

Information And Consent For Fraxel/Fraxel Lite

What is fraxel?

Fraxel is a state of the art treatment for resurfacing skin without the down time of total resurfacing using traditional invasive lasers. It improves the appearance by affecting only a fraction of the skin at a time, with thousands of microscopic laser spots. The tiny treatment zones of skin are known as Micro Thermal Zones, and the treatment works by fractional photothermolysis, heating only a tiny fraction of the skin at a time. This protects the surrounding skin to promote rapid healing.

How does it work?

The Micro thermal zones penetrate deep into the dermis and eliminate old epidermal pigmented cells. The surrounding tissue is left unaffected so the healing time is much faster than if the entire area is resurfaced at once. The natural healing process of the body produces new, healthy and tighter skin cells into the columns where the treated skin cells are sloughed away.

What conditions can be treated?

A detailed consultation with your doctor or nurse practitioner will outline which areas of skin are appropriate for treatment. Because the fraxel laser treatment spares healthy tissue it is appropriate for use on even delicate skin such as the eyes, neck, chest and hands. It can be used to improve the quality and texture of wrinkled skin, particularly around the eyes, chin, top lip neck and décolleté area. Pigmentation and melasma are also successfully treated.

How many treatments will I need?

Clinical studies suggest that an effective treatment regime is three to five sessions, spaced about 2 – 6 weeks apart. Treatment plans can be very flexible, even when spaced weeks or months apart, results are outstanding. Each treatment session targets 15 to 20 % of the skins surface, outlining the need for successive treatments

Is it safe?

Fraxel laser treatment can be performed in your doctor's office. It is a powerful laser and treatment must be carried out by a trained and experienced practitioner to ensure that the correct area is treated at the correct levels.

Does it hurt?

A topical anaesthetic is applied for at least an hour before treatment. During the treatment you will experience a mild burning sensation across the skin as the laser is passed over the area. This increases with the number of passes, but as the skin is cooled during treatment it is tolerable. The levels of treatment can be adjusted to suit patient comfort, and depth of treatment.

How is the treatment carried out?

The laser head will be passed over the treatment area in one direction, and then a second pass will be carried out in the opposite direction. A total of 8 to 10 passes may be carried out in total. The skin will be cooled during treatment, and with cold compresses following treatment.

Possible side effects

You will experience a mild sunburnt sensation for about an hour after treatment, then virtually no discomfort. The skin will have a pinkish tone for about 5 days, This is a normal sign that the skin is healing deeply. Swelling is minimal and resolves in two to three days. Other possible side effects include:-

Redness	Burns
Scabbing	Blanching
Blisters	Pigment Changes
Itching	On set of herpes simplex virus

New epidermal skin develops immediately as the healing process occurs. During healing your skin will have a bronze appearance that lasts from 3 to 14 days depending on the treatment level. Your skin will naturally exfoliate as the reorganised epidermal skin replaces dead tissue. Flaking is similar to that of mild sunburn.

Care following treatment

The use of sunscreen following treatment is very important to protect the skin during the healing phase and for several weeks following treatment. Makeup can be applied after 24 hours once the initial epidermal healing has occurred. Aloe vera gel and cold compresses can be applied following treatment.

When will I see results

The results from this treatment are variable, depending on the original quality of the skin and degree of damage to be treated. The skin will begin to feel smoother and tighter even after the first treatment, but the best results from the treatment will continue to improve for up to six months, Increasing with additional treatments.

Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner.

Consent

I agree to photos being taken to assess the progress of my treatment

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I confirm that I have been fully informed about the procedure and my questions have been answered. I understand the exclusions for treatment, and have advised the doctor of any changes to my medical history. I am fully aware of the possible risks and side effects and give my permission for the treatment to be performed. I understand that there are no treatment guarantees, and other treatments available have been explained to me.

I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating doctor and consent to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological wellbeing.

Patient name

Date

Signature

Physician signature

EMERGENCY CONTACT DETAILS

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr John Curran on one of the following numbers:

Central Contact 01481 736699 (Mon-Fri 08.00 to 17.30)

Dr. Curran's Mobile 07781-165797

Dr. Siobhan McEntee 07786-918750