

## Restore your skin's natural beauty

Nothing is as beautiful as soft, smooth, healthy skin. Unfortunately, our skin is subject to numerous factors that leave it less than perfect. Time, heredity, and gravity all do their part to create fine lines and wrinkles, especially around the mouth and eyes. Scarring associated with acne or other injury may also play a part. Rajeunir Medical Spa continues to use industry-leading technology. Fractional Non-Ablative Skin Resurfacing is the only method of skin resurfacing that offers excellent results with no downtime.

Fractional Skin Treatments deliver focused "microbeams" of heat that penetrate deep into the dermis for the most effective and longest lasting results possible. The heated tissue starts a natural healing process that forms fresh new tissue. This results in a decrease of sunspots, fine lines, wrinkles, melasma, and acne scarring; revealing a luminous, more desirable skin tone and texture.

## FREQUENTLY ASKED QUESTIONS

### Is Fractional Skin Resurfacing safe?

The Fractional Non-Ablative approach stimulates quick healing, while leaving your skin's surface intact, with no lasting redness. In addition, Fractional Skin Resurfacing penetrates to a very precise, controlled depth, making the procedure safe and predictable.

### Is Fractional Skin Resurfacing painful?

A cool roller will prepare your skin for the heat of the treatment. A topical anesthetic may be applied, however, most people tolerate the treatment comfortably without the use of any anesthetic.

### What should I expect after the treatment?

You may experience lingering redness, warmth, swelling, or tightness in the treated area, which fades in a few hours of treatment. Some patients choose to return to work or other activities immediately following treatment.

### How long before I see results?

Because the light pulses are confined to narrow columns in the skin, much of the skin is left unaffected and there is a quick healing process; most people notice positive changes in skin tone and texture within a few days.

### What advantages does Fractional Skin Resurfacing have over other treatments?

Ablative skin resurfacing techniques, such as CO2 lasers and plasma ablation, have a long healing process, leaving red, raw skin. Other Fractional techniques use a blue dye that will remain on the skin long after the treatment has been administered. With Rajeunir Medical Spa's Fractional Skin Resurfacing, there is no persistent redness, or residual effects from dyes, thus making it possible for you to continue with your day.

### How many treatments are required?

A series of treatments is required. It is difficult to determine the number of treatments necessary without evaluating the area first.

## Pre-treatment

# INSTRUCTIONS

- Discontinue sun tanning and the use of tanning beds and self-tanning creams 4 weeks before and throughout the treatment course. This will reduce the chance of skin color changes.
- Always use a SPF -30 or greater sunscreen on all exposed treatment areas and re-apply every 2 hours throughout the day. Wear protective, light-occluding hats and clothing.
- Discontinue use of exfoliating creams such as Retin-A and other skin exfoliating products 2 weeks prior to and during the entire treatment course.
- Discontinue use of Oral Isotretinoin /Accutane for 6 months prior to and during treatment. Accutane changes the underlying structure of the skin which may cause an increase skin sensitivity to light.
- An accurate diagnosis by a physician of brown spots prior to treatment is necessary before treatment of lesions.
- If you have a history of herpes outbreaks in the area of treatment you should consult you Primary Care Provider for medical evaluation and possible antiviral therapy prior to treatment.

## POST-treatment

# INSTRUCTIONS

- A sunburn-like sensation is expected. This usually last 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. In some cases, prolonged redness, swelling, or blistering may occur.
- Apply cool/ice compresses to treatment areas for 10-15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
- The evening following the treatment, sleep with head elevated to reduce swelling.
- The treated area can be gently cleansed and polysporin may be applied if needed.
- Direct sunlight to the treated area should be avoided. Daily application of a SPF30 with zinc oxide is recommended.
- Skin can become gritty 3-4 days following treatment. Do not pick, scratch or remove skin. This will prevent unwanted side effects.
- Until redness has completely resolved avoid all of the following:
  - Swimming, especially in pools with chemical/chlorine
  - Hot tubs and Jacuzzis
  - Activities that cause excessive perspiration

816.282.7888  
Lee's Summit

913.906.0660  
Leawood

816.505.5551  
Briarcliff Village