

## Fraxel re:store® Dual Wavelength System – Fact Sheet

The authentic, non-invasive Fraxel® laser treatment just got better! Whether you are a blushing bride in her 20s, a mother of three in her 30s or a businesswoman on the go in her 40s, the new Fraxel re:store Dual system is a breakthrough skin resurfacing technology that can turn back the clock on your skin no matter what your age, or colour of skin, with minimal discomfort.

### How it works:

The non-ablative Fraxel re:store Dual system takes the industry leading Fraxel technology to the next level by adding a novel laser wavelength, the first-ever of its kind in the aesthetics market. The new wavelength will enable physicians to better address pigmentation and other dyschromia on the entire body with minimal discomfort. Offering superior results, the new Fraxel re:store technology effectively targets the skin surface for smoother, fresher looking skin with less downtime than comparable ablative treatments. Physicians are also now able to treat multiple body areas in one treatment session.

### *The Fraxel re:store Dual Wavelength System: Better Results, Quicker Procedures, More Comfort*

The Fraxel re:store laser delivers remarkable results. It is the only fractional laser system that safely penetrates the skin down to the dermis without breaking the skin's protective outer barrier. The result is natural stimulation of new collagen without the fear of prolonged downtime and risks associated with traditional ablative treatments.

### What is Fraxel laser treatment?

Fraxel treatment is a revolutionary laser treatment that helps you to remove years from your appearance. Fraxel is the pioneer of "fractional photothermolysis," a technology in which thousands of microscopic laser columns - each just one-tenth the diameter of a hair follicle - treat a fraction of the skin at a time without affecting the surrounding tissue. These laser columns stimulate the production of younger, smoother, healthier skin to replace damaged tissue.

### How is Fraxel treatment different from other laser skin rejuvenation procedures?

Traditionally, two kinds of laser treatment have been available for cosmetic skin treatment: ablative and non-ablative. Typical ablative treatments, which use a high temperature to vaporize unwanted tissue, can be effective—but with significant side effects and several weeks of recovery time. Non-ablative treatments, meanwhile, have very few side effects and low downtime, but they commonly require numerous treatments to produce more modest results.

Fraxel laser treatment delivers the potency of ablative treatments with the gentle safety of non-ablative lasers. So you get the best of both worlds: dramatic results and less downtime.

### How does Fraxel re:store treatment work?

Fraxel re:store laser treatment targets aging and sun-damaged skin with microscopic laser columns that penetrate deep into your skin to expedite your body's remodeling of collagen. Since the laser treats only a fraction of tissue at a time, it leaves the surrounding tissue intact, which promotes very rapid healing. Fraxel re:store treatment resurfaces your skin by stimulating the growth of new, healthy skin cells from the inside out.

### What are the benefits of Fraxel re:store treatment?

- Smoother, fresher, younger-looking skin
- Improved tone and texture
- Erasing of unwanted brown spots
- Reduced fine lines and wrinkles around the eyes
- Improved appearance of acne scars and surgical scars

### **What FDA clearances has Fraxel re:store treatment received?**

- Wrinkles around the eyes (periorbital wrinkles)
- Acne scars
- Surgical scars
- Age spots (pigmented lesions)
- Melasma (irregular patches of brown skin on the forehead, cheeks, upper lip and nose)
- Actinic-solar keratoses (precancerous lesions)
- Skin resurfacing

### **How are Fraxel re:store treatments performed?**

First, your skin will be cleansed. Then, about 60 minutes prior to treatment, a topical anesthetic ointment will be applied to the treatment area. The Fraxel re:store procedure takes about 30 minutes for a full face.

### **How many treatments will I need and how will they be spaced?**

Clinical studies suggest that on average, an effective treatment regimen is 3 to 5 sessions spaced about 2 to 4 weeks apart. Depending on your condition and schedule, you and the physician may choose to space treatment sessions further apart. Results are immediate and progressive, with optimal improvement usually visible in 2 to 3 months. This time frame and treatment regime allow for complete healing and the production of new collagen and elastin to replace damaged tissue.

### **Does Fraxel re:store treatment hurt?**

Most patients describe an increased sensation of heat during the treatment. To minimize discomfort, topical anesthesia is applied before the procedure and cold air is used on the treatment area during the procedure. After the treatment, most patients feel like they have a sunburn, which usually diminishes in 1 to 3 hours.

### **What should I expect after Fraxel re:store treatment?**

During the first 24 hours after treatment, your skin may feel as though it is sunburned, and it will appear pink or red. You can wear make-up to reduce the sunburned appearance. Your skin will naturally bronze over the next week or two, and as you continue treatment, the sunburned-to-bronzed appearance will repeat. As with a sunburn, your skin will flake and exfoliate normally. Use a moisturizer to reduce the appearance of dry flakes.

