

HOT SHOTS

WRINKLES, ACNE SCARRING AND PIGMENTATION ARE COMMON SKIN AFFLICTIONS THAT CAN BE MINIMISED WITH FRACTIONAL LASER RESURFACING, SAYS **DR JOHN FLYNN**. GEMMA GARKUT REPORTS.

With the continual development and advancement of new technologies in cosmetic medicine, the options for rejuvenating the face are becoming more refined to suit an array of anti-ageing concerns.

Dr Flynn says fractionated CO₂ laser resurfacing is one such technology that has helped his patients with age-related concerns such as heavyset wrinkles, acne scarring, sun damage and pigmentation.

'The face is very susceptible to the effects of ageing,' he says. 'I often have patients who come to me with concerns about skin texture, redness, lines and scarring who are looking for an option which will help minimise all of these at once.'

Dr Flynn uses the Smart Xide Hot Dot fractional laser, which he has found to be extremely beneficial for his patients. 'The Hot Dot laser can be used to treat multiple skin conditions, including age or sun spots, acne scarring, melasma and other types of pigmentation, and crow's feet. It is also well suited to the neck, décolletage and hands,' he says.

The procedure works by imparting a high energy burst of laser light in tiny dots on the skin's surface.



BEFORE



AFTER Hot Dot treatment by Dr Flynn



BEFORE



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It leaves the skin around each dot intact, enabling the surrounding tissue to heal these microscopic thermal injuries by stimulating the production of new collagen.

'The body's natural healing process creates new, healthy tissue which replaces skin imperfections,' Dr Flynn explains. 'Collagen shrinkage as a result of thermal damage results in some immediate skin tightening, with further improvements in skin tightness and collagen density occurring gradually over time.'

While downtime is significantly less compared with traditional CO₂ laser treatment, Dr Flynn says patients should expect at least four days of recovery time after a typical treatment to allow the skin to heal.

'Because the Smart Xide laser offers different strengths, the more aggressive the treatment, the greater the end results. The Hot Dot laser can be dialled down to a lesser severity to reduce downtime but this means the effectiveness of the treatment is also lessened,' he explains. 'In this case, more treatments are required for the desired result.'

The typical candidate has age-related concerns, but the procedure can also be used to treat scars such as those from acne or trauma. Dr Flynn assesses whether patients are suitable for the treatment during the initial consultation.

Depending on the individual, patients typically undergo two treatments three months apart to achieve their desired results. 'It is normally performed using topical anaesthetic, although sedation is sometimes required for deeper treatments. One treatment can last anywhere from 30 minutes to two hours, depending on the areas being treated,' says Dr Flynn.

Risks associated with the treatment include possible infection and aggravation of cold sores, although Dr Flynn says these are uncommon and can be prevented with proper aftercare and monitoring post procedure.

'Although nothing can prevent the inevitable effects of the ageing process, the soft plumpness and smooth radiance that are hallmarks of youthful skin can be restored using the Hot Dot laser treatment – as well as a renewed sense of confidence,' Dr Flynn concludes. **acsm**