

laser

# THE RIGHT MIX

SYDNEY COSMETIC SURGEON **DR SAMUEL SEIT** EXPLAINS HOW FRACTIONAL CO<sub>2</sub> LASER RESURFACING CAN DRAMATICALLY IMPROVE ACNE, ACNE SCARS AND SUN-DAMAGED SKIN. GEMMA GARKUT REPORTS.

Skin texture, tone and inflammation can present a number of skin-ageing concerns over time, particularly for those who have suffered from acne.

'I work closely with patients who have experienced skin cancer and severe skin damage as a result of being exposed to the harsh Australian sun for many years,' Sydney cosmetic surgeon Dr Samuel Seit explains. 'But for many people, one of the most troubling skin concerns is acne. Patients come to me seeking a long-lasting skin rejuvenation solution to correct the damage that acne has caused to their skin.'

He explains that acne affects more than 65 percent of teenagers, with many having problems lingering into adulthood. 'Some patients with moderate to severe acne can develop acne scars, and studies have shown there is usually a profound psychosocial impact on the person as a result of this,' he says.

Dr Seit says there are many treatments that attempt to treat acne scars, but in his experience the newest and most effective is the MiXto fractional CO<sub>2</sub> laser. As a treatment for both sun damage and acne scarring, MiXto works by delivering laser beams in tiny columns onto the skin, ablating the surface to regenerate new tissue and stimulate the production of collagen and elastin.

'The MiXto fractional CO<sub>2</sub> laser is the best I have used for acne scar remodelling and resurfacing,' he explains. 'The treatment targets both the epidermis and the dermis, causing skin tissue tightening and new collagen formation in the dermis. I have experienced fantastic results for my patients who have poor skin texture and scarring.'

Dr Seit explains that the skin's healing mechanisms are triggered by the treatment, causing the formation of a

completely new epidermis after the treatment.

Typically, one treatment is enough to produce results, but sometimes two treatments are needed depending on the severity of the patient's skin condition.

'For patients who have mild acne scarring or only wish to improve blemishes and fine lines, we can perform a lighter and shallower treatment with less down time of five to seven days,' he says. 'Patients with deeper acne scars or deep wrinkles require a deeper treatment and this has slightly longer recovery period, usually around one to two weeks.'

☞ The treatment targets both the dermis and the epidermis, causing skin tissue tightening and new collagen formation in the dermis and a new dermis to form ☞

In addition to smoothing skin texture, Dr Seit says the MiXto laser can produce a tightening effect. 'This works well for patients whose skin is causing their face to look droopy in the corners of the mouth. Many of my patients have experienced a slight "lift", making their face look youthful, vibrant and fresh.'

Patients experience swelling and redness post treatment, with scabs forming over a couple of days and dropping off soon after. 'In my experience, the results of a MiXto fractional CO<sub>2</sub> treatment can significantly improve a patient's self confidence,' Dr Seit concludes. **acsm**

## Case study 1

This is a 15 month follow-up of a patient with atrophic acne scarring after one MiXto laser treatment by Dr Seit.



BEFORE (acne)



Acne stabilised with medical treatment, leaving scars



Immediately post MiXto laser treatment



7 days post MiXto laser



5 months post MiXto laser



15 months post MiXto laser

## Case study 2

This 50-year-old presented with mature acne scars. Two MiXto laser treatments were performed one year apart. The before photo shows extensive atrophic scars, ice pick scars on the face and a droopy angle of the mouth. The after photo is at three months post two MiXto treatments. Note the improvement in skin texture, fine lines, scars and lifting of the angle of the mouth. This patient did not have any fillers or injectables. The lift effect is purely due to skin contraction from MiXto laser resurfacing.



BEFORE



Three months AFTER 2 MiXto laser treatments

# Look Good + Feel great

the skin cancer + cosmetic clinic  
neutral bay

Zeltiq CoolSculpting now available

## SERVICES OFFERED

- Platelet Rich Plasma facial rejuvenation injection (NEW)
- Mixto Microfractional CO<sub>2</sub> laser resurfacing (NEW)
- Pelleve RF skin tightening treatment (NEW)
- Zeltiq CoolSculpting procedure (NEW)
- Skin cancer detection + treatment
- Photodynamic therapy for skin cancer
- Photodynamic photorejuvenation
- Acne + acne scar treatment
- Pigmentation problem treatment
- IPL photorejuvenation + hair removal
- Wrinkle injection treatment
- Dermal fillers
- Chemical peels

### Dr Samuel Seit

MBBS(UNSW), BSc(Med), Cert. Derm(Monash),  
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