

**What is IPL?**

IPL stands for Intense Pulsed Light. Also known as a "photofacial" treatment it delivers broadband light through the skin for Skin rejuvenation. IPL helps restore a youthful looking skin intended for photo aged or sun damaged skin. It helps decrease facial redness, lessen the appearance of pigmented spots, reduce pore size and improve texture and fine lines.

How does IPL work?

IPL delivers high intensity pulses of broadband light that is non-ablative, meaning that it does not damage the surface of the skin. The intense light is delivered to the deeper parts of the skin (dermis) and leaves the superficial aspect of the skin (epidermis) untouched.

What are the advantages of IPL?

IPL can eradicate red facial veins & flushing, improve acne rosacea, treat irregular pigmentation, dark sun spots, and reduce fine facial lines.

Who is a good candidate for IPL?

Patients with rosacea, red flushed faces secondary to acne rosacea, facial blood vessels and capillaries, sun damaged skin, pigmented facial spots and enlarged pores.

What areas of the body can be treated?

Face, neck and hands.

When do patients have treatments?

Patients should undergo a series 3-4 IPL treatments. Treatments are administered every 3-4 weeks. Each treatment session takes approximately 20 to 30 minutes, depending on treated areas.

How is the treatment performed?

During treatment, a cool gel is applied to the treated area, then a pulse of light similar to a rubber band snap is emitted from the handpiece. Generally no local anesthetic is required as most individuals tolerate the treatment well. After the session you may have some redness and feel like a sunburn for the rest of the day, but there is NO DOWNTIME as individual return to work the following day.

How quickly do patients see results?

After one or two treatments, your skin will have more even tone and a smoother look and feel. Sunspots will start to fade and pores can become less apparent. Fine lines and wrinkles may soften over time. These improvements continue with each treatment. Patient with acne rosacea will see a reduction in facial redness as a result of each treatment. IPL works best in conjunction with medical grade skin care routine that you develop with your provider.

What are the side effects?

Post-treatment pinkness and mild discomfort like a sunburn sensation for a few hours. Areas treated may be prone to hyperpigmentation (darkening of the skin). Avoidance of the sun and wearing sunscreen daily are advised. Because all individuals are different, we generally will begin your sessions at a more conservative level then progressively increase the treatment levels. This will minimize any unwanted side effects and any potential skin burns, yet develop an ideal treatment protocol for each individual.

See photos below.



Skin Tightening

Many patients seek skin tightening treatments to combat the loose and sagging skin that gives an aged, tired or sickly appearance. *Tightening* loose skin using technological advancements can be an appropriate treatment for a number of reasons.

As we age our bodies produce collagen at a slower rate than when we're young. Collagen makes up a large portion of the connective tissue in our skin and provides the framework that gives us a taut and youthful appearance. The loss of collagen allows skin to sag around our jaw line and cheeks. In many of these cases laser skin tightening can often help a person reclaim the taut-skinned, healthy appearance of their youth.

What Is Laser Skin Tightening?

Laser skin tightening is a minimally invasive, non-surgical process that uses an infrared light source (a laser) to tighten skin by heating the collagen under the skin's surface, causing the skin to contract (tighten). Facial skin tightening is noticeable immediately after the treatment, and there is no downtime, making this an increasingly popular procedure. Additional skin tightening occurs over the next few months, but optimal results usually require two or three treatments about a month apart. Laser skin tightening is an FDA approved method for the reduction of fine lines, wrinkles, and skin laxity. While laser skin tightening results may not be as dramatic as those of a face lift, patients enjoy moderate results with no downtime. An added benefit of laser skin tightening is that it is safe and effective for restoring a more firm, youthful appearance to skin all over the body.

Skin tightening treatment also encourages the growth of new collagen in the treated areas and promotes the absorption of more collagen from surrounding, untreated areas. With the regeneration of natural collagen, laser skin tightening patients immediately begin to notice smoother, softer skin and a more youthful appearance. The effects continue to improve over the next few months following laser skin tightening treatment, as the skin's natural stores of collagen are gradually replenished.

Weakened Elastin – and Aging Skin

Elastin is another important component of the skin's biological framework. Elastin gives our skin its ability to stretch, expand and recoil to maintain a vibrant, tight look. As we lose elastin this ability diminishes. So sagging skin can appear in many different areas. Likewise, weight loss can bring about loose skin in areas that don't recover well. Again, skin tightening treatments can be an effective solution in many of these cases.





What is Spectra Laser?

Spectra Laser Toning is a patented two-part procedure involving the application of a photo-enhancer with laser energy to reduce visible pigmentation. Laser Toning not only improves the texture and unevenness of the skin, but also reduces pores.

Laser Spectra Toning is a gold standard for melasma treatment because it selectively destroys excess melanin cells and minimizes thermal diffusion toward the surrounding normal tissues.

What is Melasma?

Melasma is a skin condition characterized by concentrated deposits of melanin, which appear as brown or tan patches on the skin, occurring generally on the cheeks and around the eyes. Melasma can result from excess sun exposure or from hormonal changes during the aging process. In women, this can also occur during pregnancy or while taking birth control pills.

How effective is Spectra Laser toning?

It is important to allow adequate time for results to occur. Melasma treatment is a gradual process that requires 6 to 8 sessions to produce effective results. In addition, prolonged exposure to the sun can limit the effectiveness of your treatment. Applying a good sunscreen after Laser Toning will not only help your treatment to work better, but will also help reduce the chances of the spots reappearing.

Spectra Laser toning has the following benefits:

- Reduces Melasma
- Acne scarring
- Pigmentation
- Reduces large pores
- Smoothes out uneven skin tones
- Improves fine wrinkles
- No downtime
- Safe for all skin types
- Shortens procedure time
- No anesthetic needed
- Long-lasting results



Laser Skin Resurfacing

Fractional Pixel Perfect™

Laser Pixel is one of the revolutionary skin treatments from Alma Lasers that offers you the chance to look younger, healthier and let your inner radiance free. The laser treatment can clear years of sun damage such as age spots, fine lines and wrinkles. Pixel Perfect can also shrink the appearance of pores and smooth out acne scars, giving you the soft and flawless skin of years gone by. In other words, Laser Pixel Perfect™ can help transform blotchy, spotted and pockmarked skin into the radiant glow of one's youth.

Pixel Perfect™ is skin resurfacing the way it should be.

Pixel Perfect™ works by creating thousands of microscopic perforations while leaving the surrounding tissue intact. This allows for very rapid healing and improving your complexion. In more detail, the Pixel® laser light passes through patented optics to penetrate the skin with tiny thermal channels, only as deep as a few sheets of paper. These micro-injury sites begin healing and, as collagen remodels, scars begin to fade, texture start to improve and your skin's inner radiance begins to shine.



Photos Courtesy :Dr. Earl Minuk



Photos Courtesy :Dr. Pok-Kee Min



Photo Courtesy: Dr. Tanla Meneghel