



LASER AND RESURFACING

SOPHISTICATED LASER, LIGHT AND RESURFACING TECHNIQUES
ARE PRODUCING REFRESHED, CLARIFIED AND
YOUNGER-LOOKING COMPLEXIONS

Broadband light therapy

An innovative new skin rejuvenation technology, broadband light therapy (BBL), is proving to be successful at lightening pigmentation, age spots and discolourations within one to five treatments. BBL is also effective for the precise treatment of fine lines, small facial veins and unwanted hair.

Dr Dilip Gahankari, plastic, reconstructive and cosmetic surgeon at Advanced Aesthetics on the Gold Coast, says BBL uses a broad range of wavelengths that allow targeted treatment for many conditions, and can be tailored to each patient's needs.

"BBL is gentle, non-invasive and safe," says Gahankari. Downtime is minimal, with some redness, slight swelling, and flaking of the skin a few days later.

The treated area should be kept clean, and kept out of the sun and solariums. Cold compresses and gentle moisturiser may help relieve any tightness or discomfort. Application of an SPF 30+ sunscreen is strongly recommended in

the days following treatment as the skin will be sensitive to ultraviolet light. In most cases, make-up can be applied and normal activities resumed at once.

Expect to pay from \$50 per session, for a very small treatment area, which will vary proportionally depending on the treatment area and your practitioner.

DermaPen

This new clinical advanced skin needling technology uses vertical micro-needles to penetrate the skin via an automatic vibrating pen with disposable needle tips.

"It offers resurfacing, collagen induction and skin rejuvenation results similar to that of Fraxel, IPL or other such laser and light treatments, without the downtime," says Dr Joseph Hkeik from All Saints Cosmedical Clinic in Sydney. "It treats fine lines, improves the appearance of scars, minimises pores, improves alopecia, and more."

Topical anaesthetic is applied followed by a suitable antiseptic toner or wipe. Serums with highly active ingredients

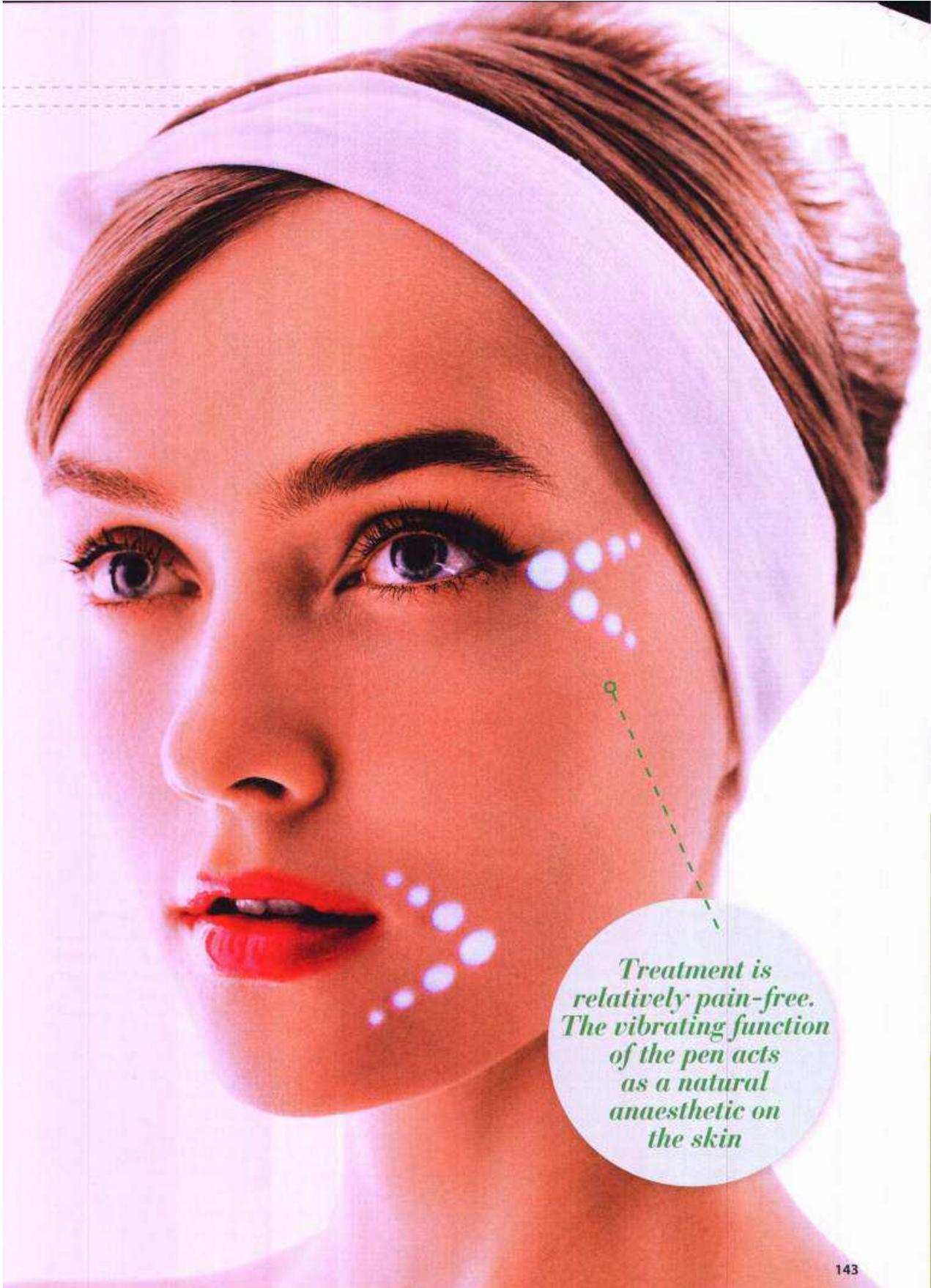
tailored to the condition being treated are then applied.

