



LASER SKIN RESURFACING

The Good, The Bad & The Beautiful

Skin Deep^{SD}
Laser Services

Introduction

Time always marches forward and, unfortunately, the years may be starting to show on your face and body. Whether you've given birth recently, have just hit middle age or are reaching your "golden years," you're likely starting to see changes in yourself you don't necessarily like. It can be a rough adjustment.

Luckily, if you can't tolerate this kind of change, you have options to restore your appearance to its former glory. Your first and best option is laser skin resurfacing, a noninvasive procedure meant to rejuvenate your skin. In this eBook, we'll tell you all about this innovative procedure, from how it works to what to expect afterward.



Facial Skin Resurfacing: How to Erase Your Years



As you get older, your skin will start to change in undesirable ways. You may experience wrinkles, color change, crow's feet, sagging and many other signs of aging. With the technology behind **fractional CO2 laser skin resurfacing**, you'll never again have to feel a lack of self-confidence because of your skin. The procedure is designed to safely remove fractionated layers of your skin, which promotes new skin growth and keeps you appearing younger. This is one of the main benefits, but here are three other benefits to help you erase your years.

1. Improve Your Skin Texture



With just one laser rejuvenation procedure alone, you will notice a significant improvement in your skin texture. If you've suffered from rough, damaged or scarred skin for years, it's time to get it taken care of. You will be amazed at how quickly your skin texture will improve with the procedure. It may take multiple treatments if your skin is badly damaged, but the results will be worth it.

2. Even Out Your Skin Tone

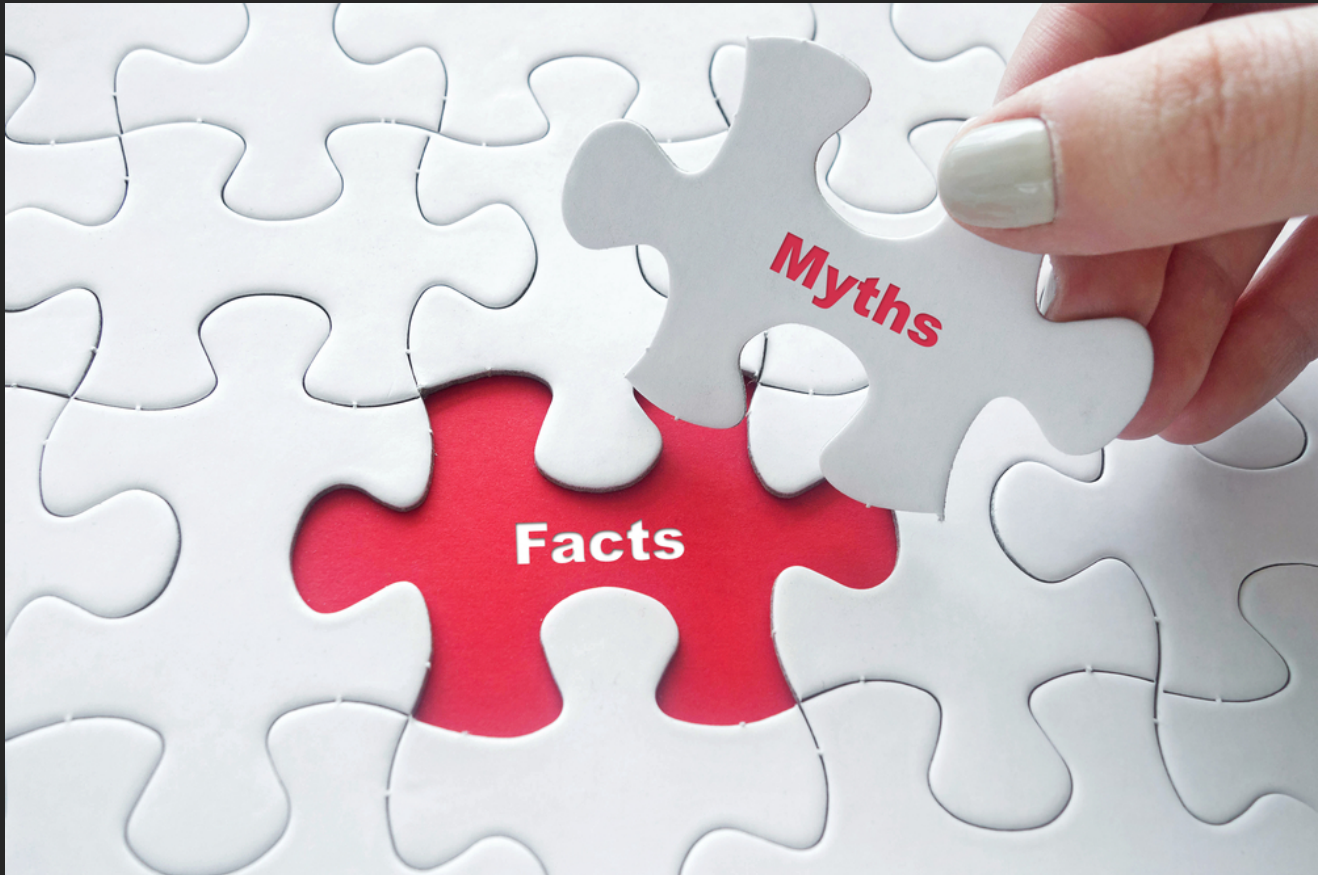
Do you have darker or lighter spots on your face? With **fractional CO2 laser skin resurfacing**, you can even out your skin tone to give it a more pleasant appearance. Depending on the severity of the color difference in your skin, the procedure may not be able to match the rest of your skin color exactly, but the difference will still be night-and-day.

