

Resurfacing procedures are treatments that address irregular texture, wrinkles, lines, and acne scars with either lasers or exfoliant solutions.

There are two types of laser resurfacing procedures:

- Ablative procedures that lead to both superficial and deep collagen remodeling but require social downtime
- Non-ablative procedures that lead to deep collagen remodeling but have very little to no social downtime

These treatments can be fine-tuned from light to deep collagen remodeling depending on your needs. At UAB, we use all of the available methods that are available to date. We have CO2, Er:YAG 2940nm, Thulium1927nm, Erbium 1550nm, and 1540nm, as well as the Nd:YAG laser. Typically these treatments are fractionated. This laser method targets imperfections in the skin while reducing the impact on the surrounding healthy tissue.

BENEFITS

- Customizable laser to address a variety of concerns
- Greatest improvement in skin issues such as irregular texture, large pores, superficial and deep wrinkles, lines, acne, and other scars compared to any other treatments

HOW THEY WORK

All of the laser resurfacing treatments remove old skin with precise micro-ablated channels. Overtime, renewed skin replaces the old skin with more collagen and elastic fibers and fewer brown spots, leading to healthier, more youthful skin.

WHAT TO EXPECT

Your visit to UAB Cosmetic and Laser Center will take up to 2 hours, and the level of comfort is dependent on the intensity of the treatment. A topical numbing cream will be provided, and other comfort measures are available as needed.

RESULTS

You will have approximately 2 to 7 days of redness that resembles a sunburn, depending on treatment intensity. Cold vinegar compresses can be applied for comfort, and Tylenol every 4 hours is acceptable if needed. After 36 hours, the redness will start to subside, and the abnormal cells will gradually peel and slough off. A light exfoliation can be done on day 7 to smooth off the peeling skin.

RECOMMENDED SESSIONS

- Fraxel Repair: 1 treatment every 12 months until the desired result is obtained. Most patients only have one treatment every 5-10 years.
- Icon 2940: 1 treatment every 6 months until the desired result is obtained. Most patients only have one treatment every 2-5 years.
- Fraxel Dual: 1 treatment every 3 months until the desired result is obtained. Most patients only have one treatment every year.
- Icon 1540 or Fraxel 1540: 1 treatment every month until the desired result is obtained. Most patients have 3 to 6 treatments.

POSSIBLE DOWNTIME

- Fraxel Repair: 2-3 days of facial swelling and 7 to 14 days of redness and social downtime, depending on the intensity of the treatment
- Icon 2940: 1-2 days of facial swelling and 5-7 days of redness and social downtime, depending on intensity of the treatment
- Fraxel Dual: 1 day of redness and 3-5 days of social downtime, depending on intensity of the treatment
- Icon 1540 or Fraxel 1540: 12-24 hours of redness and slight swelling and only 1-3 days of social downtime, depending on intensity of the treatment

POST-TREATMENT CARE

- Avoid sun exposure and makeup application until all peeling has resolved, which varies greatly with type and intensity of treatment.
- Use cold vinegar soaks three times daily until all peeling stops.
- Keep the treated area moisturized and hydrated. Once peeling stops, cleanse with gentle foaming cleanser and do not use retinols or lotions with acid while peeling.
- A personalized post-treatment care regimen will be given in the office before and after treatments.