

skin rejuvenation

The Fraxel re:store laser can dramatically improve the appearance of the skin, says Sydney cosmetic and laser surgeon **Dr Samuel Seit**.

Sun damage, broken capillaries, freckles and fine line wrinkles can all age the skin prematurely, says Sydney cosmetic and laser surgeon Dr Samuel Seit. 'The strength of the sun in Australia is so strong that many Australians develop prematurely photodamaged skin,' he says. 'Broken capillaries, wrinkles and freckles can often make a person look older than they actually are.'

For patients seeking non-invasive skin rejuvenation, Dr Seit believes fractional laser resurfacing using the Fraxel re:store laser can achieve significant results. This treatment improves sun damage, pigmentation and skin texture, as well as inducing neocollagenesis, stimulating the skin to increase its production of collagen which in turn diminishes lines and wrinkles, especially around the eyes and cheeks.

'Collagen remodelling is stimulated without damaging the epidermis'

'Some people want to improve their skin without undergoing a facelift or injectable dermal fillers, and I believe fractional laser skin resurfacing can be an ideal alternative,' says Dr Seit. 'For me, fractional lasers have revolutionised skin rejuvenation treatments as they stimulate collagen remodelling without damaging the epidermis.'

According to Dr Seit, a Fraxel re:store treatment causes less swelling and redness and requires less down time compared with traditional CO₂ lasers. Fractional lasers are able to precisely treat thousands of microscopic areas of skin called microthermal zones (MTZs) using targeted laser beams that penetrate beneath the skin's surface to eliminate damaged skin cells and stimulate the body's own natural healing response.

'Fractional laser resurfacing is a new paradigm in cosmetic laser medicine,' he says. 'Up to 48 percent of the surface area of the treated skin can be coagulated, leaving the remaining untreated skin available to heal the treated areas much faster than if the entire area were treated at once. Within around 24 hours new epidermal skin starts to develop, revealing fresher, more radiant-looking skin.'

'A significant advantage of fractional laser technology is that down time is minimal and there is typically none of the crusting or prolonged redness associated with traditional laser skin resurfacing,' he continues.

Before treatment with Fraxel re:store, a topical local anaesthetic is applied to the area to be treated. A pressurised air-cooling fan is also used to minimise discomfort during the procedure. Dr Seit says that most patients find fractional laser treatments less painful than intense pulsed light treatment, with the majority reporting a mild sunburn sensation that lasts around one to two hours after the procedure.

Some redness and swelling typically occurs but this usually resolves within one to three days, depending on the intensity of the treatment and the individual patient's response to the treatment.

Dr Seit recommends three to five treatments to achieve optimal results. In some cases, he also combines Fraxel re:store laser with the Luminous or Quantum Intense Pulsed Light (IPL) systems for enhanced results.

'I have experienced excellent results using IPL technology, and combining IPL and fractional laser treatments can deliver even more pronounced results in correcting freckles, pigmentation and sun damage,' Dr Seit says. 'I find the combination of modalities can also achieve outstanding results in the treatment of acne and acne scars.' **acsm**

Case study 1

This 50-year-old woman wanted to improve the appearance of her skin, particularly the lines under her eyes and in her cheek and malar region. Dr Seit administered Botox injections to her crow's feet, followed by IPL to address her sun-damaged skin. The patient was then treated with Fraxel re:store laser treatment to generate new collagen and improve the wrinkles in her cheek area.



BEFORE



AFTER Botox injections and Fraxel re:store treatment by Dr Seit

Case study 2

This 29-year-old presented with acne, acne scarring and hyperpigmentation. Dr Seit used a combination of IPL and Fraxel re:store treatments to lessen the appearance of these concerns. The 'after' photograph was taken after two treatments.



BEFORE



AFTER IPL and Fraxel re:store treatments by Dr Seit

Case study 3

This patient was concerned with the aged appearance of the skin around her eyes. Dr Seit performed lower eyelid rejuvenation using the Fraxel re:store laser to rejuvenate the eye area and create a more youthful look.



BEFORE



AFTER Fraxel re:store treatment by Dr Seit

