



Adult, Pediatric & Cosmetic Dermatology
Laser & Skin Surgery

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Laser Skin Toning

Skin Rejuvenation

Over the last five years there has been an explosion of interest and research in Laser and light source and the development of devices to improve the surface and the subsurface, or dermal, aspects of the skin.

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 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 and thereby improve skin quality, tone, texture and laxity.

Currently, there is not a perfect device for Laser skin toning, nor is there one device clearly superior to the others. The results with these systems have been modest and cannot yet compare to the results obtained with ablative Laser skin resurfacing techniques.

Treatments are done in our office and may take anywhere from 20-60 minutes depending on the device or combination of devices utilized. Pain is minimal with the procedures and is usually easily controlled with topical anesthetics. Treatment result in little or no skin wounding, and no downtime from your normal activities. **Depending on your goals, your budget, and how aggressive you want to be we will recommend 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** such as the **Vbeam** and **N-Lite** target superficial dermal vessels to create heat in the dermis to stimulate collagen.
2. **Infrared Lasers** such as the **Gentle:YAG**, **Sciton**, and **Smoothbeam** deeply penetrate and target water in the dermis to stimulate collagen.
3. **Radio Frequency** devices like **Thermage** or **Syneron** while not Lasers these devices penetrate deeply through the skin and attempt to stimulate skin tightening, thereby improving skin laxity.
4. **Intense Pulsed Light** such as the **Palomar Starlux**, is also not a Laser, but shine an intense broad band of light to the skin in order to stimulate changes on the surface as well as under the skin. Intense Pulsed Light are often utilized in Photo Facials, and usually are of limited value for skin tightening.

Minimal Downtime Devices:

Fractional Laser Resurfacing devices are the newest advance in Laser Skin Toning with minimal downtime.

1. **Fractional Lasers** such as the **Palomar Starlux**, **Fraxel**, and **Affirm** provide a unique controlled microscopic array of Laser pulses to the skin to provide optimal skin tightening for scars and wrinkles, with minimal visible skin wounding.

Frequently Asked Questions:

What is unique to treatment here at Pima Dermatology?

Pima Dermatology has one of the most comprehensive array of Laser and light devices in the Southwestern US. 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?

1. Sun-damaged skin
2. Mottled skin color, dull complexion, skin laxity
3. Red, flushed skin (Rosacea)
4. Irregular skin texture- scaly, rough, dry skin patches
5. Scars- from acne or other causes
6. Fine lines and wrinkles

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 devices are paired with skin cooling devices which allow maximal energy to be applied safely deep to 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 and as many as 8 treatments. Treatments are in the Doctor's office under the Doctor's supervision and take from 30-60 minutes depending on the devices utilized.

Do the Laser Rejuvenation 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 non-existent. Our Medical Assistants will provide a handout and give you additional information regarding the application of your topical anesthetic.

What will my recovery be like?

Most people will be somewhat red and occasionally slightly swollen for 12-48 hours after the procedure. Usually you are able to apply a bit of make up as desired and resume all normal activities immediately after a treatment. Rarely, a small 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 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, but 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 people will experience some degree of improvement in the color, tone and/or texture of the 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 people state that their skin feels smoother, that their fine lines are diminished or that their skin appears smoother and "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.

If you have questions or want to schedule a consultation or a Laser appointment please call Monica, Carla or Lynne at 795-7729

Please visit us at www.pimaderm.com for before and after photos and more information on other services we provide.