

PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

Laser Skin Toning Skin Rejuvenation

The goal of Laser Skin Toning is to approach the results of Laser Skin Resurfacing by shining specific Laser and/or light sources into the skin to effect changes both on the surface of the skin as well as to deeper structures of the skin, without creating a wound or significant healing time. The light targets the dermis primarily to create enough inflammation to stimulate and generate new collagen, thereby improving skin quality, tone, and texture.

Treatments may take anywhere from **20 – 60 minutes**, depending on the device or combination of devices utilized and the size and extent of the area(s) treated. Pain is minimal and is usually easily controlled with topical anesthetics. Treatments result in little or no skin wounding, with no downtime from your normal activities. **Depending on your cosmetic goals and budget, we will customize an optimal treatment program for you.**

Many new technologies have emerged to provide non-ablative, low impact, no-downtime or minimal downtime procedures for skin toning, renewal and rejuvenation.

No Downtime Devices:

- 1. Pulsed Dye Lasers** (i.e., **V-Beam**), target superficial dermal vessels to create heat in the dermis to stimulate collagen.
- 2. Infrared Lasers** (i.e., **Gentle:YAG, Excel V, and Smoothbeam**) deeply penetrate and target water in the dermis to stimulate collagen.
- 3. Radio Frequency Devices** (i.e., **EndyMed and Thermage**), though not Lasers, penetrate deeply through the skin (including the superficial fat), and attempt to stimulate skin tightening, thereby improving skin laxity.
- 4. Intense Pulsed Light** (i.e., Palomar **StarLux**) is not a Laser. This device shines an intense broad band of light on the skin in order to stimulate changes on the surface as well as under the skin. Intense Pulsed Light is often utilized in Photo Facials and is usually of limited value for skin tightening.
- 5. Ultrasound** (i.e., **Ulthera**) is also not Laser light but can be focused to effect changes both in the dermis as well as deeper structures, even fat.

Minimal Downtime Devices:

Erbium Fractional Laser Resurfacing Devices are the newest advance in *Laser Skin Toning* with minimal downtime. **Erbium Fractional Lasers**, such as the StarLux, provide a unique controlled microscopic array of Laser pulses to the skin to generate optimal skin tightening for scars and wrinkles, with minimal visible skin wounding.

Frequently Asked Questions:

Why choose Pima Dermatology for Laser Skin Toning?

Pima Dermatology has one of the most comprehensive arrays of Laser and light devices in the Southwestern United States. With our experienced staff, we will listen to your needs and tailor a unique treatment program using a combination of modalities to optimize your skin results in the most cost-effective manner.

Who is the best candidate for this procedure?

Patients with various skin conditions, such as sun-damaged skin, mottled skin color, dull complexions, skin laxity, red, flushed skin (rosacea), irregular skin texture (rough, scaly, and/or dry skin patches), scars, acne scarring, and/or fine lines and wrinkles, can benefit from Laser Skin Toning.

Please see reverse side of page.

How do the treatments work?

Precise doses of light energy-proper wavelengths, pulse duration, and power are used to target structures in the skin. During the treatment, a special Laser hand piece is utilized to gently deliver the light to the target. The Laser device is paired with a skin cooling device to allow maximum energy to be applied safely deep into the skin without injury to the surface layers. The Lasers can target blood vessels and cell water in the dermis (collagen layer) to stimulate heat and inflammation, which over time and after multiple treatments, creates new collagen and improved skin tone, color and texture.

How many treatments will I need?

Depending on the areas treated and the degree of improvement desired, it is recommended to have at least 3 – 8 treatments. Treatments are performed in the office under a Provider's supervision and take from 30 – 60 minutes, depending on the devices utilized.

Do the Laser Skin Toning treatments hurt?

Most patients find the treatments very tolerable and liken the experience of the Laser impacts to the sensation of a mild rubber band snap. Most patients prefer to apply a topical anesthetic before the treatment. After the treatment, pain is usually minimal to nonexistent. Our Medical Assistants will provide a handout for additional information regarding the application of a topical anesthetic.

What will my recovery be like?

Most patients are somewhat red and occasionally slightly swollen for 12 – 48 hours after the procedure. Typically, patients can apply a bit of makeup as desired and resume all normal activities immediately following a treatment. Rarely, a small and superficial localized blister can occur, which takes a few days to heal. Following treatment with the fractional device, one may experience a few days of redness and some fine scaling for a number of days.

What are the risks associated with the treatment?

The risks of the treatment are minimal. There usually is no breaking of the skin because of surface skin cooling, so injury to the skin surface is insignificant. There is always a possible risk of surface skin infection and/or blister formation which could lead to a change in skin color or texture or even scar formation. The possible risk of any of these complications occurring is extremely unlikely.

What areas can be treated?

Areas that can be treated include any areas of the face, neck, chest and arms. Typically, full facial treatments are performed. However, if desired, regional areas such as scars on the cheek or wrinkles around the mouth and/or eyes can be treated.

What results can I expect?

Results will vary from patient to patient. Most patients experience some degree of improvement in the color, tone and/or texture of their skin. While perhaps not as dramatic as with Laser Skin Resurfacing, the results with Laser Skin Toning are usually better than with superficial peels or microdermabrasion. Most patients state that their skin feels smoother, fine lines are diminished, and skin appears "healthier" after a series of treatments. While it is hard to objectively measure improvement, we will document your progress with photographs before and after your treatments. We hope to meet and exceed your expectations.

**If you would like to schedule a consultation to find out if Laser Skin Toning is right for you,
please call 520.795.7729.**