



## LASER SKIN RESURFACING

- **Introduction**
- **Candidate**
- **Consultation**
- **Question to Ask**
- **Risk & Safety**
- **Preparation**
- **Procedure Steps**
- **Recovery**
- **Result**
- **Before & After Photo**
- **Visual Animation**



### What Is Laser Skin Resurfacing?

**Laser skin resurfacing**, also known as a laser peel, laser vaporization and laser abrasion, can reduce facial wrinkles, scars and blemishes. Newer laser technologies give your plastic surgeon a new level of control in laser surfacing, permitting extreme precision, especially in delicate areas.

### What Laser Skin Resurfacing Can Improve?

- Fine lines or wrinkles around or under your eyes, forehead or mouth
- Scars from acne or chickenpox
- Non-responsive skin after a facelift
- Aged or sun-damaged skin
- Liver spots
- Improve your complexion if you have yellowish or grayish skin tones
- Warts
- Birthmarks such as linear epidermal nevi
- Enlarged oil glands on the nose

### How Does Laser Skin Resurfacing Work?

Surgeon uses the laser to send short, concentrated pulsating beams of light at irregular skin. This removes unwanted, damaged skin in a very precise manner one layer at a time.

The laser beam used in laser resurfacing will remove your outer layer of skin, called the epidermis. It simultaneously heats the underlying skin, called the dermis. This action works to

stimulate growth of new collagen fibers. As the treated area heals, the new skin that forms is smoother and firmer.

### **What Questions Should I Ask My Plastic Surgeon About Laser Skin Resurfacing?**

Use this checklist as a guide during your **laser skin resurfacing consultation**:

- What will be expected of me to get the best results?
- Where and how will you perform my procedure or treatment?
- How long of a recovery period can I expect?
- What are the risks and possible complications associated with my procedure?
- How can I expect to look over time?
- Do you have before-and-after photos I can look at for this procedure?
- What results are reasonable for me?

### **What Are The Steps Of A Laser Skin Resurfacing Procedure?**



- For best results, your plastic surgeon may first start you on a series of skin treatments to prepare your skin for your laser procedure. Often these treatments begin 6 weeks or more before your scheduled procedure. These skin treatments are customized for your skin type to minimize complications and obtain the best result from your laser resurfacing.
- Cosmetic laser resurfacing is usually done on an outpatient basis and typically takes between 30 minutes and 2 hours.

#### **Managing your discomfort:**

- Laser skin resurfacing can be painful. This is why your doctor may numb the skin with local anesthetics. You may also receive the painkillers to keep you comfortable. In preparation, your face will be thoroughly cleaned and you might be given eye protection.

- Two types of lasers are commonly used in laser resurfacing: carbon dioxide (CO2) and erbium. Both work to vaporize superficial, damaged skin cells.

### **CO2 Laser Resurfacing**

- For years doctors have used CO2 lasers to treat various skin conditions. A newer generation of CO2 lasers has the power to deliver very short pulsed light energy (called ultrapulsed) or continuous light beams. This type of laser precisely removes thin layers of skin with minimal damage to your surrounding tissue.

### **Erbium Laser Resurfacing**

- This type of laser wrinkle removal is typically used to remove superficial and moderately deep lines and wrinkles on your face, but can also be used on your neck, chest or hands.

### **After The Procedure**

- After laser resurfacing is completed, your plastic surgeon will apply specialized dressing to protect the treated tissues. Further dressing changes or specialized topical treatments may be needed to enhance healing.

### **What Should I Expect During My Laser Skin Resurfacing Recovery?**

Skin that's treated with laser resurfacing may react in different ways. But most of the time, it will feel like a mild sunburn. You'll have some redness and swelling. You may also experience itching or stinging for a few days after the procedure.

Usually, about five days to a week after laser skin resurfacing, your skin will become dry and peel.

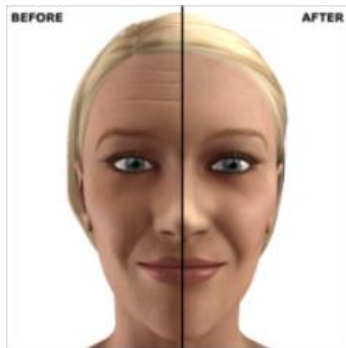
### **Follow These Steps During Your Laser Skin Resurfacing Recovery**

- Clean the treated areas two to five times a day with saline or a diluted vinegar solution as directed by your plastic surgeon.
- Apply protective skin care treatments that are recommended by your doctor to help your skin heal.
- After healing, you'll need to use sunscreen, particularly one that's formulated for the sensitive, rejuvenated skin on your face. Every day. No exceptions! Your plastic surgeon will help you select the correct type of sunscreen to best protect your treated areas.
- If directed to do so by your plastic surgeon, use a liberal amount of moisturizer each day on your new skin.

You can expect that the treated area will peel. After that, the new, rejuvenated skin will be pink, but it will gradually lighten over two to three months. It may take up to a year for the pinkness to go away. It is very important to protect your skin during this time of healing. Redness tends to last longer in blondes and redheads.

You may resume application of Retin-A and/or glycolic acid products around six weeks after laser resurfacing or as directed by your physician.

### **What Results Should I Expect After Laser Skin Resurfacing?**



It's possible that your skin may stay red or pink for up to months after laser skin resurfacing. You may also be extra sensitive to sunlight for up to a year. Make efforts to minimize sun exposure and use that sunscreen liberally, every day.

Some people who have laser resurfacing may see an immediate difference in the treated skin. That will continue to improve for up to a year. While the effects of laser resurfacing can last for many years.

### **Before &After Photo**





**Visual Animation**  [Adi care 007](#)

**FOR APPOINMENT**

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