3. Start With New Beginnings

Let's face it, most of us probably don't take care of our skin as well as we should. Sun damage is one of the most common reasons why we have less-than-perfect skin, but there are other reasons as well. When you undergo fractional CO2 laser skin resurfacing treatment, you are giving yourself the opportunity to start over. You will essentially have brand new skin on the surface, giving you a second chance to take care of it properly. Going through the procedure of making your skin look younger isn't difficult, but you definitely want to make sure you take care of it better than you did before.



Have You Heard of These Four Skin Resurfacing Myths?



The skin resurfacing procedure has many misconceptions, mainly because of the disadvantages formerly provided by old technology. With the new technology offered in the form of fractionated CO2 lasers, many of those myths don't apply anymore. The cutting edge tools professionals work with today make the skin resurfacing process seamless and affordable. With all the myths surrounding the process, it's difficult to know what to believe. We will help you out by informing you of the top four skin resurfacing myths you shouldn't believe.



You'll See Immediate Results

Some people think [fractional CO2 laser skin resurfacing](#) doesn't work because the results aren't immediate. While you won't walk out of the procedure with perfect skin right when you look in the mirror, it will improve over the span of a week or so. Immediate results would be ideal, but the reality is the procedure removes fractionated areas of the top layer of your skin so the healing process takes a week but your skin will continue to improve over the course of the next six months.



Skin Resurfacing Works on Everyone

Everyone has a different skin type, and laser rejuvenation doesn't work the same on all of them. People with darker skin have an increased probability of hyperpigmentation, however, this occurrence is not permanent and does in fact resolve. In general, skin resurfacing can be performed more aggressively on lighter skin tones simply meaning the laser can safely cover more surface area in a single treatment.



All Skin Resurfacing Techniques Are Equal

The laser rejuvenation procedure can differ depending on the patient's skin type and what area of the body the procedure will take place. Professionals will use a different technique, and maybe even a different laser, for facial skin versus other areas. You can research the various types of lasers professionals use or schedule an appointment with your skin laser specialist to go over your options.



Skin Resurfacing Is Too Expensive

When people think of laser skin resurfacing, they will often think the cost is way too high. While it can be a strain on your budget, depending on your financial situation, the cost has been significantly reduced over the years. Since the procedure isn't new anymore, [fractional CO2 laser skin resurfacing](#) is now more affordable than ever.

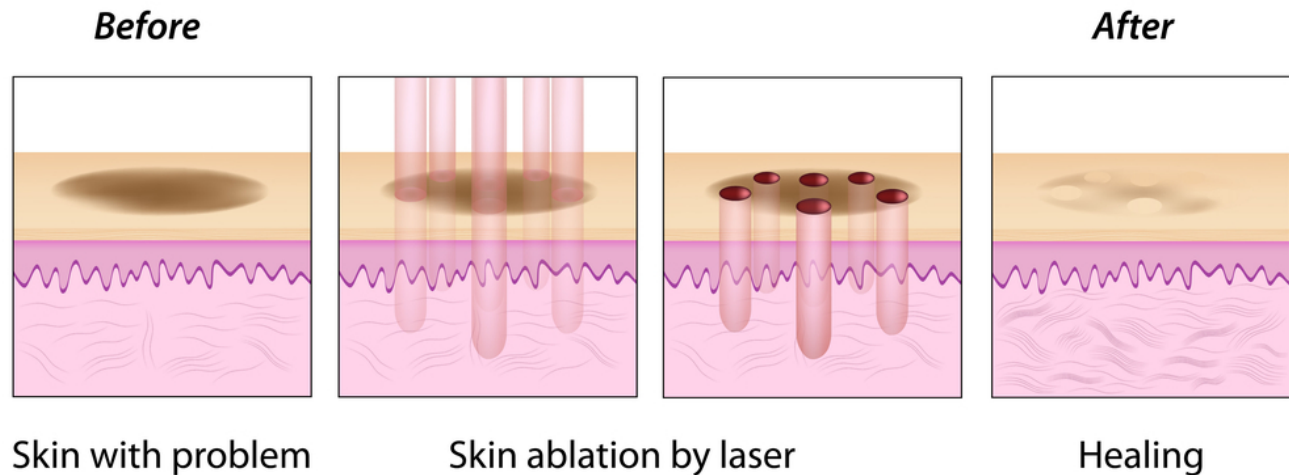
Does Laser Skin Resurfacing Work?

