



skin

dual meaning

Fraxel re:store Dual laser treatments can improve a wide range of skin conditions and revitalise the building blocks of the skin. **Jessica Rule** reports.

Fraxel laser skin resurfacing can offer an effective solution in improving the appearance of a wide range of skin concerns, says Sydney cosmetic doctor Dr Jeremy Cumpston.

The treatment uses microscopic laser columns that penetrate deep into the dermis to create tiny wounds, triggering the body's natural response system to heal those wounds. This process expedites the body's remodelling of collagen and elastin, resulting in tighter, fresher, more youthful-looking skin.

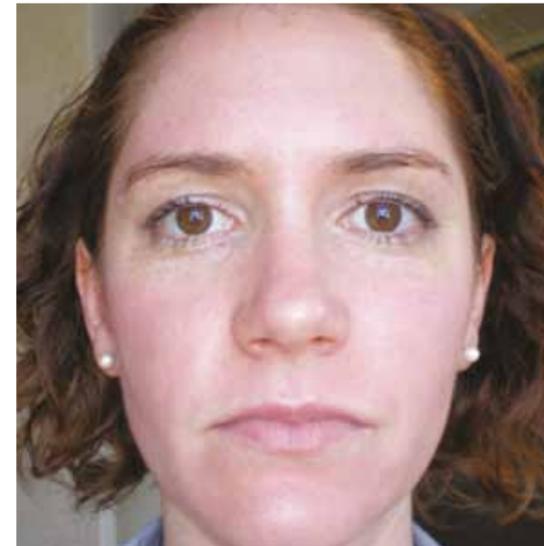
'In the same way muscles respond to physical stress (exercise) by improving in size and function, so too the skin needs to be stressed in order to create new collagen and elastin,' explains Dr Cumpston. 'These are the building blocks of healthy, plump and younger looking skin. This is why I call Fraxel re:store Dual "the gym for your skin".'

There are several applications for the modality, which can make it a suitable treatment for a variety of candidates.

'Fraxel is internationally recognised as being able to achieve excellent results in terms of treating fine lines and wrinkles with limited downtime in most cases,' explains Dr Cumpston. 'In addition, I believe the latest Fraxel re:store Dual is the gold standard for addressing hormonal skin pigmentation caused by the oral contraceptive pill and pregnancy, as well as acne scarring.'

'Collagen and elastin are the building blocks of healthy, plump and younger looking skin'

So what differentiates Fraxel Dual from other lasers? 'The Dual uses a thulium fibre (1927nm) which targets the epidermal-dermal junction where pigment becomes



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AFTER Fraxel laser treatment by Dr Cumpston

trapped,' explains Dr Cumpston. 'The Thulium laser blasts the pigment away. In my experience, outstanding pigment clearing is being achieved in one to two treatments.'

Dr Cumpston says Fraxel Dual can be used on the face and body. 'I believe it can take years off the appearance of the hands, neck, decolletage and face,' he says. 'In my experience, I have not seen any other non-ablative, minimal downtime treatment that can compete with the re:store Dual.'

Fraxel treatment affects a fraction of tissue at a time with thousands of microscopic laser columns — each just one-tenth the diameter of a hair follicle. The laser columns target only a fraction of skin, leaving the surrounding tissue intact. This allows the body to heal the skin faster than if the whole area was treated at once.

Fraxel Dual is a generally well tolerated treatment that typically involves some minor discomfort but reduced downtime, so most patients can expect to get back to their work and social lives without too much interruption.

'The procedure itself takes around 15 minutes but requires about 45 minutes preparation with the application of a topical anaesthetic gel,' explains Dr Cumpston. 'After the treatment most patients only require cool flannels and paracetamol. Minor redness and swelling, akin to a snow skiing windburn, is typically present for around 24 to 36 hours followed by mild peeling for about three to four days as the skin regenerates.'

There are two kinds of Fraxel laser treatments that vary in strength, downtime, the amount of procedures needed and the final results. Fraxel re:store Dual is a less aggressive treatment which can achieve impressive results for mild to moderately damaged skin. 'It uses a non-ablative erbium laser, so it doesn't break the skin,' says Dr Cumpston.

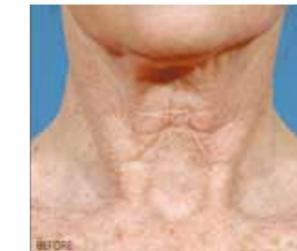
A versatile and customisable treatment, Fraxel re:store Dual is becoming increasingly popular in addressing a wide range of skin afflictions. **acsm**



BEFORE



One month AFTER three Fraxel treatments. Photos courtesy of Dr S. Cohen



BEFORE



One month AFTER three Fraxel treatments. Photos courtesy of Dr J. Burns



BEFORE



One month AFTER four Fraxel treatments. Photos courtesy of Dr A. Menkes