

Fractional Laser Resurfacing

Patient Information

What is Fractional Laser Resurfacing?

Fractional laser resurfacing is a non-invasive procedure used to maintain or restore or enhance skin radiance. A fractional skin resurfacing treatment precisely targets any microscopic imperfections on the face and body, without damaging any of the surrounding areas. As a result, after a fractional laser resurfacing treatment, the treated areas of the skin blend in with the untreated areas, which works to improve the overall appearance of the skin, without creating any visible wounds or irritation.

How does Fractional Laser Resurfacing work?

During a fractional laser treatment, the laser pulses create tiny ablative zones, removing the epidermis and upper dermis. The treatment then triggers the body's natural healing process, stimulating the growth of new, healthy skin tissue. The procedure treats small zones of the skin, leaving surrounding tissue untouched and intact. These large unaffected areas act as a reservoir for more effective and rapid tissue healing and collagen production. Pixel™ works by plumbing the collagen in the skin without the downtime and discomfort associated with other resurfacing lasers.

Is the procedure right for me?

As every client's body, skin and goals are unique, a detailed consultation with one of our expert aesthetic therapists is essential prior to undergoing any advanced non-surgical treatment. During the consultation, your aesthetic therapist will discuss any problem areas, desired improvements, available options (including no treatment at all) and expected outcomes. A thorough medical history will be recorded, and photographs taken to document your starting point prior to treatment. Fractional laser skin resurfacing is suitable for a wide range of patients or varying ages and with a number of skin concerns and conditions. Patients must however, wait 6 months after giving birth (if not breastfeeding) or 6 months after ceasing breastfeeding, before undergoing this procedure. This is period is necessary to allow for post-pregnancy hormones to return to a normal, consistent level.

How is the procedure carried out?

Should fractional laser resurfacing be agreed upon as the most suitable system to address your concerns, your aesthetic therapist will devise a bespoke programme of treatment. During a fractional laser treatment, precisely targeted laser pulses create tiny ablative zones, removing the epidermis and upper dermis. The treatment then triggers

the body's natural healing process, stimulating the growth of new, healthy skin tissue.

Downtime, Risks and Complications

There is no downtime as such, indeed it is possible to have this treatment in a lunch break and return straight back to work. Skin will appear red and hot to the touch immediately after treatment, the worst of which usually subsides within the hour. Skin will continue to show symptoms comparable to mild sunburn for 7-10 days post treatment with full recovery usually achieved around 2 weeks post procedure. Occasionally you may experience swelling or bruising and this can last anything from 1-2 days up to 1-2 weeks. If you experience swelling it is usually worse on days one and two following treatment. If swelling occurs following treatment to the facial area, sleeping with your head on raised pillows will minimise its appearance. Ice packs will also help to reduce the swelling. If your skin is particularly sensitive and prone to histamine reactions, you may also wish to consider taking an antihistamine medication, either once symptoms develop or prophylactically if you are expecting the treated area to swell.

Results

Following a course of fractional skin resurfacing, patients should expect to see improved skin texture, tone and firmness, and visibly reduced wrinkles, pore size and acne scarring. For optimum results a course of 3 treatments taken at 6 weekly intervals is generally recommended.

Cost

After consultation, you will be given a price for the procedure, so that you can make an informed decision on whether you wish to proceed.

Alternative treatments

Alternative forms of non-surgical line and wrinkle management include radio frequency, micro current (CACI) and medical-microneedling. Risks and potential complications are associated with alternative forms of treatment.

If you experience any problems or have concerns following your procedure, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Fractional Laser Resurfacing

Patient Pre & Post-Procedure Care Guide

Pre-Procedure Preparations

Prior to treatment, patients are advised of the following:

1 month prior to treatment

- It is a pre-condition that there should be no active suntan or fake tan in the area to be treated. Use of sunbeds or prolonged exposure to sunlight is not allowed in the month prior to treatment and SPF 30 must be used on the area between treatments. Sun tans must be left to fade completely before treatment can start. Fake tans must also be faded fully before treatment can commence.

A minimum of 72 hours prior to treatment

- Prior to undergoing the procedure, a test patch must be carried out to determine the treatment parameters and to judge how your skin might react to a full treatment. A test patch is a small trial in an area with similar hair and skin to the treatment site and allows the practitioner to assess how well the light energy is being absorbed and whether the skin is responding as would be expected. You will be asked to make a note of any redness or swelling and how long it takes to reduce following the test patch, also whether the skin blisters or feels excessively hot and for how long.

On the day of treatment

- Ensure the area to be treated is free from make-up, perfume, deodorant and body or face creams or fake tan. Regretfully, appointments abandoned due to active suntan or fake tan may be charged.
- Please arrive in good time for your appointment; this will allow us to pre-cool the skin if necessary.

Post-Procedure Instructions

Following the procedure, patients are advised to:

0-12 hours after treatment

- Refrain from wearing make-up, provided skin are the treatment site is not sore or broken.
- The treatment area may be cooled at home using an icepack, packaged in a clean plastic bag, and wrapped in a soft cloth before being applied to the skin. Ice packs should never be applied directly to the skin.
- If blistering occurs, contact the clinic immediately for further advice.

0-7 days after treatment

- Refrain from rubbing or massaging the treatment area; cleanse gently as required
- Keep the area clean and dry and allow to heal naturally. Do not use any lotions or creams on open skin unless advised by your therapist, as this may increase the risk of infection.
- Do not pick grazes or blisters- as this may increase the chance of a scar occurring.
- Avoid saunas, steam rooms or any other source of excessive heat
- Avoid vigorous exercise

0-1 month after treatment

- *Use a sunscreen (SPF 30+) and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyper-pigmentation of the treated area. (Most cases of changes in pigmentation occur when the treated area has been exposed to sunlight or in people with darker skin types).*

0-12 months after treatment

- Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.

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