

Skin Rejuvenation

Who is a candidate for Skin Rejuvenation?

- People who suffer from rosacea and experience flushing and redness.
- People with early aging changes and sun damage.
- People who don't want the downtime of laser resurfacing.

How does it work?

Skin Treatments often consist of full-face or body treatments, using gentle energy parameters. The treatment regime typically consists of:

Four to six treatments administered to the whole face, chest, neck or hands, spaced at three week intervals

Broad spectrum light in the visible and near infrared range, from 515 nm up to about 1200 nm

Light is transmitted through a small, smooth, flat glass hand piece which is gently placed over the skin

What results can I expect?

You can expect to see a gradual decrease in overall redness, flushing and dilated capillaries.

Sun damaged skin will become smoother with a decrease in fine wrinkles, reduction in pore size, and fading of sun spots.

Many people with rosacea see an improvement in breakouts and are able to decrease or discontinue their medications.

How soon will I see results?

After your first Fotofacial treatment, your skin will feel smoother and will have a more even tone. These improvements are gradual and will be more visible after each treatment. Five treatments are performed for optimal results. Some patients benefit from additional treatments.

Who "discovered" this technique?

Dr. Bitter (a dermatologist in California) first published this technique and has been doing it since 1998. Dr. Mullholland (a plastic surgeon in Toronto) also helped refine the procedure especially with regards to wrinkle improvement. Dr. Speron has been performing this procedure since July 2000 and has taken extensive additional training courses by Drs. Bitter and Mullholland (as have the nurses performing this procedure in our office).

What areas can be treated?

There are many skin rejuvenation devices on the market today for treating areas other than just the face. The neck, chest, back and extremities may also be treated. Please consult with your physician regarding your specific requirements.

Who are candidates for treatment?

Nearly every patient type. Leading physicians worldwide report excellent results on patients of virtually all skin colors, most complexion types and nearly any age.

What is treatment like?

Patients experience minimal discomfort. We routinely give patients LMX (a topical anesthetic) so that they may be comfortable during the procedure. Some patients do not need it.

How long is a typical treatment?

Each case varies. When only small areas are treated, the procedure time is short. Typically the procedure may last up to an hour.

What are the side effects?

Side effects vary individually, but they are typically minimal. The risk of burns from the laser are < 1%.

Are there restrictions on my activity after treatment?

Following treatment, there should be only minimal restrictions on your activities. Most patients return to work or social activities right away. You can start exercising the next day. Make up can be worn immediately.

How is laser resurfacing performed?

Skin resurfacing using a carbon dioxide (CO₂) laser is the most recently developed of the techniques described in this brochure. Its effects are similar to those of chemical peels and dermabrasion, except that the laser removes skin layers by vaporization rather than with chemicals or a sanding device. Your plastic surgeon is trained in the safe use of laser equipment. He or she is able to specify the amount of energy transmitted to the skin's surface by the laser beam and control the depth of penetration.

Like the other resurfacing methods, the laser is effective in treating wrinkles, blotchiness or age spots, and scars from

acne or other causes. It can be used on the entire face or specific areas. Patients with a variety of complexions, including some darker-skinned individuals, may be treated with the laser. Certain other characteristics of your skin, such as its thickness and texture, may influence whether you are a good candidate for laser resurfacing. Some patients may benefit from the laser's mild "tightening" effect on the skin, particularly in the lower eyelid area where the skin often becomes somewhat loose as a result of aging.