



Fractional Laser Resurfacing The “Latest, Greatest Craze – And It Works!”

Effective ‘fractional’ laser treatments that result in far less patient ‘down time’ than traditional “skin stripping” treatments are providing versatile and powerful tools for dermatologists and becoming more readily available, delegates to the Australasian College of Dermatologists’ Annual Scientific Meeting heard today.

Associate Clinical Professor at the University of California, Dr Suzanne Kilmer, outlined the potential benefits of fractional lasers, which are used to selectively target a percentage of the skin’s surface at a time, penetrating to a greater depth than is possible with more conventional laser treatments.

“Because the laser is only used over a smaller area of the skin – usually around 20% - the neighbouring untouched skin helps the surface of the treated skin heal more quickly, resulting in a significantly improved ‘down time’ than other traditional CO₂ (ablative) laser treatments – often from weeks to days of healing time,” says Dr Kilmer.

The latest ablative and non ablative fractional lasers can be used to provide improvements in evening texture, tone and colouration, targeting wrinkles, scarring, pigmentation and even small broken capillaries.

“This system is also much safer and has fewer risks inherent in other treatments”, says Dr Kilmer.

“It presents fewer potential complications, such as risk of subsequent infection, compared with the “gold standard” ablative resurfacing treatment.

“It’s a question of balancing the energy levels used versus the skin surface covered to obtain the optimal outcome.”

Dr Kilmer has treated thousands of patients with fractional lasers in the past four years since the lasers have become available in the United States.

“We continue any treatment for the underlying disease process – such as melasma – right up until the laser treatment, and it can often be used in conjunction with other therapeutic treatments including Botox™ and fillers for optimal results.”

Australian Dermatologists have several fractional laser systems available to them.

The procedure, conducted as an outpatient treatment, is most commonly used on the facial area, but can also be used to diminish the impact of scars as a result of cuts, surgery or minor burns.

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