"The numerous micro-holes obtained due to the needles' action will favour the deep penetration of the active ingredients in the skin," says Hkeik. "A sterilised needle is placed in the DermaPen tip. Speed and depth is selected for the treatment area, and the treatment is applied in three different motions across the face."

A soothing and hydrating product and/or a facial cooling mask is applied to the stimulated area to calm redness. As the skin channels remain open for a period of time, it is important to take precautions against sun exposure. There is no downtime – application of a breathable camouflage foundation will disguise any redness.

"Treatment is relatively pain-free," says Hkeik. "The vibrating function of the pen acts as a natural anaesthetic on the skin, but for complete comfort and for deeper treatment depths (of 1mm to 2.5mm), an anaesthetic cream is always applied first for 15 to 50 ▶





Treatment is relatively pain-free. The vibrating function of the pen acts as a natural anaesthetic on the skin



COSMETIC SURGERY

minutes (depending on the ointment). This will numb the skin."

Patients can expect smoother, fuller skin after just one treatment; after three or four, scars and fine lines will be less visible.

Expect to pay between \$300 and \$450 per treatment, depending on the area.

Still trending...

THE LIMELIGHT PHOTOFACIAL, an advanced version of IPL, remains at the forefront when it comes to treating redness, blushing, vascular problems, brown spots, loss of radiance and dyschromia (skin discolouration due to sun damage) on the face, neck and décolletage. "This treatment can be dialled up or down, according to the patient's skin issues," says Dr Gabrielle Caswell, president of the Cosmetic Physicians Society of Australasia.

There are three treatment programs: 1) for redness, blushing and vascular issues; 2) for vascular, brown spots, dyschromia and loss of radiance; and 3) for very freckly skin with pigmentation but little redness.

"Each program is designed to be selectively absorbed by the particular pigment, be it brown or red. The light is absorbed and it then destroys the pigment," explains Caswell.

There is a mild pinching or stinging sensation, however a cooling gel can be applied prior to treatment to help minimise this. Patients can opt to have one single treatment that is slightly more powerful, which will involve some post-procedure swelling and downtime, or they can undergo a series of gentler treatments, teamed with the use of vitamin A skincare.

"As well as dramatically reducing the appearance of skin issues, this treatment works to trigger collagen

production," says Caswell. "The skin responds to the injury caused by the light and begins to lay down collagen. I get unbelievable results for all areas."

Expect to pay about \$500 per treatment.

CLEAR + BRILLIANT is a newer treatment, based on Fraxel Laser, which uses gentle, shallow laser to rejuvenate the skin. There is no downtime, only slight redness, and it takes less than one hour. Within days, the skin appears luminous. One treatment works wonders, but four treatments over eight weeks will achieve the best results.

Expect to pay between \$250 and \$350 per treatment.

FRAXEL RE:STORE DUAL remains the gold standard of laser technology for treating pigmentation on the face, neck, décolletage and hands, as well as lines and wrinkles, sagging skin and a tired complexion. It combines two unique heads – a thulium laser that addresses pigmentation and sun damage, and an erbium laser that tightens skin and works on lines, wrinkles and sagging.

Dr Michelle Hunt, cosmetic dermatologist and laser specialist at Inner Sydney Dermatology, says the Fraxel re:store Dual laser can also be used for treating acne scars, photo-ageing and stretchmarks. "I've found that the Fraxel re:store Dual thulium laser not only improves discolouration or pigmentation, but also lines and wrinkles after only a couple of treatments," Hunt says.

"A number of treatments have been unsuccessfully tried for treating stretch marks, but the Fraxel re:store Dual erbium laser is the first one I have used that has actually been successful. Usually around five treatments are required."

The treatment requires multiple 'passes' over the face. The sensation is one of pricking initially, then slight heat.

Within days the skin appears luminous. One treatment works wonders, but four treatments over eight weeks will achieve the best results

Each treatment takes about 20 minutes and topical, oral or inhaled anaesthesia can be supplied to ensure the process is as pain-free as possible. Expect up to two days of swelling and redness, followed by up to seven days of light peeling.

Maintain results by using good quality skincare, limiting sun exposure and applying SPF30+ sunscreen daily. Using a lightening skincare before and after treatment can also help pigmentation.

Expect to pay \$750 to \$1000 per area.

THE HERBAL AKTIV PEEL is a natural peel that causes intense sloughing over five days, to reveal a fresher, more vibrant complexion. A solution of natural stimulants, exfoliants and regenerating herbs is massaged into cleansed skin for 10 to 20 minutes to trigger resurfacing. Three days after treatment, the skin begins to flake and shed. On the fifth day, a follow-up facial removes the last of the peeling skin.

The actual massage feels gritty, like sandpaper being rubbed over the skin. Following treatment, the skin feels taut and hot, like you have sunburn. While it is quite uncomfortable, most people find it bearable. Social activities will need to be scaled down for up to five days, after which most patients notice a new lit-from-within glow. Fine lines are also softened. This treatment is also good for adult acne, as it helps clear congestion and can also minimise the appearance of smaller acne scars.

Expect to pay around \$699, which includes three at-home skin maintenance products and a post-treatment.