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## **Skin Rejuvenation Frequently Asked Questions**

### **What is laser skin rejuvenation?**

An important advance in skin rejuvenation is the use of non-ablative resurfacing. This technique can improve the appearance of skin by diminishing the signs of photo-aging and acne scars. Overall, the skin becomes smoother and tighter, wrinkles and scars are softened and pigmented spots or “blotchy” areas can be eliminated providing a more youthful appearance. Non-ablative lasers have gained immense popularity in recent years because of their effectiveness and little to no downtime. No one laser or light-based (IPL) system can treat all of the above conditions. Three different lasers can be applied individually or in combination to meet your specific needs. They work by targeting the superficial skin as well as the deeper (dermis) layers of the skin. The epidermis is resurfaced by inducing a “laser peel,” resulting in a smoother texture. The dermis is stimulated to activate collagen regeneration resulting in wrinkle reduction and increased skin tone. The laser energy can also be used to target melanin and oxy-hemoglobin for the treatment of pigmentary and vascular lesions respectfully.

### **Why choose skin rejuvenation?**

Skin rejuvenation is a wonderful, cost effective alternative for people who want a more youthful appearance without needles, cosmetic surgery or weeks of recovery time.

### **What should be expected during the treatment and is it painful?**

After an initial consultation with the laser clinician when a person’s suitability is confirmed, a cool gel is applied to the area being treated. A specially chilled sapphire glass window is in contact with the skin throughout the treatment to keep any discomfort to a minimum. When the light is applied it feels like a warm pulse against the skin. A topical anesthetic can be applied to the area being treated but most patients do not require this.

### **What should be expected after the treatment?**

Following the treatment the laser clinician will recommend a sun block for daily wear. Normal activity can be resumed and make up can be applied. There may be some slight redness or swelling for a few hours.

### **How long does the treatment take?**

Typically two specialized lasers are used during each treatment session. 30 minutes is the usual length of a session but this does depend on the size of the area being treated.

### **How many treatment sessions will be necessary?**

Depending on skin type and condition, between 3 to 8 treatments may be necessary.

**How long do the effects last?**

New wrinkles occur over time as a result of ageing and sun damage. Therefore care should be taken to wear sun block to reduce further sun damage. Wrinkles cannot be stopped from occurring, however the collagen stimulation by the laser should help slow the appearance of new wrinkles.

**Are there other ways to treat wrinkles?**

There are many other ways to treat wrinkles from botox to surgical face lifts. If it is felt that laser skin rejuvenation is not appropriate other possible treatments will be discussed.

**What conditions are treatable?**

Wrinkles, skin laxity, acne scars, enlarged pores, pigmentary lesions, blotchy pigmentary changes due to sun over-exposure, freckles, birth marks, spider veins, rosacea, and localized capillaries.

**Do the treatments hurt?**

These procedures are usually well tolerated. A few may find the full strength treatments uncomfortable.

**What is the healing time?**

Essentially, there is no downtime. This is a tremendous advantage over ablative or surgical therapies. Depending on the procedure, there may be some initial redness usually lasting for a few hours to a light peeling or slight crusting of the skin. The micro-crusting can last 7 to 10 days. This is easily covered by the application of makeup. Sun protection is absolutely necessary.

**What about sun exposure?**

Avoidance of sun exposure before and after treatment is paramount. You should keep sun exposure to a minimum for 4 to 6 weeks prior to treatment. Sun block of at least 30SPF should be applied with any outdoor activity.

**What results can I expect?**

Overall, the results can be excellent. Certain conditions like spider veins, rosacea, PFB and pigments lesions can be completely eliminated. Wrinkles, skin laxity, acne scars and pore size will have more moderate results depending on your condition. Typically, a 40-60% improvement can be expected

**When will I see results?**

Most patients will see significant results within 2 or 3 weeks. However the maximum improvement may not be seen for a month after your final treatment.

**How do I schedule an appointment?**

**Go to [centerforsight.net](http://centerforsight.net) and click “schedule an appointment” or call 925-2020.**