

## WHAT'S A FRAXEL?

# “The Revolution in Laser Resurfacing”

Imagine the ideal laser for smoothening and tightening facial skin. One that is safe for all skin types, from white to black? One that is particularly suited to Asian and pigmented skin types, such as Middle Eastern, Mexican or Polynesian? One that can remove wrinkles and blemishes or brownish skin colorations without prolonged facial redness, and one that can be used safely to tighten crinkled skin of the neck and chest? With little or no cosmetic downtime?

When asked recently if such a laser exists, Dr. Ken Dubeta, prominent Vancouver Facial Plastic Surgeon and laser expert said, “The new Fraxel, laser appears to be close to the ideal resurfacing laser. By treating microscopic points on the skin (up to 2,000 per square centimeter!) at a deeper level while leaving thousands of untreated points between them, ample skin is left between each point treated, to allow rapid healing of the treated skin. As a result, each treatment results in only about three days of a pink blush of the treated skin area, and makeup can be applied the same day,” says Dr. Dubeta, “New technologies are constantly advancing the art of cosmetic facial plastic surgery. One of the more exciting new developments is the Threadlift, minimal incision facelift.” Featured on “Oprah” and on “Good Morning America”, the Threadlift, technique uses nylon threads that are feathered along one edge to form soft barbs that gently engage the tissues just under the skin. “If you haven’t heard about Contour threads, you soon will have”, says Dr. Dubeta. “Threadlift, has become the hottest new technique since BOTOX, of reversing aging changes of the face. Once the Contour threads are passed under the skin, they are tightened to lift falling cheek pads, sagging jowls or fallen eyebrows, to lift and reposition these areas and restore them to their normal positions seen in the more youthful face.”

According to Dr. Dubeta, “minimally invasive techniques such as Threadlift, are excellent for correcting early aging changes in younger faces, or to complement facelift, necklift or browlift techniques where aging face changes have progressed too far, regardless of the patient’s age.” He notes, “Contour threads can be placed under local anesthetic as a short office procedure. Recovery is rapid, within a few days, with about half the downtime of a facelift or minilift.”

“However”, he adds, “most people don’t realize that patients who have a facelift can be out shopping as soon as seven days after their procedure!”

“In addition,” he states, “since it is such a new procedure in North America the longevity or long term results of Threadlift surgery are at this time uncertain. Whereas a formal facelift is known to last between eight and 20 years, there are very few Threadlift, cases that have been followed beyond three years — fortunately with mostly good results, and this is very encouraging!”

“In addition to the wide variety of facial surgery procedures such as facelift, browlift, necklift, cheek implants and

rhinoplasty, there is a very large demand for non-surgical treatments,” says Dr. Dubeta.

“So-called non-invasive techniques include laser therapy, Thermage and Aurora fotofacial, chemical peels, microdermabrasion, and injection of various fillers such as Artecoll, Restylane, Collagen, and Hylaform”, he says. According to Dr. Dubeta, “For correcting facial grooves and furrows, and to create permanently fuller, more sensual lips, the best long-term or “permanent” results to date are being seen with Artecoll injections, while all the other injectables have to be repeated more frequently.”

“Radio frequency devices,” says Dr. Dubeta, “like Thermage, and Aurora, use energy almost like microwaves to heat the collagen fibers of the skin and deeper facial tissues, restoring the skin and facial tissues to more youthful suppleness. Thermage is a deeper treatment which in some patients can tighten the fascia or muscle layers as well, while Aurora combines RF with Intense Pulsed Light (IPL) to treat fine lines and erase spider veins and pigmented facial lesions like sunspots.”

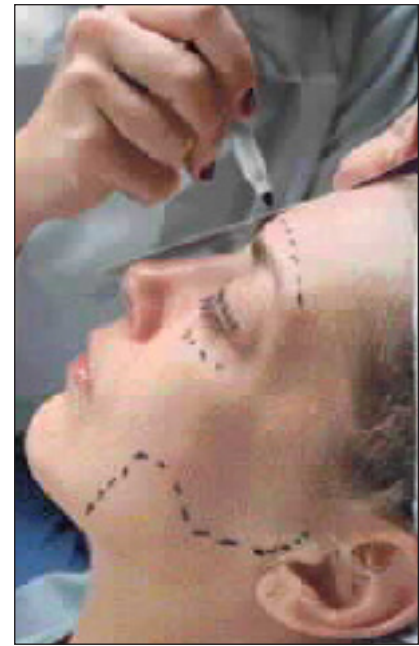
BOTOX has gained great popularity lately because there is virtually no “down-time” and the effect is seen within 5-7 days. However, BOTOX injections have to be repeated every three to four months to maintain a consistent effect. As well, BOTOX will not smooth away deep furrows, groove lines and wrinkles, create fuller lips, or get rid of acne scars, etc.”

Dr. Dubeta also notes that a lot of attention has been given in recent years to so-called non-ablative lasers, which produce minimal redness of treated areas of the face. He states, “Intense pulse light (IPL) lasers may be good for fine wrinkles in some faces, but they do not remove sun-damaged layers of the skin.” Dr. Dubeta is a fellow of the American Society for Laser Medicine and Surgery. He adds, “There is general consensus among eminent facial plastic surgeons from around the world that the “gold standard” for laser facial surgery is still the carbon dioxide laser. IPL lasers have less risk of producing brownish discoloration in persons with pigmented skin, such as Asian faces. Unfortunately, recent scientific articles have shown that non-ablative lasers are producing only mild to moderate improvement in wrinkles, compared to resurfacing lasers.”

While CO2 and erbium lasers are associated with six to 12 weeks of redness of the treated skin, they have been the only effective lasers for removing deeper, more visible forehead, crowsfeet, and smile lines, as well as lip wrinkles and facial blemish scars or pre-cancer lesion from skin sun damage.

“The good news”, says Dr. Dubeta, “is that the new Fraxel laser seems to combine all the advantages of both IPL and CO2 lasers, without any significant down-time!”

For more information on Threadlift, facelift, Thermage, laser treatments and other surgical and non-surgical treatments of the face, call 604-689-1585 or visit [www.drkendubeta.com](http://www.drkendubeta.com).



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