

LASER SKIN RESURFACING

NON-ABLATIVE VS. ABLATIVE

Dr. Dayan is one of the leading laser researchers in the country and has dozens of lasers and light based devices in use throughout his office. He is asked to test lasers each year both for FDA trials and for developing treatment protocol. Because of this, he has access to the most effective and advanced treatments.

Non-ablative

Non-ablative, or cold lasers, and intense pulsed light (IPL) treatments will remove brown spots, red blood vessels and thicken the skin. Red blood vessels are usually immediately evaporated and brown spots tend to darken for a week before they begin to dissipate. Most people do not experience any downtime and immediately return to regular activities. It is common to undergo a series of 3 treatments each separated by a period of 4 weeks.

Laser Skin Rejuvenation



Occasionally non-ablative laser treatments will be partnered with a fractionated laser. This device utilizes an erbium laser which deposits the laser in a pixilated fashion to penetrate the deepest layers of the skin. The untouched skin bridges between the pixilated areas allows for a quicker recovery. Following treatment skin will appear red (like a sunburn) for about 2 to 4 days and a topical cream is recommended. After about a week skin will glow and look refreshed. Brown spots are diminished and wrinkles may appear less noticeable. The treatment does not hurt and anesthetic is not needed.



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Some patients request this treatment to be “dialed down” to a lighter setting and done at the same time as a non-ablative treatment; we call this the “Chicago Peel.” In this situation three lasers will be used in one sitting to remove brown spots and red blood vessels, tighten skin, reduce wrinkles and improve skin texture.

There should be no downtime but mild redness can be expected. Most people take the night off and return to regular activity the next day. Makeup can be applied day following treatment but we generally recommend a mineral makeup designed for sensitive skin. A series of three treatments over a 2-3 month period should make a significant improvement in your skin’s appearance while allowing you to continue your busy schedule uninterrupted.

Ablative laser

For a more aggressive treatment a deep erbium laser or CO2 laser can be utilized. This procedure is usually performed in the operating room under anesthesia. Following the treatment skin will appear red and vulnerable for about a week. A heavy emollient like Vaseline needs to be applied for a week and a strict skin care regime is required during this time period. This is probably the most effective manner in which to get rid of wrinkles using lasers.

Regardless of which procedure you choose, Dr. Dayan will recommend a skin care regimen for you to follow. Each person is unique and your skin care regimen will be discussed at your consultation.

Fractional Ablative Procedures

Today to get the best results with the least amount of downtime fractionated lasers are used. Active and DeepFX, and Pixel all can remove unwanted skin, promote new collagen formation, tighten and even skin tones. No topical anesthetic is needed and a cooling device blows cold air on your face to reduce discomfort. The entire procedure takes minutes. Afterwards, a vaseline or Aquafor ointment is applied to your face which allows your skin to heal quicker. Pain after the procedure is very unlikely and most people return to their normal schedule in 3-4 days. The results continue to improve for up to 3 months.



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