

Fractionated Laser Resurfacing & Microneedling

What is Fractionated Laser Resurfacing and Microneedling?

Fractionated laser resurfacing and microneedling are used to decrease the appearance sun damage, fine lines, wrinkles, and acne scarring while improving the overall texture and smoothness of the skin. They deliver a pattern of tiny dots creating an ablative and/or thermal effect without disturbing the surrounding skin. This fractionated approach allows for safer treatments and quicker healing. Our devices allow for customizable treatments and varying levels of aggressiveness. For example, a patient may opt for one or two treatment that requires a longer period of downtime versus a series of 6-8 treatments of which each requires a minimal amount of downtime. The provider will help decide which device and treatment is best for your individual concerns.

What Equipment is Used?

- Bellus Medical SkinPen
- Aesthetics Biomedical Vivace Fractionated Micro Needle RF
- Benev Sylfirm X Ultimate Edition
- DEKA SmartXide CoolPeel
- DEKA SmartXide Tetra

What Will the Procedure Feel Like?

Each treatment can range from 10-30 minutes. Prior to the treatment, a topical anesthetic may be applied for 15-45 minutes. With topical anesthetic, the treatment is mildly painful and easily tolerated. After the anesthetic wears off, patients may feel a heat sensation similar to a sunburn.

Do I Have to Do Anything to Prepare in Advance?

- For Tetra (including CoolPeel), avoid sun exposure 6 weeks before treatment. Although not encouraged, sun exposure prior to SkinPen, Vivace and Sylfirm X is less strict.
- For Tetra (including CoolPeel), self-tanning lotions and/or spray tans should be avoided for at least two weeks prior to your treatment.
- If instructed, begin using Alastin Regenerating Skin Nectar twice daily 2 weeks before procedure.
- Avoid harsh scrubs or exfoliants 1 week before the procedure.
- Stop retinoids and Melatonik to the treatment area 1 week prior to the procedure.
- If you have a history of cold sores, notify your doctor prior to the procedure, so that you can be given a medication to reduce the chance of a breakout.
- To minimize discomfort, you may take 600mg of ibuprofen 1 hour before your treatment BUT DO NOT TAKE IBUPROFEN FOR 1 WEEK PRIOR IF YOU ARE USING PRP DURING YOUR TREATMENT, AS IT CAN MAKE THE TREATMENT LESS EFFECTIVE.
- It is a good idea to bring a hat, scarf or other protective clothing to help protect the area on your way home after treatment, as sunscreen cannot be applied while the channels created during treatment remain open (6-12 hours).
- Some patients may be required to use a topical lightening cream 4-6 weeks prior to treatment.

What Will I Be Like Afterwards?

Downtime is dependent on the type of treatment performed (see table below). It can range from a couple days of mild redness, minimal swelling, and dryness to 10 days of more intense redness, swelling, peeling, and scabbing. Your provider will instruct you on what skincare to use following the treatment until the skin is healed. Avoid sun exposure for 6 weeks following the treatment and apply a sunscreen with a minimum SPF of 30 and zinc oxide as an active ingredient.

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What Type of Results Can I Expect?

One can expect improved skin texture and firmness and a decreased appearance of fine lines, wrinkles, and acne scars. These results will develop in the 3-12 months following a series of treatments.

Additional Note on Alastin:

- Alastin Regenerating Skin Nectar: Studies have shown many benefits when using this product twice daily in the 2 weeks before and 2 weeks after a fractionated resurfacing treatment. It helps (1) strengthen the skin ahead of the procedure, (2) reduce recovery and downtime, (3) work with the skin to clear out damaged elastin and collagen, (4) support the production of new, healthy elastin and collagen, and (5) enhance procedure results.
- Many of our fractionated resurfacing treatment packages include Alastin Regenerating Skin Nectar at no additional charge. If it's included in your recommended treatment package (refer to quote provided), you should pick up the product at least 2 weeks prior to your treatment. A non-refundable \$150 deposit is required to pick it up, but this deposit is applied towards your treatment.

Additional Note on Platelet Rich Plasma (PRP):

As part of the body's healing ability, platelets and other components in human blood migrate to the point of care. Platelets are well known to release numerous growth factors that respond to tissue injury and initiate and promote the conditions for healing. Topical PRP can be applied to any ablative treatment to reduce the downtime by approximately 50%. In addition, PRP may enhance the results of ablative treatments by applying topical and/or injected into problem areas such as under the eyes or into deeper scars. PRP is created by drawing a tube of your blood, spinning it down and separating out the clear plasma and platelet rich portion.

Additional Note on Plated Intense:

Plated Intense Serum contains the highest concentration of platelet-derived exosomes. Exosomes are responsible for cell-to-cell communication, facilitating the exchange of important proteins between cells and transferring numerous growth factors that aid in tissue repair and improving skin cells. Each full-size bottle contains with over 1 trillion exosomes and is clinically proven to support the natural production of collagen, elastin and deliver growth factors and powerful antioxidants.

	Number of Treatments	Alastin, PRP, Exosomes	Downtime
SkinPen	3-6 Treatments	PRP included with treatment. Exosomes can be added for an additional fee. Alastin available for purchase in our store.	24-48 hours of mild/moderate redness, pinpoint scabs, minimal to no swelling; dryness and/or rough skin up to one. Exosomes or PRP can be added for additional fee.
Vivace	3-6 Treatments	Exosomes or PRP can be added for an additional fee. Alastin available for purchase in our store.	2-6 hours of mild redness, minimal to no swelling; many patients report a "glow" in the days following but a small amount may have dryness/rough skin up to one week.
Sylfirm X	3-6 Treatments	Exosomes included with treatment. PRP can be added for additional fee. Alastin available for purchase in our store.	1-3 days of mild/moderate redness, minimal/mild swelling; many patients report a "glow" in the days following but a small amount may have dryness/rough skin up to one week.
CoolPeel	3-6 Treatments	Exosomes or PRP can be added for an additional fee. Alastin available for purchase in our store.	24-48 hours of mild/moderate redness; minimal swelling; dryness and/or rough skin up to one week.
Light/"Weekend" Tetra	3-6 Treatments	Alastin and Exosomes can be added for an additional fee. PRP available for purchase in our store.	2-3 days of moderate redness and swelling; up to a week of dry/flaky/bronzed skin.
Full Strength Tetra	1-3 Treatments	Alastin and Exosomes can be added for an additional fee. PRP available for purchase in our store.	5-7 days of moderate/severe redness and swelling followed by up to another week of dry/flaky/bronzed skin.