People with scarring, lines, wrinkles, blotches or just general signs of aging sometimes consider laser skin resurfacing to look healthier and younger. At the same time, many wonder, “what is laser skin resurfacing?”

Laser skin resurfacing is a procedure that removes layers of skin to allow new skin cells to form. Every time people decide whether they want to undergo a laser skin resurfacing procedure, they want to know if it will work. The success rate is high with these procedures, but it's important to know how it works and whether you are a good candidate.

The Procedure

Fractional Laser Skin Resurfacing



There are two main [types of laser skin resurfacing](#). CO2 Fractional laser skin resurfacing is the most effective and safest form of skin resurfacing. It's designed to treat a variety of skin problems ranging from wrinkles to acne scars and other conditions. This process uses light pulses or continuous light beams to remove skin layers with minimal heat. The recovery time for a CO2 laser resurfacing treatment generally takes less than a week.

The second of the two types of laser skin resurfacing is erbium laser resurfacing. The erbium laser does not penetrate the skin as deeply as the CO2 laser, meaning there will be more side effects like an increase in redness. However, this also means patients will require many treatments to see results. The erbium laser is generally designed to revise wrinkles and lines on sensitive areas like the face, neck or chest.

Who Are Candidates for Laser Skin Resurfacing?

People sometimes wonder whether they can even undergo laser skin resurfacing treatments. Anyone with bodily wrinkles, lines or acne scars could be a good candidate. Due to the advanced technology in the Co2 laser, stretch marks can be considered for laser skin resurfacing. People with dark skin may run the risk of hyperpigmentation. Always be sure to consult your specialist before undergoing either of the described procedures.

What to Expect

Laser skin resurfacing generally isn't too painful, but it can irritate the skin. Some patients will experience redness or swelling in the treated areas, but this is common and should subside in a few days. Patients typically report seeing a vibrant glow from the treated area after 10 days and never want it to go away. Depending on which of the two types of laser skin resurfacing treatments you use, you may need to come back for multiple treatments to get your skin looking and feeling like it should.

How to Help Your Fraxel CO2 Laser Rejuvenation Recovery Go Smoothly

Once you've decided it's time to get a laser rejuvenation treatment for your skin, you need to know what to expect. Laser rejuvenation is a great way to feel refreshed, younger and more confident. However, since professionals use a high powered **fraxel CO2 laser** for the job, the recovery process takes some time and care. Here are four tips to help your recovery process go as smoothly as possible.

1. Stay Hydrated

Your skin needs to be hydrated to stay healthy. You will ultimately lose fluids as a result of the procedure so it's recommended you drink at least eight cups of water each day. Not only will your skin feel better as a result, but the swelling will likely be reduced as well.



2. Rinse the Area Regularly



Since the process of a fraxel laser is intense on your skin, the targeted area needs some extra care. New skin will be exposed when the old skin is removed so you need to wash the area frequently to avoid infections. A gentle rinse several times a day is better than intense rinsing just at night or in the morning. In fact, an intense wash may cause more harm than good.

3. Avoid Extended Sun Exposure

In order to have the best [fraxel laser results](#), try to stay out of the sun for a few months after your treatment. Your skin will be sensitive, and sun exposure on your newly exposed skin could cause long-term damage. If you can't avoid being in the sun, be sure to wear protective sunscreen and stay in the shade as much as possible.



4. Don't Irritate the Area

When you look at your fraxel laser results, you'll notice your skin starts peeling, flaking or even scabbing. Understand this is a normal side effect and do not try to pick at the scabs or dead skin. This will only make the recovery time longer and could end up causing permanent scarring in severe cases.

Skin Deep^{SD}

Laser Services

We hope this eBook has included everything you need to know about laser resurfacing. Undergoing this procedure is a positive but major decision, making it worth your while to gather as much knowledge about it as possible in order to make an informed decision. If you have further questions about laser resurfacing procedures, or are interested in scheduling an appointment soon, don't hesitate to

CONTACT US!