

Fact Sheet

Laser Peel & Skin Resurfacing with the Harmony Pixel Laser for Treatment of Acne scarring/Lines and Wrinkles/Uneven skin texture

Please read this leaflet carefully this forms the basis of your consent for treatment. If there is anything you do not understand or are concerned about please raise this during your consultation.

For many years lasers have been used with great success to treat skin problems, birthmarks, pigmentation and blemishes. It was realised through this work that lasers also had the potential to reduce facial lines and wrinkles. Worldwide trials have revealed the **Harmony Pixel laser** to be an extremely safe and effective method of scar and wrinkle reduction in both men and women. More importantly it can do this without burning or cutting the skin and without the major side effects and pain associated with other treatments.

We hope this fact sheet will help you understand a bit more about the **Harmony Pixel** laser.

Why do lines and wrinkles increase and deepen as we grow older?

Much of this has to do with the amount of collagen we produce. Collagen is produced naturally by cells known as fibroblasts and is very important in maintaining the elasticity of skin. Unfortunately as we age the skin's ability to replace damaged collagen fibres diminishes. Gaps and irregularities appear in the skin's collagen mesh. This eventually leads to the appearance of lines and wrinkles which deepen and widen with time.

Why do some people have more wrinkles than others?

Obviously the main factor is the ageing process but the break-up of supportive collagen is accelerated by exposure to sunlight, use of sun beds, environmental pollution and smoking.

This is characterized by blotchy pigmentation, broken capillaries, and a sallow yellowish complexion.

Our skin texture deteriorates with enlarged pores intersected with fine lines and wrinkles, in addition to the ravages of acne scars. Sun exposure, excessive alcohol and poor diet simply accelerate this process of collagen and elastin loss.

What is it and how does it work?

It is an FDA approved laser device which is designed to improve the quality and the texture of the skin while it stimulates collagen regeneration. It is believed by doctors to be a major breakthrough in treating acne and trauma scars. Laser skin resurfacing using an ablative laser is a procedure commonly used to restore a youthful appearance to wrinkled, prematurely aged, scarred or sun damaged skin.

While results can be excellent, laser resurfacing can be painful and have extended down time. In the past people have sometimes been housebound and unable to return to work for extended periods of time.

The Harmony Pixel is a fractional ablative laser that represents the best of both worlds for skin resurfacing. It combines the proven effectiveness of an ablative approach with the patient comfort level and convenience of a non-ablative approach. It creates an ablative and thermal effect at the pixel area- a micro injury- without disturbing the surrounding tissue. Those micro injured areas start the process of healing as collagen remodels, skin tightens and the skin texture improves.

Does the treatment hurt?

Topical anaesthetic can be used. There is a little heat sensation during the treatment. Most commonly patients may feel some slight warmth with the pulse of the laser experiencing minimal discomfort, and feeling no more than a slight tingling sensation and a pleasant warming as the light enters the skin. Patients then experience a sun burn like sensation afterwards that is generally neutralized with a gentle moisturising gel.

How long does the procedure take?

This is a very individual issue. Sessions can last anything from 10mins up to 1 hour depending on the size of the treatment area/s.

Are there any side effects?

The patient will experience a mild sunburn sensation for about an hour and then virtually no discomfort. The skin will be red and can feel tight for approx. 48 hours and then it will have a pinkish tone for 5-7 days. This is a normal sign that skin is healing deeply. Some patients, especially those with sensitive skin, may get a histamine response: these are small bumps that will settle down on their own within a very short time. Swelling is mild and generally resolves in 2-3 days.

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At the time of print no other side effects have been noted although of course this cannot be guaranteed.

What areas can be treated?

The Pixel laser can be used on the face and neck, the chest, back arms and hands/feet in fact any area of the skin that has surface irregularities, including wrinkles and scars (Acne or other). Another benefit of a fractional ablative laser is that it can be used to treat thin skinned areas such as the neck and décolleté.

How quickly will I see any results?

The treated area will look better after approximately 10-14 days following the first treatment and then results steadily improve over the months with repeated sessions. New epidermal skin develops immediately (within 24hours.) This process of skin repair involves various stages. The skin will have a bronzed appearance that lasts anywhere from 3-14 days depending on the treatment level.

How many treatments are required to achieve a result?

Skin resurfacing with the Pixel laser is a gradual process that happens over several treatments, depending on the severity of the scarring or lines and wrinkles.

A 3-4 week period between treatments is usually observed and subsequent treatments may well improve the results considerably. The patient usually enjoys a smoother, glowing skin early on in the treatment plan.

How will I know which interval is best for me?

Before any treatment a full medical assessment will be carried out, the information gathered here will be used to work out a treatment regime to suit your individual needs.

Can the Pixel be used for anything other than lines and wrinkles?

Yes the Pixel can be used to treat sunken scars, chicken pox and acne scarring. Studies are currently being made into the effects of the Pixel laser on burn recovery and trauma scars and some types of hyperpigmentation.

What do I have to do after treatment?

Your skin will have a bronze appearance 48hrs after treatment that lasts anywhere between 3-14 days. Your skin will naturally and vigorously exfoliate as the reorganised epidermal skin replaces dead tissue. Flaking is similar to that of minor sunburn, but without the associated pain. Use of control tactics or Vaseline will mask the appearance of flaking. You will be required to use sunscreen (>SPF 30) to protect your skin from sun exposure during the healing phase. The risk of post treatment infection is reduced significantly from previously conventional treatment. You will receive an aftercare advice sheet

How much will it cost?

The cost of the treatment is dependent upon the area treated; whilst an approximate cost may be given the actual cost will be detailed within the consultation appointment.

A consultation is required before embarking on any treatment regime, test patches are also undertaken.

A parent or guardian must accompany anyone aged under 18.

About the Clinic

Laserase Bolton has been based at Bolton Royal Hospital since 1994. Throughout we have been fully registered with the appropriate governing body, who regularly inspects our clinic. You have the reassurance that your treatment will be conducted by a fully qualified and experienced doctor or nurse. All of our doctors and nurses have extensive training and experience; they are continually updated and assessed on new techniques.

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We would be delighted to tell you about any treatments we offer - visit our website: www.laserase-bolton.co.uk

For further information or to book an appointment please contact us:

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