

# photorejuvenation



According to **Elizabeth Hagberg MD**, from Minneapolis, the MicroLaser Peel is an effective facial rejuvenation treatment for those who want to avoid more invasive options.

The MicroLaser Peel is an ideal treatment for those who want to look fresher, healthier and rejuvenated without undergoing surgery. This popular new procedure is also known as the 'weekend' peel. It is an in-office procedure and produces real improvements in a matter of days.

This new laser technology, utilizing the erbium:YAG laser (profile, Sciton), enables doctors to provide the patient with more than a microdermabrasion or a chemical peel. Generally, microdermabrasion removes only the stratum corneum, which is 10 microns in depth. However, the MicroLaser Peel is a partial-to-full epidermal peel, that is 20-50 microns in depth. Its results could be compared to four to 10 TCA-based chemical peels, but without the need to precondition the skin.

Many of my patients state they feel much younger than they look. They would love to erase all the past years of sun damage, mainly photo-age spots, fine lines, and that 'dull, aged look'. The MicroLaser Peel is an ideal choice for improving these issues.

I also have quite a few patients who present with scarring from past acne and, again, the MicroLaser Peel is a very helpful procedure for smoothing out the shadows that are created from the scars.

I will inform my patients that this is a procedure that can be done once or repeated two to four times, spaced about six to eight weeks apart. For those patients who have acne scarring I strongly recommend they do at least a series of three treatments or more to maximize the benefits of the MicroLaser Peel.

Prior to the treatment, a patient with a

history of cold sores is treated with two doses of Valtrex to prevent any new outbreaks. If a peel of 20 microns or more is planned, a single dose of diazepam or an oral analgesic is given preoperatively.

The MicroLaser Peel is performed with the physician, assistant and patient wearing protective eyewear. The patient's eyewear can be adjusted so the skin close to the eyes can be effectively treated. The procedure itself only

**'Patients note their skin is tighter, smoother and more vibrant after the MicroLaser Peel and they are thrilled'**

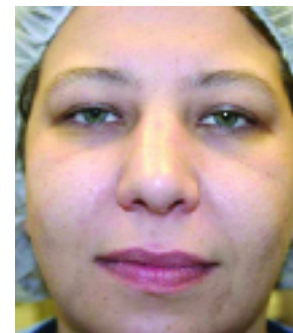
lasts about 15 to 20 minutes if confined to the face. If a patient also includes the neck and décolleté, the treatment will be 30 to 45 minutes in length.

Immediately following the procedure our patients are able to hold a cold air device (Zimmer Air Chiller) over the recently treated skin. At the same time, a healing gel is applied to the treated skin. These are both helpful to minimize the patient's postoperative discomfort.

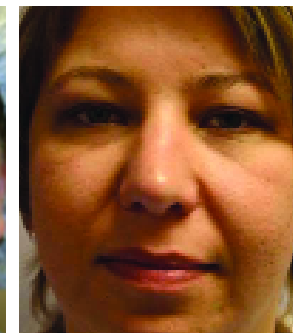
Following the procedure the patients experience a very hot sensation, often compared to really bad sunburn. This subsides in 15 to 20 minutes to a sensation of milder sunburn. The skin will feel tight without the gel and the skincare products we send home with all of our patients. Patients can expect their skin to remain red for the next two or four days (depending on the depth of the peel). Next, the skin will undergo a peeling, or sloughing, process ranging from mild to extensive in a 24-hour period of time.

After two weeks, we encourage all of our patients to start a good skincare program that would include a topical bleaching agent and retin-A type product. Of course an excellent sunscreen and avoidance of direct sunlight are important with this new, fresh skin. Patients are also pleased to know they can safely use other treatments, such as Botox, fillers and GentleWaves in conjunction with the MicroLaser Peel.

Patients note their skin is tighter, smoother and more vibrant after the MicroLaser Peel and are generally thrilled with their results. **cbm**



BEFORE



One week AFTER second MicroLaser Peel by Dr. Hagberg



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