

# Gulf Daily Mail

## Anti-aging breakthrough with Fractional CO2 Laser

By Gulf Daily Mail

**The need to erase years off your face is not something new. There are a number of treatments which work differently; but so far one of the best breakthroughs comes from Fractional CO2 Laser skin resurfacing. It is considered less-invasive with minimal side-effects and down time.**

As our skin ages, it tends to lose its elasticity. This is due to its inability to generate enough collagen. This leads to the skin becoming thin and dry with wrinkles. Most of these skin problems can be fixed with dermal fillers, Botox or peels, but there are places where these treatments cannot be done, and this is where Fractional CO2 comes in. According to Lola Ali Muhammad – Medical Aesthetician at Dubai Cosmetic Surgery, Fractional CO2 is the most recent of fractional lasers when it comes to skin resurfacing. “And of course it depends on the laser system used to deliver the treatment,” she says, adding that at Dubai Cosmetic Surgery, she uses SmartXide DOT laser system. Although Fractional CO2 is synonymous with side effects like redness that lasts for weeks, with SmartXide system, it’s very different. “This particular CO2 Laser system works without removing the entire skin surface like other systems, making the redness (one of its side-effects) last for a few days. This redness can also be covered with make-up for the duration,” states Lola.

### How Fractional CO2 makes you look younger

During this anti-aging treatment, which lasts anywhere from 30 minutes depending

on the size of the target area, the Fractional CO2 laser system produces light which burns pixel-sized columns that are also very small in depth, leading to skin rejuvenation stimulation. “The skin peels off over a few days leaving behind healthier new skin, which is rich in collagen, more toned and firmer, hence drastically reducing the appearance of wrinkles,” she explains.

When it comes to pain, the Fractional CO2 SmartXide is known to cause a little discomfort. “When you are under treatment, you should expect a slight stinging sensation that lasts for only a couple of seconds before it disappears. But for those with sensitive skins or a low pain threshold, an anesthetic cream is enough to dull everything.”

### Side effects

Redness of the skin for a few days after the treatment should be expected, but a cream is usually recommended to ensure the skin is moisturized. “Also, you should use a high spectrum sun screen afterwards as a precaution, and to help your treated skin heal faster.”

### Results

“Most patients have observed increased skin elasticity and reduction in wrinkles after the first treatment al-

though the collagen stimulation continues for up to six months after the treatment,” says Lola, adding that depending on your lifestyle, skin type or the condition that it is in, you might require two sessions. “Like most other anti-aging treatments, a maintenance treatment should be followed one year after the last session. This is due to the natural aging process of the skin as well as the effects of the weather on it.” It



Dr Lola - Medical Aesthetician

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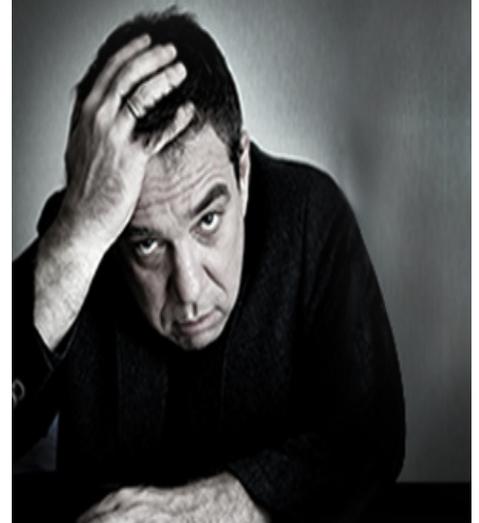
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is also important to remember that smoking, poor eating habits and exposure to the sun accelerates aging and laxity of the skin, so try to avoid these for a toned look. The biggest advantage of SmartXide DOT laser treatment over other Fractional CO2 lasers is that it can be used on any skin type and skin condition. “Nevertheless, special care is taken when I treat people who tan very often, because their skin might already be suffering sun damage,” notes Lola.

Cosmetic skin issues that are best treated with Fractional CO2 include deep acne scars, dark eye circles, wrinkles, and skin laxity. Areas covered include the face, hands, and neck.