused by aging and sun exposure. Not only is Fractional Laser Rejuvenation superior in treating melasma (abnormal facial pigmentation), acne scarring and thick surgical or traumatic scarring, it is showing very good results with stretch marks. This safe treatment for all skin types, provides us with an excellent approach for repairing and rejuvenating skin over the entire body.

- Fractional Laser Rejuvenation is ideal for:
- Eliminating unwanted brown spots (melasma or other forms of unwanted pigmentation)
- Smoothing acne scars and surgical scars both on the face and body
- Improving facial and body wrinkles
- Rejuvenating neck, chest and hands

### 1. What is Fractional Laser Rejuvenation and what does it do?

The Fractional Laser Rejuvenation (FLR) is the newest way to reverse the signs of skin aging. It is the most powerful and effective minimal-down-time anti-aging laser ever developed. This non-surgical procedure smoothes wrinkles and improves scars, brown spots, and stimulates the production of smoother, healthier looking skin with minimal to no down time. Skin tone, color and elasticity also improve. Any area of the body can be treated: face, chest, neck and even hands and arms.

### 2. How does Fractional Laser Rejuvenation work?

Fractional Laser Rejuvenation produces thousands of tiny columns of treatment in the skin, known as micro-thermal treatment zones. This treatment penetrates deep into the dermis and eliminates old epidermal pigmented cells as well as age or sun damaged components of the skin. However, just as important are the areas of skin the Fractional Laser leaves untouched. For every micro-thermal zone the laser treats, it leaves the surrounding tissue unaffected and intact. This partial or "fractional" treatment allows the skin to heal much faster than if the entire area were treated at one time. In addition, it allows the body's natural healing process to create new, healthy tighter tissue to replace skin imperfections.

### 3. How is it different than other anti-aging treatments and how does it work?

Fractional Laser Rejuvenation is unlike any other rejuvenating skin treatment. Unlike old ablative lasers that remove the top layer of skin, the FLR procedure produces tiny microscopic wounds separated by areas of unaffected, healthy tissue. The spared healthy tissue between treatment zones contains living cells that promote rapid healing of the outer skin layers. At the same time, energy penetrates deep into the dermis to remodel collagen. Thus, FLR results approach the

improvements obtained with Erbium laser resurfacing but without the associated side effects or downtime.

#### 4. What is the difference between ablative and non-ablative treatments?

Ablative techniques, such as Erbium laser resurfacing and deep chemical peels regenerate skin with dramatic results, but are associated with significant side effects, risks and prolonged healing and recovery times. Non-ablative techniques such as ST, SmoothBeam or Nd:YAG Facial Laser Rejuvenation, carry fewer risks but require numerous treatments over several months, with results appearing slowly over time. FLR combines the benefits of an ablative procedure with the low risks and minimal to no down time of a non-ablative treatment.

#### 5. How important is the assessment of my skin prior to treatments?

Before treatment you and Dr. Sapijaszko and/or his staff members will discuss which area(s) of your skin is appropriate for treatment, what kind of results you can expect, what to look for after treatment and how often treatment will need to be scheduled. Because Fractional Laser Rejuvenation spares healthy tissue, it is effective even on delicate skin areas such as the neck, chest and hands.

Each Fractional Laser Rejuvenation Treatment targets only a portion of the skin's surface. Clinical studies suggest that on average an effective treatment regimen is 3 to 5 sessions spaced about 4 to 6 weeks apart. Depending upon your condition and schedule you and Dr. Sapijaszko may choose to space treatment sessions even farther apart. Results are immediate and progressive. Optimal improvement is usually visible in about 2 to 3 months.

Youthful Image

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#### 6. How long does a treatment take?

The treatment area will be thoroughly cleansed prior to the procedure. Next, topical anesthesia is applied and then wiped off after it has taken effect, usually in about an hour. Treatments last 20-80 minutes depending on the size and location of the treated area. During the treatment, you may experience some mild discomfort but a great majority of patients feel very comfortable without the need for injectable anesthesia.

#### 7. What will I look like after the treatment?

You will experience a mild sunburn sensation for one to two hours after treatment. Redness and swelling will vary depending on your skin and treatment. Swelling generally resolves in two to three days. Your skin will have a pinkish tone for five to seven days, which is a normal sign that skin is healing deeply.

You may apply make-up soon after treatment. Some patients are able to return to routine activities including work and social obligations the same day of treatment. Others require a little more time. Please consult our staff to discuss how Fractional Laser Rejuvenation will fit into your schedule.

New epidermal skin begins to develop immediately and this process of skin repair involves:

**Bronzing:** Your skin may have a bronze appearance for 3 to 14 days, depending on treatment level.

**Flaking:** Your skin will naturally and vigorously exfoliate as the reorganized skin replaces dead tissue. Flaking is similar to a minor sunburn but without pain. Use of a moisturizer will mask the appearance of flaking.

**Sunscreen:** Use sunscreen at least twice daily to protect your skin from sun exposure during the healing phase and several months after treatment. We will recommend appropriate skin care and sunscreen for your after treatment care. For added protection from sunlight, use wide-brimmed hats.

#### 8. When will I see results?

The results can be seen within a few days with more radiant and refreshed appearance. Over the following weeks and months the body repairs the deeper dermal tissues that have been affected by Fractional Laser Rejuvenation producing beneficial changes that continue to improve over the next 2 to 3 months.

#### 9. How many treatments are needed and how often can I be treated?

Although some results may be seen after just 1 treatment, at least 3 treatments are usually needed for optimal results. Four to five treatments may be needed for patients with significant sun damage. Treatments are usually performed 4 weeks apart. This helps achieve results much faster than with non-ablative treatments.

#### 10. How can I maintain my results?

Since your skin will continue to age naturally, Dr. Sapijaszko recommends maintaining your results. This helps slow down aging and keeps your skin younger looking, longer. Maintenance can be achieved using physician-strength rejuvenation products at home and having periodic non-ablative treatments in our office. DermaLUX, Chemical Peels, Botox, Fillers, Thermage, ST Therapy, Nd:YAG and IPL Rejuvenation treatments can be used individually or in combination to maintain your investment. Annual or semi-annual FLR's also helps maintain your results. And of course, always wear your hat and sunscreen when outdoors.

#### 11. Are there any risks or side effects?

Scabbing, blisters, and changes in skin color can occasionally occur. Scarring is extremely rare (less than 1%.) These side effects are unlikely to occur but if they do, please inform our office as soon as possible. In most cases, early treatment can help eliminate long term problems.

#### 12. Can Fractional Laser Rejuvenation treatments be combined with other rejuvenation treatments?

Of course, DermaLUX, Chemical Peels, Thermage, ST Therapy, Nd:YAG and IPL Rejuvenation can be used to remove redness and dilated blood vessels. Botox can be combined with FLR to relax deep wrinkles. Juvederm, Restylane, Perlane, Evolence, Sculptra, Radiesse and other fillers can be injected into deep furrows and used to plump and rejuvenate the lips.