

TREATMENT BY ABLATIVE FRACTIONAL LASER

Last update on September 2023

Ablative fractional lasers are conventionally used for anti-aging treatment of the face and the neckline, and for treatment of facial and extra-facial scars. They may also be used in certain medical indications or in combination with other lasers. They are a real innovation to obtain very good results with minimalist aftermaths. They are less aggressive than conventional ablative lasers, they work by delivering multiple microscopic impacts, leaving spaces of healthy skin, allowing a faster healing and therefore a short social eviction. The aftermaths are variable according to the desired effect, the laser used and the parameters applied.

As for ablative fractional lasers, the aftermaths are correlated with the strength of the parameters used

If only a superficial ablative effect is desired (superficial scars, pigment disorders and / or superficial fine lines), the aftermaths will be slight (simple redness and peeling effect) for 3 days.

If a deeper ablative effect and a tightening effect are sought (deeper wrinkles or scars), the aftermaths will be more important (more obvious redness, swelling, scaling and crusts lasting for a week).

PROGRESS OF THE SESSION

Eye protection with glasses or shield. Treatment on clean and dry skin. The sweeping with micro-impacts will cause the appearance of crusts that should not be rubbed. The scar process will last up to ten days and leave a transient pinkness that can be covered with make-up. The result is estimated between 3 and 8 weeks after each session, but improvement can continue for up to 3 to 6 months. The effects are long lasting and additional. The heat sensation depends on the parameters used and the patient. The application of a specific anesthetic cream 1 hour before the session and the use of a cold air flow during the session is advised to limit this sensation. The healing will be done with or without dressing by applying a fatty cream often associated with the oral intake of an anti-herpetic prevention. The session lasts from a few minutes to 45 minutes depending on the surface to be treated. Generally, three sessions at 1-month intervals are required.

NON-EXHAUSTIVE CONTRAINDICATIONS

- Pregnancy is not an absolute contraindication but just a precaution of use.
- Pathologies with healing disorders (history of keloids, connective tissue disease, unbalanced diabetes, heavy smoker, retinoids use...) should be discussed case by case. Likewise, the presence of cancerous or precancerous lesions implies a strict dermatological care before this act.
- The presence of a herpetic lesion in the area to be treated the day of the session imposes to postpone the session.
- Moreover, the list of your medications must be absolutely provided to your dermatologist.

EXPECTED AND UNEXPECTED EFFECTS

Cooking sensation, edema, formation and disappearance of the crusts according to a grid and disappearance of the pinkness will depend on the parameters. The higher the laser power, the duration of each impact or the multiplication of impacts, the longer these signs will be and the longer it will disappear. Sun protection should be complete as long as there is redness but reactive hyperpigmentation is possible within three weeks. Scars, hyperpigmentation, infections have been described, which justifies all precautions on your side and follow-up by your dermatologist.

No medical leave can be prescribed since it is an aesthetic act. In certain cases of medical indications, your treatment can be exceptionally covered by Social Security, your doctor will have specified it to you.

This information sheet recommended by the French Laser Society can be given to you by your dermatologist. Even if it is not sufficient to have an estimate, it helps to give the patient a clear information.

The information consultation provides clear explanations on expected outcomes, side effects and possible complications. There are not any reimbursement from social security or medical leave for these aesthetic treatments. Prices are mainly based on the area to be treated. The total cost is to be evaluated with the patient and is the subject of a signed quote.

A post-operative order and an advice sheet are given to the patient with the doctor's contact information.



Laser et Peau: **the French-language information site for patients, written by expert dermatologists from the Société Française des Lasers en Dermatologie.**

Everything you need to know about laser treatments, pulsed light, radiofrequency and other techniques for skin care or aesthetic applications.



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