

The Rejuvenation Revolution

Advances in the field of skin rejuvenation take place so quickly that it can make the head swim trying to keep up with “the latest thing.” Although most new treatments for improving appearance are based on ideas and technologies that have been around for awhile, occasionally a new development seems to change everything.

We are now at the forefront of a new rejuvenation revolution, with the advent of lasers using “fractionated” technology for skin resurfacing. Let’s run through how this revolution has evolved.

1995: Skin resurfacing

Skin resurfacing has been around for a long time in the form of chemical peels, dermabrasion (skin sanding), and early laser devices that removed upper layers of the skin. The subsequent healing smoothes the skin and removes wrinkles, scars, and irregular pigmentation. While they were very effective, these treatments were painful, had long recovery times, and were somewhat risky.

2005: Fractionated laser therapy

Fractionated laser technology was introduced in the United States in 2005, with the Fraxel® laser. Instead of wounding the entire surface of the area to be treated, this instrument created thousands of minute laser wounds in a grid-like pattern. These microscopic wounds were like tiny tunnels in the skin that formed new collagen as they healed. The first Fraxel® laser treatments produced subtle results that became apparent only after several time-consuming treatment sessions.

2008: Fractionated laser revolution

By combining a more powerful laser with fractionated technology, much more effective fractionated laser resurfacing has become a reality. With only one treatment, several cosmetic concerns are simultaneously addressed:

- Pigmentation and discoloration, including sun damage, is erased.
- Fine wrinkles are smoothed, including bleed lines around the lips, crow’s feet, and crepe-like skin texture around the eyes.
- Scars, surface irregularities, and enlarged pores are improved.
- Firmness and elasticity is enhanced.
- Skin continues to produce new collagen for several weeks following the procedure.

Today’s fractionated resurfacing is very safe, and healing occurs in just a few days – but it is not a simple procedure. A topical anesthetic cream is applied for an hour prior to treatment to numb the skin, and a precise technique, diligent care during healing, and five to seven days of social downtime are required.

Surgery and laser resurfacing

A facelift is surgery that adjusts the amount of facial skin and how it is draped over the facial anatomy. In addition, facelift surgery may remove or add volume (fat transplantation or synthetic implants) where needed. Muscles and boney anatomy are also modified in some facelift procedures – all under general anesthesia.

Facelift surgery does not alter the quality of the skin. That is where a treatment like fractionated laser resurfacing can play a role. Fractionated laser resurfacing transforms the quality of the skin, setting back the clock sometimes several years. Whether performed as a stand-alone procedure or in combination with surgery, fractionated resurfacing improves the appearance of the skin, making a person look not “different,” but better.

Fractionated laser resurfacing – the Rejuvenation Revolution is here, now! U



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