

## THE FRAXEL™ LASER PROCEDURE

*Dr. Goldberg Introduces the Best New Non-Invasive Solution for Aging Skin*

**Q: Dr. Goldberg, as I age, I have noticed that my skin has appeared to lose its youthful glow and the wrinkles are more obvious. Are there alternatives to surgery that will be effective in correcting this problem?**

**A:** For most people, obvious signs of aging are seen in the face. As we age, the skin becomes drier due to the weakening of collagen and elastin, the two types of fibers that when broken down, can cause the skin to appear thin, wrinkled and loose. Additionally, the loss of underlying fat leads to decreased plumpness giving the face a lackluster appearance. These changes, accompanied by sun induced skin discolorations cause the skin to look aged and wrinkled. The Fraxel™ laser (Reliant Technologies, Inc.) is a new FDA approved novel approach to laser skin treatment that represents a revolutionary science and category of cosmetic skin surgery. The Fraxel™ laser is specially designed to dramatically alter the appearance of aging and sun-damaged skin regenerating the coveted youthful glow with amazing results, minimal discomfort and no downtime whatsoever. Unlike the other ablative lasers, already on the market, which remove the top layer of skin, the Fraxel™ produces tiny, microscopic areas of thermal wounds in a dot-like grid, leaving areas of untouched healthy skin in between. The Fraxel™ is different because it leaves alone the healthy cells in the untouched areas promoting microscopic rapid healing of the entire treated area. In addition to facial rejuvenation, the Fraxel™ laser is especially effective for treatment of the chest, hands and neck.

**Q: How does the Fraxel™ laser Treatment Work?**

**A:** The treatment starts with a mild scrubbing using a facial cleanser. Next, a blue tint is applied to the skin to aid in tracking of the laser beam. This is followed by application of an anesthetic ointment. It takes about 45 minutes for the anesthetic to reach full effect. Then the physician guides the Fraxel hand piece over the skin. Treatments average about 10-30 minutes. Side effects are generally mild and tend to consist of mild swelling and redness. The swelling usually subsides after a day while redness fades over several days. Patients can usually apply make-up and return to normal activities right after the procedure.

**Q: How does the Fraxel™ laser differ from other ablative treatments? How many treatments do I need before seeing positive results?**

**A:** As opposed to other ablative lasers used for skin resurfacing, Fraxel™ laser fractional resurfacing does not destroy all the treated skin. Healing of potentially frail, thin-skinned areas such as the chest, hands and neck is much easier. Clinical studies suggest that 4-6 treatments spaced about 5 to 7 days apart produce a gradual remodeling of dermal matrix components until complete healing occurs. Renewed and refreshed skin that contains collagen and elastin replaces old epidermal and dermal tissue. Over a period of 1-3 months, clinical improvement in photo aged skin correlates with dermal repair and positive skin changes. The Fraxel™ laser treatment is especially beneficial for areas that can't be treated with traditional laser peels, like the neck, chest and tops of the hands.

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\* Dr. Goldberg on the Road:

**12/10/2004 Mount Sinai School of Medicine Annual Dermatology Meeting, New York, NY - New Techniques for Facial Rejuvenation**

**12/12/2004 Long Island Plastic Surgery Meeting, Garden City, NY - A Practical Approach to Non-surgical Rejuvenation of the Face**

**12/22/2004 Israeli Dermatology Society Meeting, Tel Aviv, Israel - Cosmetic Fillers**

**1/6/2005 International Master Course on Aging Skin (IMCAS) – Course Co-director, Paris France - Cosmetic Surgery Meeting**

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