

Pigmentation Treatments

Fraxel

The Fraxel laser is the biggest breakthrough in skin repair and rejuvenation of this decade. This is due to the fact it can penetrate into the deeper layers of the skin (dermis) and the amount of skin treated each time can be varied. This makes it suitable for all skin conditions and all skin colours. Furthermore, results can be achieved without the downtime, pain and complications of traditional lasers that remove damaged layers of skin to stimulate skin renewal.

Due to the nature of the laser, treatments can be tailored individually – reduced for minimal recovery and downtime or increased as necessary according to your needs. Treatments can also be personalised to achieve optimum results for all degrees of skin rejuvenation and skin resurfacing.

At The Facial Rejuvenation Clinic, the variation of Fraxel laser technology used (Lite or re:store) will depend on the nature of your skin concern.

What is pigmentation?

Pigmentation is most often related to sun damage and appears as freckles, brown spots or other areas of discolouration on the skin. It can often be associated with precancerous sun spots or even true skin cancers. It always requires expert diagnosis and management – pigmentation can occur at different depths in the skin and so needs to be treated with careful consideration, especially in darker skinned people.

What is melasma (chloasma)?

Pigmentation in the form of melasma (chloasma) is a skin condition that affects about two per cent of the population. It can be caused by hormonal changes, such as in pregnancy, menopause and the oral contraceptive pill, in fact anything that imbalances the hormones including stress. It appears as irregular patches of brown skin on the forehead, cheeks, upper lip and nose, and is aggravated by sun exposure. A more difficult form of pigmentation to treat, it tends to recur. The condition is often made worse with certain treatments that may help other forms of pigmentation and, therefore, requires expert diagnosis and management.

What skin conditions can be treated?

All forms of pigmentation are difficult to treat effectively. Fraxel is a laser treatment that has provided good to excellent outcomes for certain types of pigmentation and has been approved by the FDA and TGA for treating melasma, age and sun spots.

Which areas can be treated?

Any area of the face or body where you want to improve skin colour. Unlike with other lasers, the neck, chest and hands can also be treated.

Is it safe?

The machine is FDA- and TGA-approved for use, which means it has been through rigorous investigation to ensure its safety. Fraxel has been trialed since 2000, was released into the market in 2004 and has been used for tens of thousands of treatments since. At The Facial Rejuvenation Clinic, we have completed more than 3000 treatments using the Fraxel laser.

How does it work?

The Fraxel laser drives thousands of individual columns of light (about the width of a hair) deep into the skin, leaving the remaining skin to stimulate collagen – the basic building blocks or structural support for our skin. The fraction of skin treated by the laser beams can be varied 14-32 per cent – the microscopic columns of treated skin are eliminated slowly over many weeks as they are replaced by healthy new tissue. You will find your skin improves in thickness and elasticity (springiness), as well as in colour, lustre and tone.

What happens during the procedure?

The Fraxel laser is rolled across the entire area it is treating eight or more times. Topical anaesthetic is applied before the procedure plus cold air is used during it to minimise discomfort. Afterwards, cold compresses are applied to cool the skin. There is no skin breakage or burning – the skin remains dry. A sunscreen and a post-laser lotion are applied and often a dry, mineral powder camouflage make-up is used to cover the resulting redness. Most people feel comfortable travelling home by public transport. →

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How long does the procedure take?

15-30 minutes per session, depending on the size of the area treated (+ 2 hours preparation and 1 hour cooling time). Depending on your skin's needs, you will need 1-5 sessions, 2-6 weeks apart, for best results.

How long will my recovery be and what can I expect?

You will have the appearance of a red, 'sunburnt' face for 1-3 days with some swelling, depending on the level of treatment you have experienced. Much deeper treatments may require a few more days of recovery. Most people arrange their treatments for a Friday or Saturday morning and comfortably return to work the following Monday.

Is there any aftercare?

Your home aftercare is carefully discussed before and during each treatment session, which includes ongoing sunscreen protection. Also, you will need to return for a post-treatment facial to help with exfoliation and maximise new collagen stimulation.

How long do the results last?

Resurfacing can take up to 10 years off your skin's age, texture and colour, depending on your degree of skin damage before treatment. We recommend maintaining this improvement and slowing future ageing by using good skin care products containing anti-oxidants and always practising sun protection.



BEFORE

AFTER

The images above show an example of Fraxel treatment for skin pigmentation on the face.

Call us on **1300 88 99 35** to arrange a free, private consultation with one of our highly trained medical clinicians experienced in all skin conditions. During this consultation we will discuss in detail the treatment program best suited to your skin concern and budget.

www.facialrejuvenation.com.au

City	263 George Street, Sydney NSW 2000
Chatswood	Suite 230, 813 Pacific Highway (cnr Help St), Chatswood NSW 2067
Parramatta	Fitness First, 57 Macquarie Street, Parramatta NSW 2150