



# MicroFractional Anti-Aging Treatment

**COMBINING THE TECHNOLOGY OF THE PROFRACTIONAL WITH THE ABLATIVE MICROLASERPEEL, AN OVERALL ANTI-AGING TREATMENT HAS BEEN CREATED TO PROVIDE AN ANSWER TO A HOST OF SKIN CONDITIONS**

*By Gregory Alan Wiener, M.D., F.A.C.S.  
Contributing Editor & Advisor*

The options for treating wrinkles have increased dramatically over the last 10 years. We have all seen the expansion in the use of less invasive modalities to improve skin tone, minimize wrinkles, and sun damage. However, despite the ever-increasing popularity of less invasive procedures, deep laser resurfacing remains a benchmark procedure. No matter how much this skin is injected, heated, or filled using the newest technologies, it is still difficult to replicate the results of one deep resurfacing treatment.

Removing the entire epidermis and upper dermis usually takes away all but the deepest wrinkles and sun damage. Of course, the procedure does not reposition and lift tissues the way a cheek or neck lift does, but it is almost like a surgery in that it requires general anesthesia and a more significant recovery. Patients

sometimes remain pink for weeks to even months afterwards. Advancements in resurfacing technology like dual-mode Nd:YAG-Erbium lasers have reduced recovery times, but patients are still looking for deep resurfacing results in treatments

deep resurfacing abilities of the Sciton ProFractional Laser with ablative MicroLaserPeel ([www.sciton.com](http://www.sciton.com)) in order to minimize wrinkling, decrease dyschromias, age spots and sun damage, and improve the overall tone of the skin, much like a deep

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that require only local anesthesia and that result in less downtime.

Fortunately, as the laser market continues to evolve, new treatments are being developed that can in fact create more dramatic results with less downtime. In my office in Chicago, IL, we combine the

resurfacing treatment.

The Sciton MicroLaserPeel is a light ablative procedure, perfect for toning the skin and removing fine lines and more superficial sun damage. This procedure takes about 20 to 30 minutes after topical anesthesia and is well tolerated. Full recovery is seen after several

days. We usually do the procedure anywhere from 3 to 6 times, with treatments spaced 6 to 8 weeks apart for maximum results.

## FRACTIONAL TECHNOLOGY

Sciton also offers a fractional technology, the ProFractional. It is a semi-ablative procedure which delivers a laser microbeam into the tissue with pinpoint accuracy. The microbeam creates a very small diameter tunnel without

tissue is healthy in texture and tone, and wrinkles and fine lines are diminished. Dyschromias and sun damage are also affected to some degree. As with the MicroLaserPeel, multiple treatments are typically done, anywhere from 3 to 6 times, and are usually spaced 4 to 6 weeks apart.

## COMBINATION TREATMENTS

In combining both the Sciton MicroLaserPeel and the Sciton ProFractional laser, I am

damage is minimized at the epidermal level by the MicroLaserPeel.

## PATIENT COMFORT

The epidermis is generally around 80 microns thick; and in order to effectively remove wrinkles, you must really penetrate past the epidermis into the upper dermis. Prior to fractional technology, laser penetration into the dermal level commonly required general anesthesia as in typical deep resurfacing procedures. The fact that the dermal penetration occurs in tiny spots, however, makes it tolerable under topical anesthesia.

With a typical MicroLaserPeel treatment, we penetrate 30 to 40 microns, which takes care of superficial sun damage and dyschromias, and

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uncontrolled heating of the tissues, and this stimulates fibroblasts to produce new collagen within each micro-zone of treatment.

This technology is unique because it is only minimally ablative. Or as a MicroLaserPeel affects 100% of the skin surface, a single ProFractional treatment may only ablate 5 to 10% of the skin surface in total. This allows the laser to penetrate deeper into the dermis. Collagen is stimulated within each micro-zone and throughout the dermis as a result of the inflammation created by each penetrating beam.

Since the epidermis is left largely intact, downtime is extremely short, one to three days at the most, depending on the depth of penetration. The new

able to stimulate the growth of collagen and a deeper level, as well as improve the skin surface. After using fractional technology on multiple patients, we found that wrinkles were in fact diminished, but that skin tone and sun damage at the surface level were not as effectively treated as with a more ablative procedure such as the MicroLaserPeel. By combining the two procedures, we get the best of both worlds.

Smartly dubbed the MicroFractional procedure by one of our aestheticians, the results of the combined MicroLaserPeel and ProFractional laser treatments are outstanding. The inflammation created on the dermal level clears up fine lines and wrinkles in a very significant way when the skin is tightened and toned, and sun



*Before (top) and 6 weeks After (bottom) combination MicroFractional treatment. Photos courtesy of Dr. Wiener.*



Before (left) and 4 weeks After (right) combination MicroFractional treatment.  
Photos courtesy of Dr. Wiener.

improves skin tone. However, deep wrinkles are not significantly affected. Here is where the ProFractional laser's abilities come in.

The ProFractional can penetrate 2 - 300 microns deep (or even more if necessary), and each hole that is punched by the laser creates a tunnel straight into the dermis. This works in two ways. One, new collagen forms in each micro-zone or tunnel formed by the laser. Two, the production of new collagen thickens the dermis, spreading out wrinkles and creating a smoother appearance.

Although the ProFractional laser is wonderful at blasting away deep wrinkles and smoothing the skin, it cannot do sunspots. Thus, the combination of these modalities effectively treats epidermal and dermal pathology much like a deep resurfacing. The difference is that the MicroFractional procedure can be done under topical anesthesia. It is typically very well tolerated after using a topical anesthetic cream.

We usually add 10 milligrams of Valium as well to increase patient comfort. The treatment takes about 40 minutes.

Aquaphor is used initially for the first 24 to 48 hours. Reepithelialization is rapid, and our patients usually switch to a moisturizer (we use Hydraphase by La Roche-Posay [www.laroche-posay.us/](http://www.laroche-posay.us/)) by the third post-treatment day. Typically, patients are largely recovered between 3 and 5 days with little to no residual inflammation or pink skin tones. For best results, we perform at least 3 MicroFractional treatments, spaced 6 to 8 weeks apart.

In addition to moisturizers, we typically put the patient on a skin care regimen involving Retinol, topical vitamin C, and daily sun protection. Valtrex is also administered prior to and after the procedure to minimize the possibility of herpetic outbreaks. With little downtime, mild patient discomfort, and quick well tolerated treatments, the MicroFractional procedure treatments begin to fulfill more of the requirements of today's cosmetic patient. We are seeing more dramatic results in terms of wrinkle reduction as well as skin tone improvement and sun damage reduction. After multiple treatments, we are seeing results

that approach those of deep laser resurfacing, without the need for general anesthesia and prolonged recovery time. ❏



#### About Dr. Wiener

Gregory Alan Wiener, M.D. is a Board Certified Plastic and Reconstructive Surgeon who has been practicing at Resurrection Hospital for the past 9 years. He was named a Consumer Reports "Top Surgeon" and completed his residency at the University of Illinois at Chicago. Dr. Wiener has been featured in several media outlets both nationally and locally. Visit Dr. Wiener online: [www.TheArtofPlasticSurgery.com](http://www.TheArtofPlasticSurgery.com).



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