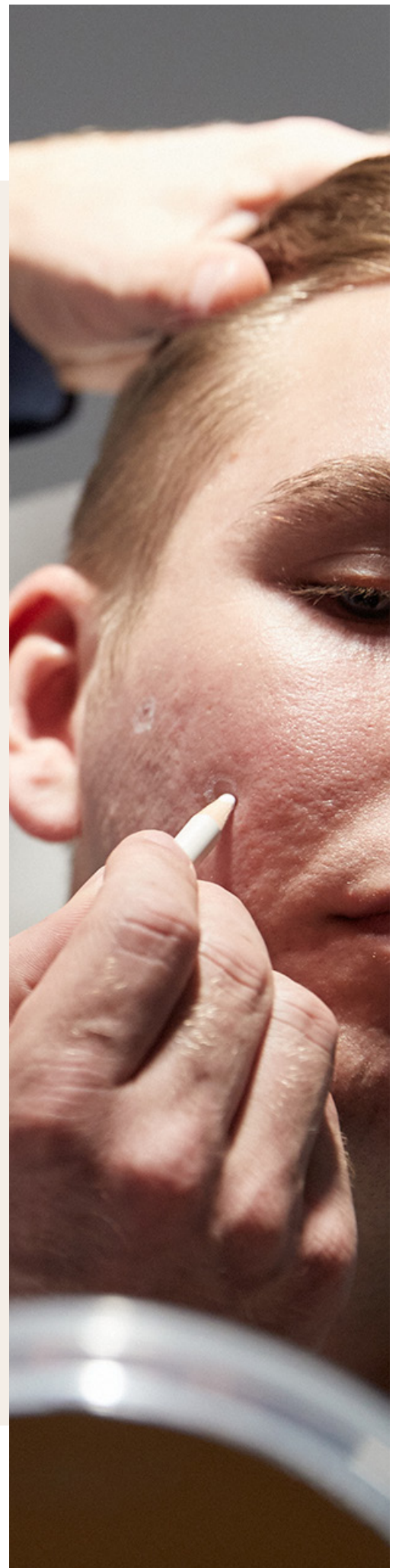


Client guide

Fully ablative laser skin
resurfacing



Cutis Clinic





Fully ablative laser skin resurfacing

Fully Ablative Laser Skin Resurfacing (FALR) is used as a powerful and effective laser treatment of the skin. Either CO₂ or Erbium laser or a combination of both laser types is used, and this type of laser removes the upper part of the skin surface (epidermis) as well as the upper part of the dermis.

FALR is more potent than fractional laser resurfacing, where a smaller portion of the skin is removed. FALR is the treatment of choice if you seek a significant improvement in textural scarring or texture with just one treatment. However, you should accept a longer healing time compared to fractional laser resurfacing and a slightly higher risk of complications.

The laser heats the skin by absorption in the water molecules, and the top layer of the skin is removed through a process called "ablation." Small blood vessels coagulate, new blood vessels form, and the skin releases growth factors to promote dermal remodeling and collagen and elastin formation.

Laser resurfacing works in all skin layers, and the effect can be divided into superficial and deep:

Superficial effect:

FALR removes the epidermis, which is replaced by new skin layers. The skin is exfoliated by the laser and the cell turnover in the upper skin layers is stimulated. This reduces sun damages (pigment spots, visible blood vessels and precursors to skin cancer).

Deep effect:

The amount of elastic and collagen fibers increases, which smoothes the skin, increases the volume of the skin and improves elasticity. The formation of glycosaminoglycans in the skin is increased, and these molecules act as "moisturizers" in the skin which increases the moisture content and improves the glow.

The consultation

After you have read this information, you will consult the specialist and discuss the treatment and decide if the treatment is indicated to meet your expectations. You will have the opportunity to ask any questions you may have. You are welcome to bring a companion.

Following the consultation, you may give your consent for treatment immediately, if the indication for the treatment is medical (e.g. acne scars). If the indication is cosmetic (e.g. reduction of wrinkles) you will have to wait a minimum of 2 days before you can give your consent for treatment.

FALR is not an option if you are or have:

- Pregnant or breastfeeding
- Forming thick scars (keloid)
- An infection in the treatment area

Preparation for treatment

During the spring and summer, when the skin is exposed to UV radiation, you should apply sunscreen SPF 30+ several times per day.

Please discontinue the use of exfoliating products e.g. vitamin A acid (Retinol / Retinoid), AHA and other potential skin irritants minimum one week before FALR

Antibiotic guidelines:

Before treatment, you should take antibiotic tablets that will be prescribed or given to you from the staff (international clients). Let us know if you have medical allergies.

Herpes / cold sore guidelines:

If you are prone to cold sores (herpes labialis), you should take one tablet Valacyclovir 500 mg immediately before the treatment, followed by one tablet twice daily for the next 5 days. Tablets are prescribed or given to you by the staff (international patients).

Numbing:

We advise you to apply Lidocaine cream to the area to be treated at least one hour before treatment. You may take 1 gram of Paracetamol and 400 mg of Ibuprofen one hour before treatment.

