

The uRepublic Guide to SELLAS EVO Resurfacing

The main advantage of SELLAS EVO resurfacing is its reduced healing time, as opposed to traditional full resurfacing. Because it's applied in micro-columns, the untreated areas are able to help the recovery of the new skin, making it a much gentler process, with significantly reduced down-time.

This procedure is most often applied as a series of 5 treatments, with each treatment producing a noticeable improvement in the quality of the skin.

How is SELLAS EVO different from Profractional/ Fractional CO2 resurfacing?

All these procedures use state-of-the-art fractional technology to get the most out of the cosmetic benefits of laser skin resurfacing, while keeping the side-effects and recovery time to a minimum.

SELLAS EVO uses non-ablative (minimally invasive) laser light to treat the skin which allows for a rapid recovery time. The non-ablative laser beams are delivered as individual columns in a polka dot fashion. The advantage is the reduced downtime as adjacent normal tissue can assist with more rapid healing. These multiple columns of laser beam can be varied in width, depth and density for a treatment program that is just right for you. Profractional/ Fractional CO2 resurfacing delivers fractional lasering in a similar way, but is an ablative laser (moderately invasive) with greater intensity, and tends to have a longer recovery time. Many patients benefit most from a combination of the different fractional lasers that are available in the practice.

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

How often does SELLAS EVO need to be done?

To get the best out of the procedure, up to 5 treatments sessions are recommended. These can be carried out every 1–3 months. To keep your complexion looking its best, maintenance treatments can be performed yearly.

SELLAS EVO is best for:

- Complexion and skin tone
- Acne scars
- Other scars – surgical and trauma scars
- Fine line and wrinkles
- Melasma and other discolouration (especially face, neck and chest)
- Stretch marks (variable response)

Can SELLAS EVO be used to remove lumps, bumps and birthmarks?

There are other methods that are usually more cost effective for this purpose. However, in selected cases your doctor may recommend SELLAS EVO because of its unique laser properties.

Can the procedure be combined with other lasers?

While SELLAS EVO works extremely well on its own, it can be combined with other complementing lasers to produce even better results. In acne scar repair, it's often combined with Profractional / Fractional CO2 or Contour resurfacing. It also works well with skin tightening devices such as Skin Tyte or DermaRF, and can also be combined with anti-wrinkle-injections, fillers and IPL.

What can the patient expect?

Patients can expect clearer, smoother, healthier and more vibrant skin. Patients with acne or other forms of 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 therefore requires some form of anaesthetic. A topical anaesthetic cream applied 60 minutes before the procedure works very well. Relaxants such as sedatives and happy gas may also be used to minimise any discomfort. Cold air is applied to the treatment area, to further reduce any associated discomfort.

After the procedure, there will be a mild burning sensation for several hours. This is usually very well tolerated.

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'll probably use it for one to two days – after that, a simple moisturiser can be used.

How long is the healing process?

The healing process varies from patient to patient, and the depth and density of the treatment – generally around two to four days. So say you choose to have the procedure performed on a Thursday or Friday, you'll be able to return to work the following Monday. Some patients are even able to return to work immediately after treatment with some make-up. Our nurse will apply a water-based camouflage foundation after the treatment, if desired.

When SELLAS EVO is combined with other ablative lasers, the recovery time is longer and would depend on the type of ablative laser used. Examples of ablative laser resurfacing include Profractional, Fractional CO2 and Contour.

Immediately following the procedure you'll feel as if you've been sunburnt. Mild swelling and redness will persist for 2–3 days, but there's usually no bleeding or oozing. Over the next few days, you'll experience minor flaking of the skin. By day two, redness will begin to fade, and the skin might take on a bronzed appearance. Most redness will settle by one week. For some people who are prone to redness, the skin may look red for some time, but will eventually settle. More intensive treatment (such as for scars) may result in a longer recovery time. Some patients may experience itching after the first 2–3 days, which is a normal sign of healing. The application of a cool compress will ease the itching sensation.

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

What are the unwanted side effects of the SELLAS EVO?

Deeper treatment will naturally produce more swelling, redness and discomfort – but these are only temporary. Excessive swelling, redness and scaling lasting more than 3–4 days is uncommon with standard treatment protocols.

Skin infections such as bacterial or viral sores may develop but are exceedingly rare. Individuals with herpes cold sores may consider taking preventative medications to prevent an outbreak.

If you have olive skin, or a darker complexion, there may be an increased risk of uneven darkening of the skin after the procedure – that nevertheless can be treated with a bleaching cream. Other forms of scarring such as keloids and thick scars are rare.

Is everyone suitable for SELLAS EVO?

We do not treat:

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease/infections such as cold sores at the site of treatment
- Patients with (darker) skin types 5–6 are at greater risk of post-treatment pigmentation
- Anyone with an emotional, mental or medical condition that may impair judgment.