

## The uRepublic guide to Profractional resurfacing.

The main advantage of profractional resurfacing is its reduced healing time, as opposed to deep full resurfacing. Because it is applied in columns, the untreated areas are able to help the recovery of the new skin, making the healing process much faster.

This procedure is most often applied over 3 treatments, with each treatment producing a noticeable improvement in skin quality.

### How is Profractional different from MicroLaserPeel & Contour resurfacing?

**MicroLaserPeel (MLP)** is a superficial peel (20-50 microns) that removes the entire superficial surface of the skin. It is best for pigmentary conditions and for a modest effect on wrinkles and scars.

**Contour resurfacing (CR)** is a deeper resurfacing extending into the middle or collagen layer of the skin. The result is superior to MicroLaserPeel but is associated with significantly longer recovery times.

**Profractional resurfacing (PF)** delivered as individual columns in a polka dot fashion. These multiple columns of laser can be varied in width, depth and density. The advantage is the reduced down time as adjacent normal tissue can assist with more rapid healing.

The combination of MLP and PF in the same treatment session appears to offer superior skin rejuvenation results.

Your doctor will advise on the best resurfacing method for your skin.

### How often does a Profractional need to be done?

Usually, up to 3 treatment sessions are recommended. This is dependent on the down time available, as the procedure can be varied. For example, the depth can be increased to penetrate deeply into the dermis or middle layer of the skin. The density of the laser columns can also be increased to cover up to 30% (average 5-10%) of a full resurfacing. Obviously, the more aggressive the treatment, the longer the period of recovery.

### What can the patient expect?

Patients can expect smoother, healthier, more vibrant skin. Patients with acne scarring can expect gradual improvement with each treatment. A realistic expectation is approximately 50% improvement after 3 treatments.

### Is the procedure painful?

The procedure can be painful and will therefore require some form of anaesthetic. A topical anesthetic cream is applied 60 minutes before the procedure and is very effective in numbing the skin. Relaxants such as sedatives and happy gas may also be used to minimize any discomfort.

After the procedure, there will be a mild burning sensation for several hours. This is usually well tolerated. The treated area may have pin-point bleeding for several hours after, particularly when rubbed.

### Do I have to wear any type of dressing or bandage after the procedure?

No. Your physician will prescribe an ointment such as QV Intensive or Vaseline. This is used as a barrier to keep the air away from your skin while you grow new epithelium. You will probably use it for one to two days. After that, a moisturizer can be used. Patients with darker skin types may need to apply skin whitening (bleaching) cream to prevent darkening of the skin after treatment.

## How long is the healing process?

The healing process varies from patient to patient, and the depth and density of the peel, but will generally take from two to four days. The procedure can be performed on Thursday or Friday and you can return to work the following Monday or Tuesday. Acne scar patients require more intensive treatment and healing may take 1-2 weeks. You should discuss with your doctor how much time you plan to take off so that the treatment can be tailored accordingly.

Immediately following the procedure you will feel as if you have a bad sunburn. You will have redness, small (pin-point) dry scabs and itchiness the following day. By day two, redness will begin to fade and by day three any redness can be easily covered by makeup. Most redness will settle by one week. In some individuals prone to redness, the skin may look red for some time after but will eventually settle.

Rejuvenation treatment will heal in 4-5 days. More intensive acne scar repair may take 5-10 days of recovery during which intense itching may occur. Itching is a normal sign of healing skin and can be soothed with cool compresses and frequent moisturising.

For best results, patients should avoid the sun thereafter and use regular sun protection to maintain the results.

## Acne scar repair

Acne scar repair is a challenging problem. The nature of the scars themselves are varied – ranging from shallow, deep, sharp-edged (boxcar), slope-edged (rolling), ice-pick, atrophic, hypertrophic etc. Consequently, there are also many treatment options addressing the various subtypes of scarring (as listed). Your doctor will need to combine various procedures depending on the types of scars you have to achieve the best possible outcome.

## Physical therapy options

- Fillers
- External needling (roller)
- Internal needling (subcision)
- Ablative resurfacing lasers
- Non-ablative resurfacing lasers
- Fractional resurfacing lasers
- Special procedures: excision of boxcar scars, TCA ablation of ice-pick scars

## TCA ablation of ice-pick scars

Trichloroacetic acid (TCA) is applied to the tract of the narrow ice-pick scars to chemically ablate them. Ice-pick scars are small in diameter but deep and may occasionally look like deep enlarged pores. Ice-pick scars respond best to TCA in conjunction with lasers. The TCA procedure takes about 15 minutes and is very well tolerated, without need for any anaesthetic. The TCA is applied to the ice-pick tracts with a fine wooden applicator (like a tooth-pick). The treated scars will look white (frosting) from the TCA interaction with the skin and will fade within half an hour. There will be some redness around the treated scars that settles in a couple of days. Occasionally, pin-point scabbing may occur and should be left alone until it naturally comes off in 4-5 days. You do not need to take any time off work for this procedure. Anywhere from 5-50 of these may be treated at a given time. 5-6 treatment sessions are needed to achieve best results. TCA treatments are often combined with laser resurfacing in the same session, as well as in between laser sessions.

## What are the unwanted side effects of the Profractional?

Deeper peels will naturally produce more inflammation, oozing, swelling and crusting. This usually does not occur with the Profractional.

Skin infections such as bacterial or viral sores may develop. Individuals with herpes cold sores should take preventative medications to prevent an outbreak.

After the skin regenerates, it may remain red for prolonged periods, especially for those with a tendency to blush/ flush in the first place.

In patients with olive or darker complexion, there may be an increased risk of uneven darkening of the skin after the procedure. This can be treated with a bleaching cream. Rarely, the skin may lose pigment and appear whiter.

Other forms of scarring such as keloids and thick scars are rare.

## **Is everyone suitable for Profractional?**

### **We do not treat:**

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Any area where current significant skin disease or infections such as cold sores are present
- Patients with (darker) skin types 5-6 are at greater risk of post-treatment pigmentation
- Anyone with a history of keloid scarring
- Anyone with an emotional, mental or medical condition that may impair judgment

## **Procedural consent for Profractional resurfacing**

Before you undergo Profractional, make sure you have read and fully understood the background information on the procedure. To get the most out of it, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images, and they will remain the property of uRepublic.

For best results, it is necessary to have the full series of pre-determined treatment sessions, as recommended by the physician. In a minority of patients, the Profractional procedure may not work satisfactorily or may not last for the expected period of time. As it's not possible to predict a less-than-perfect response, uRepublic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure have been addressed; and that you've been given ample opportunity to ask questions and raise any concerns relating to the procedure.

## **Name of patient**

Signature

Date

Witness