

Profractional Laser Resurfacing.

Profractional laser is a new procedure that can dramatically improve the texture of the skin with minimal downtime. It can smooth out acne scars, improve pigmentation problems and reduce fine to moderate lines.

Because it is applied in columns, the untreated areas are able to help the recovery of the new skin, making it a much faster process.

This procedure is most often applied over 3 – 5 treatments, spaced 2-4 weeks apart, with each treatment seeing a noticeable improvement in the quality of the skin. Because it relies on the formation of new collagen it takes several months to see the full effect.

How is Profractional different from MicroLaser Peel & Contour Laser Resurfacing?

The MicroLaser Peel (MLP) is a superficial peel (20-50 microns) that removes the entire superficial surface of the skin. It is best for pigmentary conditions and with a modest effect on wrinkles and scars.

Contour resurfacing is a deeper resurfacing extending into the middle or collagen layer of the skin. The result is superior to MicroLaser Peel but is associated with significantly longer recovery times.

Profractional (PF) is resurfacing delivered as individual columns in a polka dot fashion. These multiple columns of laser can be varied in width, depth and density. The advantage is the reduced down time as adjacent normal tissue can assist with more rapid healing and new collagen formation.

The combination of MLP and PF in the same treatment session appears to offer superior skin rejuvenation results.

Your doctor will advise on the best resurfacing method for your skin.

How often does a Profractional need to be done?

Usually, up to 3 treatment sessions are recommended. This is dependent on the down time available as the procedure can be varied. For example, the depth can be increased to penetrate deeply into the dermis or middle layer of the skin.

The density of the laser columns can also be increased to cover up to 60% of a full resurfacing. Obviously, the more aggressive the treatment, the longer the period of recovery.

What can the patient expect?

Patients can expect smoother, healthier more vibrant skin. Patients with acne scarring can expect gradual improvement with each treatment. A realistic expectation is approximately 50% improvement after 3 treatments. Facial lines can also be improved.

Is the procedure painful?

The procedure can be painful and will therefore require some form of anaesthetic. An anesthetic cream such as EMLA is applied 45 minutes to an hour before the procedure and works very well. Sedatives and painkillers may also be used to minimize any discomfort.

After Profractional therapy, there will be a mild burning sensation for several hours that is usually well tolerated. The treated area may have point bleeding for several hours after, particularly when rubbed.

Do I have to wear any type of dressing or bandage after the procedure?

No. Your physician will prescribe an ointment such as Vaseline. This is used as a barrier to keep the air away from your skin while you grow new epithelium. You will probably use it for a number of days. After that, a moisturizer can be used.

How long is the healing process?

For Profractional therapy and microlaser peels the healing process varies from patient to patient, and the depth and density of the peel, but will generally take from two to four days.

Immediately following the procedure you will feel as if you have a bad sunburn. You will have sloughing (skin oozing) and itchiness for a day or two. Gradually the redness will begin to fade and by day three any redness can be easily covered by makeup. Most redness will settle by one week. In some individuals prone to redness, the skin may look red for some time after but will eventually settle. Deeper and more dense treatment will require a longer healing time.

For best results, patients should avoid the sun thereafter and use a zinc oxide sun block every day to maintain the results.

What are the unwanted side effects of the Profractional?

Deeper peels will naturally produce more inflammation, oozing and crusting. Skin infections such as bacterial or viral sores may develop. Individuals with herpes cold sores should take preventative medications to prevent an outbreak.

After the skin regenerates, it may remain red for prolonged periods, especially for those with a tendency to blush/ flush in the first place.

In patients with olive or darker complexion, there may be an increased risk of uneven darkening of the skin after the procedure. This can be treated with a bleaching cream. Rarely, the skin may lose pigment and appear paler.

Other forms of scarring such as keloids and thick scars are rare in skilled professional hands.

Is everyone suitable for Profractional?

There are certain circumstances in which we may not treat :

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Any area where current significant skin disease or infections such as cold sores are present
- Patients with (darker) skin types 5-6 are at greater risk of post-treatment pigmentation
- Anyone with a history of keloid scarring
- Anyone with an emotional, mental or medical condition that may result in unrealistic expectations of the results of treatment.

Procedural consent for Profractional Laser Resurfacing

Before you undergo Profractional, make sure you have read and fully understood the background information on the procedure. To get the most out of it, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images, and they will remain the property of Illawarra Dermatology and Laser Clinic.

For best results, it is necessary to have the full series of pre-determined treatment sessions, as recommended by the physician. In a minority of patients, the Profractional procedure may not work satisfactorily or may not last for the expected period of time. As it's not possible to predict a less-than-perfect response, Illawarra Dermatology and Laser Clinic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure have been addressed; and that you've been given ample opportunity to ask questions and raise any concerns relating to the procedure.

Patient
name: _____

Signature _____

Date _____

POST PROCEDURE INSTRUCTIONS FOR PROFRACTONAL LASER RESURFACING

Profractional and Microlaser Peel

1. Do not go into direct sunlight without a sunblock containing zinc oxide until redness has resolved. Please also use hats, scarves and sunglasses.
2. Do not use Retinoic acid creams or fruit acid (AHA) for 1-2 weeks.
3. Don't participate in any strenuous exercise the night of treatment.
4. For at least the first 24hours keep the area moisturized with Vaseline or equivalent.
5. Within a day or two wash with a mild and gentle soap free cleanser, followed by a moisturizer. Don't let the area dry out, scab or crust.
6. Sunblock or makeup may be applied for camouflage.
7. Tightness and redness is normal following treatment.
8. You may use panadol or panadeine for discomfort following procedure if you are tolerant to these painkillers.
9. You may need to take cold sore medication if you are prone to them.
10. Bleaching creams may be prescribed if you have a darker skin type.

Thank you for using Illawarra Dermatology and Laser clinic and please call if you have any questions. We will require an initial post procedure follow-up visit and photos will be taken at this time. We will also require a visit 1 month post procedure for review and further photos.

1st Post procedural appointment:

1 month review:
