

## **Skin Rejuvenation**

Facial wrinkles with uneven texture, tone and blotchy color have been treated in the past with chemical peels and dermabrasion. During the past few years, high energy pulsed light has been used to successfully treat these conditions. Therefore, the fine facial wrinkles, brown blotchy pigmentation and small spider veins of the face can be improved with skin rejuvenation.

The "LIGHT FACIALS" work without scabs and downtime created by the high energy of some lasers by using intense pulse light instead of chemical peels and CO2 or Erbium Yag Lasers. Some remodeling and tightening of the skin occurs with repeat treatments. Usually 5 treatments are recommended for optimum results. On occasion, dermabrasion is recommended one week after a skin rejuvenation procedure.

**How much discomfort will I have?** The treatments are now essentially painless with the application of a topical anesthetic such as lidocaine, if needed.

**How to prepare the skin for the treatment?** A facial skin program will be outlined for you. The purpose of this is to offer a maintenance program to reduce the recurrence of sun damaged skin and wrinkles. Upon arrival, the skin being treated should be clean and free of all make-up. It is important to avoid tanning up to two weeks before treatments and two weeks after, as well as to use a 45 SPF sun block.

**How often are the treatments done?** For most patients, 5 treatment sessions based at 3 week intervals achieve best results. Looking after your skin is like maintaining your teeth or your car. A repeat skin rejuvenation procedure may be required once or twice a year plus your personal skin care program.

**What are the side effects?** The appearance right after the treatment is similar to what you would see right after a good exercise workout. The skin is flushed and slightly red. It will last like this for a few minutes to several hours in most cases. On rare occasions, it can last several days up to a week. The brown age spots will turn darker after treatment and may even become darker for the next three to five days. The pigment will then slough off in a week to 10 days. Blisters may occur but they are uncommon and heal in time.

**How much improvement can I expect?** Patients with minimal wrinkles, but blotchy uneven texture with facial blood vessels can expect great improvement. The first change noted will be improvement in texture and tone. Your skin will be smoother and softer. This first phase occurs after the second treatment. Improvement in wrinkles and color improve after the fourth or fifth treatment. Generally, deep wrinkles will not resolve. Pot marks will also not resolve.