

Fact Sheet

Peels & Facials



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) plus 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 skin rejuvenation?

To rejuvenate your skin, you need to remove the dull, dead skin cells and sun-damaged cells while stimulating new cell growth to reveal new, fresher, healthier skin on the surface with less redness and pigmentation.

Because the Fraxel can be tailored to individual skin types, it remains the best skin rejuvenation laser. A Fraxel Lite Skin Photo-Rejuvenation treatment can have as quick a recovery time as all the other rejuvenating lasers and IPL (Intense Pulsed Light) treatments.

What is skin resurfacing?

True resurfacing means to remove old and damaged skin and replace it with new skin by stimulating new collagen tissue growth. This can include just the superficial epidermal layers or the deeper dermal layers of the skin.

The Fraxel laser is the first laser that is able to penetrate deep enough to cause true resurfacing of the deepest dermal layers without breaking or burning the skin's surface. Older resurfacing lasers cause excessive heat destruction, break the skin's surface and require weeks of healing and downtime. Therefore, they have been greatly limited to shallow resurfacing. A deeper depth

of resurfacing provides a longer-lasting and greater tightening repair of the skin.

What skin conditions can be treated?

Poor skin texture, fine to large pores, fine lines, active acne, scarring (especially acne scarring), redness and pigmentation, sun damage and ageing skin.

Which areas can be treated?

Any area of face and body where you want to refine and tighten skin texture and improve skin colour, or treat active acne or scarring (including post-surgical scarring). 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 of 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 that 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 →

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powder camouflage make-up is used to cover the resulting redness. Most people feel comfortable travelling home by public transport.

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 require 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. Scar repair should be permanent, and acne damage may not recur if sufficient Fraxel treatments are completed, as many of the diseased oil glands are destroyed. Melasma, being a hormonal as well as a sun-prone condition, frequently recurs and requires careful maintenance and 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.

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