The treatment

Before treatment, we will take pictures of the skin for your medical file. During the treatment, you will lie flat and comfortably on your back at the treatment chair. Local anesthetic (Lidocaine Hydrochloride) is applied through a thin needle, and this will effectively numb your face. The anesthesia stings a bit, but the effect quickly sets in.

Eye shields are used, which are placed over the eyes so that the eyes are protected during the laser treatment.

FULR of the lower face takes approx. 30 minutes and treatment of the whole face takes approx. 75 minutes. A fume evacuator is used, which keeps the air fresh.

After treatment, a thin layer of antibiotic ointment is applied to the skin.

The aftercourse

Most patients prefer to skip work for 8-10 days following FALR, so please plan your treatment according to your calendar. The skin has typically healed after 10 days but may look pinkish for 4-8 weeks following FALR.

The first days after treatment:

Immediately after laser resurfacing, the skin will be very red and swollen. The skin will feel warm and tense and the skin may sting. The face swells further during the first 24 hours, especially around the eyes. It may be difficult to open the eyes on the first morning after FALR. The swelling gradually resolves during the first week. It may be difficult to chew food in the first 2-3 days after FALR. Eat small meals at a time. Straws are comfortable to drink from in the first few days.

The skin will ooze and may bleed during the first few days. This may dry in and settle as yellowish or red crusts in the treated area. Gently wash your face with a mild facial cleanser to release these early crusts (see below).

After 3-4 days, the skin forms a brownish crust, which feels rough on the surface and may itch. To avoid infection, it is important not to peel or scratch the skin.

It is recommended to add moisture to the skin during this phase (see below). We will help recommend suitable skin care for the aftercare.

Keep your face clean

The skin should be washed gently 2-3 times daily with clean water and a mild facial cleanser in the first week after the treatment. You may shower and wash your hair as usual. Shampoo and conditioner is allowed.

Keep your face moist

Fucidin ointment should be applied in a thin layer at least 3 times a day for the first week - and always after rinsing or gently washing your face. If the skin oozes, gently dab the skin with clean paper towels before applying more Fucidin ointment. The ointment gives the skin a moist and oily surface, which is important in the first week, so the skin can heal better.

The skin may itch

If itchy skin occurs, you may apply a mild steroid cream, which is sold from pharmacies (Hydrocortisone). The steroid cream should be applied to the skin as the first layer after face rinsing or gentle wash and may be applied three times per day as needed.

After the first week:

After 8-10 days, a rich, protective and non-irritant moisturizer may be applied to the skin. We sell these from the clinic and are happy to guide you in aftercare.

Active ingredients such as Tretinoin and Ascorbic acid may be used after 2 weeks. Start slowly, apply a thin layer to a small area where your skin tolerance threshold can be assessed.

The first months after treatment:

Your new, fresh skin is pinkish in color (PIE) and may be sensitive. The pinkish color is due to dilation of the blood vessels of the dermis during the healing. PIE usually subsides completely within 2 months, as the epidermis becomes thicker and less transparent. PIE may be covered with non-irritant make-up.

Your skin should not be exposed to direct sunlight and should be protected by sunscreen SPF 30+ for the first month after treatment, as sun exposure may cause pigment changes (PIH). Keep using sunscreen every day for three months after FALR.

Following treatment, you are always welcome back for a check-up or a video call. We will assess the healing and guide you in skin care if you have any questions.

FALR is considered a safe treatment with low risk of injuries and complications. Common side effects are:

- Pain and discomfort. This gradually subsides within 24 hours and may be relieved with cool packs and painkillers (Treatment: Paracetamol and Ibuprofen).
- Redness, heat, swelling. Increasing within the first 24 hours and then slowly decreasing over the next few days. (Requires no treatment).
- Oozing / bleeding. Usually resolves within 2 days. Dap the skin with clean gazes or paper tissues as needed.
- Visible, red demarcation. Gradually decrease in 2-4 months. (Requires no treatment. Use makeup as needed. Vascular laser may speed up resolution).

Rare side effects are:

- Infection (bacterial). Symptoms include increasing heat, pain, redness, swelling, and / or fever which typically increases after the first 24-48 hours following FALR. (This should be assessed by a doctor and treated with antibiotics).
- Infection (viral). Symptoms include an outbreak of painful blisters. (Treated with antiviral tablets).
- Pigment changes. Increased pigmentation (PIH) on the skin after FALR is seen more often in people with ethnic skin types. (Treatment: Bleaching cream or a pigment laser. Will resolve spontaneously in most cases.) Permanent pigment loss can be seen after infection or after high treatment intensity.

- Scar tissue, loss of skin volume or fat volume. (This may be permanent and may be treated with fillers).

Results

FALR reduces all signs of skin aging and improves the appearance of scars, wrinkles, lines, pigment spots, enlarged vessels and pores. The hydration and the glow of the skin will improve. Young people who want to look refreshed or reduce enlarged pores or scars may benefit from a single treatment. Elderly with poor skin quality may need a few treatments, but often one session of FALR will be sufficient. The effect of any treatment may vary.

It may take up to one year till you see the final result. However, you will be able to see some improvement after 3-4 weeks.



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Revision of client guide

Cutis Clinic ©
Version: 2.0
Revised: marts 2022

Date of approval: april 2022
Next update: marts 2024
Auhtor: specialist EMH

