



# Skin Rejuvenation



Skin Rejuvenation treatments offer a solution for all the visible signs of ageing caused by sun damage, such as brown spots (pigmentation), redness (thread veins) and uneven skin texture, lines and wrinkles.



### How does the treatment work?

Precisely controlled short pulses of light are released that target discolouration (brown and red lesions) to create a more youthful, even complexion. In addition, this light results in the stimulation of the fibroblast cells, leading to increased production of new collagen and elastin. This improves the texture of the skin, evening out lumps and bumps whilst reducing the appearance of lines and wrinkles. If an Nd:YAG laser is used the skin will also become firmer, tighter and the appearance of scarring can be reduced.

### How is the treatment carried out?

Upon consultation a treatment procedure will be tailored specifically to you. The process will include a light applicator that is placed onto the skin and a short pulse of light is released. The handpiece is then moved to the neighbouring area and the process is repeated until the entire area is treated. During treatment protective eye wear will be provided.

### Am I suitable for treatment?

Yes, treatment is suitable for most people. We recommend a full consultation to ascertain your suitability and to allow the treatment to be tailored to your needs.

### How does the treatment feel?

Treatment can be mildly uncomfortable but no anaesthesia is required and most people describe the discomfort as moderate and acceptable, not unlike a quick pin prick and warm feeling.

### Are there any side effects?

The skin may be quite red and slightly swollen after treatment but this usually subsides quickly. Very rarely a small blister may form and there can be temporary lightening or darkening of the skin. However, most people experience no side effects and any skin reaction usually disappears within a few hours.

### What should I expect after the treatment?

Redness and a slight warming sensation are normal after treatment. A cooling pack is applied after treatment to calm the skin. You may see a darkening of any pigmented spots before they flake off, leading to a more even skin tone. Tightening of the skin should increase over the following months as new collagen is produced within the dermis.

### How many treatments are necessary?

Treatments are carried out every 2 to 4 weeks and typically between 3 and 6 treatments are recommended for best results. Thereafter, top-up sessions are performed as required, but usually once or twice a year.

### How long does each treatment take?

Treatment times can vary but typically between 20-45 minutes

### Consultation Procedure

Prior to treatment you must first undergo a consultation where details about your medical history are obtained in order to confirm suitability. Before proceeding you will be asked to sign a consent form and undergo a test patch.

### Case studies

Courtesy of The Eden Clinic, Windsor

