

Althea Medspa Laser Skin Rejuvenation Treatment 4/13/2011

Laser Skin Rejuvenation

Laser skin rejuvenation at Althea Medspa encompasses skin resurfacing, acne and acne scar treatment, scar removal, and stretch mark removal.

Skin Resurfacing

Skin resurfacing counteracts the cumulative effect of chronic exposure to the sun's ultraviolet radiation. These effects build up over the years and include fine lines, wrinkles, and discoloration. Skin resurfacing smooths out the fine lines and wrinkles and improves the skin's texture and tone.

Acne and Acne Scar Treatment

Most acne clients come to us with a combination of active acne and acne scars, and we treat both at the same time. Intense light stimulates the body to produce a naturally-occurring antioxidant which destroys the acne-producing bacteria without damaging the surrounding tissue. Acne scars are smoothed out by the laser's resurfacing action.

Scar Removal

Laser skin rejuvenation may not completely erase large scars, but the laser's resurfacing effect will make them smoother and less noticeable. Small scars, pits, and pores may disappear completely.

Stretch Mark Removal

Stretch marks can destroy pigment cells in the skin, resulting in leukoderma or loss of skin pigmentation. Short pulses of laser light can successfully treat leukoderma.

How does laser skin rejuvenation work?

The laser is called "fractional" or "fractionated," which means that the laser beam is split into a grid of microscopic beams called "pixels." The pixels penetrate the skin with thousands of microscopic perforations that cover about 20% of the treated area and are only as deep as a few sheets of paper. When the perforations heal, the newly grown skin is smoother and tighter than before.

What type of laser do you use?

Althea uses the most modern, state-of-the-art laser technology available today. The laser is called an erbium laser because the crystalline substance that emits the laser light is erbium-YAG. This substance emits infrared energy at a wavelength long enough to penetrate and heat the skin at the desired depth.

How does erbium laser treatment differ from CO2 laser treatment and microdermabrasion?

The erbium laser is gentler and less invasive and is preferred for mildly or moderately damaged skin. Other treatments still have a place for severely damaged skin, but typically require a prolonged recovery period. An erbium laser can be effective on severely damaged skin as well if more sessions are used. Some clients prefer this approach because no downtime is involved.

Are the treatments painful?

Most clients do not feel any pain during the treatment. Some clients with sensitive skin feel pin-prick sensations during the treatment, and we can apply a topical over-the-counter anesthetic in these cases.

Are the treatments safe?

Our laser has been approved for general use by the U.S. Food and Drug Administration, so you can rest assured it has passed stringent tests for safety and efficacy.

Are the treatments performed by a doctor?

Technology, including laser technology, is changing the way both medicine and cosmetics are practiced. Procedures such as the minimally invasive erbium laser treatment, that may have once been performed by a doctor, are now so safe and routine that they are more appropriately done by a technician. During your initial consultation, your practitioner will examine you and refer you to a physician if needed. If you have any medical concerns at all, do not hesitate to consult with your physician.

How many sessions are needed?

3 – 4 sessions are recommended for optimal results. Dramatic results are often seen after the first session, and the skin condition continues to improve with additional treatments. Maintenance sessions every 6 months may be needed if the skin continues to be exposed to the effects of aging and ultraviolet light.

What is the interval between sessions?

We like to wait 4 weeks between sessions to give the new skin a chance to heal completely.

How long is each session?

We allow 60 minutes for the initial session, and may adjust subsequent treatments to 30 minutes depending on the initial result.

Do you treat male clients?

Yes!

Do you treat pregnant clients?

Although laser light penetrates only the superficial layer of the skin, we prefer to be conservative and

not treat pregnant clients at all.

Does laser skin rejuvenation work on people with a dark complexion?

Yes, laser skin rejuvenation is effective on all skin types.

How should I prepare for skin rejuvenation treatment?

Avoid tanning and excessive sun exposure .

What can I expect after laser skin rejuvenation treatment, and what care is needed?

In most cases the treated area turns red, similar to a sunburn. Treat the area with a sunscreen as you would treat a sunburn, and it will heal as a sunburn heals. Avoid tanning and sun exposure afterward. We like to be conservative and recommend avoiding direct sun exposure for two weeks prior to and after any laser treatment. Most people can resume normal activities immediately after their treatment.