### **What side effects can I expect after treatment and how long will they last?**

Swelling and redness are the most common side effects from Fraxel re:store treatment. Any swelling is typically minimal and subsides within a day or two, and any redness typically fades within a few days. Other temporary side effects may include minor itching, dry skin, peeling or flaking, and a bronzed skin appearance. There is a limited risk of infection, hyperpigmentation, or scarring. The intensity and duration of side effects depend on the aggressiveness of treatment and on your particular healing characteristics. Your physician will provide specific instructions about what to expect and how to minimize any side effects.

### **What precautions should I take after treatment?**

Wear sunscreen of SPF 30 or higher, avoid direct sun exposure for at least 3 months after your last treatment, and wear a wide-brimmed hat when you're in the sun

### **How long do the positive effects of Fraxel re:store treatment last?**

It depends on your particular condition and how you care for your skin. Once your skin is treated, continue to protect it as described above. For conditions such as melasma, it is very important to

avoid direct sun exposure. Your physician will give you specific advice based on your individual needs.

#### **How much does Fraxel re:store treatment cost?**

Depending on your condition and the areas to be treated, the cost ranges from \$400 to \$1,500 per treatment. Please see our list of fees above and click on "Costs" on the home page. Keep in mind that maximum benefit is usually achieved with an average of 3 to 5 treatment sessions spaced about 2 to 4 weeks apart.

### **Fraxel® Treatment Fast Facts**

#### **Fraxel treatment**

- Over the years, the skin is damaged by both environmental (sun, pollution) and lifestyle (stress, fatigue, smoking) factors, keeping people from looking their best and how they may feel inside. Today, Fraxel treatment offers the most advanced new microlaser restoration treatment – one that actually awakens the subsurface cells so they revitalize themselves naturally, returning skin to its original beauty.
- Fraxel laser systems have been approved by the FDA to treat multiple skin conditions, including age/sun spots, acne scarring, melasma (the mask of pregnancy) and eye wrinkles (crow's feet). They're safe, easy and deliver remarkable results.
- Fraxel treatment repairs damaged skin by treating only a small fraction of skin at a time, leaving the area surrounded by unaffected, healthy tissue. This "fractional" treatment allows the skin to heal much faster than if the entire area were treated at once, using the body's natural healing process to create new, healthy, tighter tissue to replace skin imperfections.
- Fraxel is different. The Fraxel laser has the ability to penetrate fractions of skin, spot by spot, without breaking the skin's protective outer barrier. The result is natural stimulation of new collagen without the fear of downtime and risks associated with traditional ablative treatments. The product provides a highly effective, safe and predictable treatment for patients with acne scarring, melasma or hormonal skin discoloration, periorbital wrinkles and sun and age spots.
- The Fraxel laser passes through the top layer of skin like light through glass, reaching into the dermis below to create thousands of tiny, microscopic areas of thermal damage that stimulate the body's own wound healing response, notably new collagen production and replacement of damaged skin surfaces with new epidermal skin.
- Fraxel treatment is performed using topical anesthesia in the doctor's office. A typical facial treatment is completed in about 30-45 minutes. Talk to your doctor about which Fraxel treatment is right for you.

#### **Age Spots**

- While many people are taking precautions such as sunscreen and protective clothing, the damage caused by decades of harmful sun exposure remains. Today, Fraxel treatment offers the most advanced new microlaser restoration treatment – one that actually awakens the subsurface cells so they revitalize themselves naturally, reducing the appearance of sun and age spots and returning skin to its original beauty.
- Age spots are flat, uneven brown patches that appear on the parts of the body that are most regularly exposed to the sun – most commonly the face, chest, hands, shoulders and arms. Some people call them moles, freckles or liver spots.
- When you spend time in the sun, your skin reacts by producing pigment called melanin for protection. The purpose of the melanin is to shield your skin from the sun's ultra violet rays.

Sometimes the increased pigmentation results in darkened spots – an indication of aged skin that can make a person look much older than they actually are.

### **Acne Scarring**

- Acne scarring can have a profound impact on people's self-esteem and life-outlook, particularly as adults enter work and social settings with these often painful memories of their teenage years. Today, Fraxel offers the most advanced new microlaser restoration treatment – one that actually awakens the subsurface cells so they revitalize themselves naturally, reducing the appearance of acne scars and returning skin to its original beauty.
- When acne advances to the point of injuring our tissue, it can result in a scar – a discolored fibrous tissue with abnormal collagen function that may appear as a red raised area or indented mark. To successfully treat this type of scar, the top layer of skin (epidermis) must be removed, and the production of new collagen must be stimulated to improve the skin's overall tone and texture.
- Traditionally, topical agents, abrasion therapies, surgery and conventional lasers have been used to treat acne scarring. Unfortunately, most of these treatments achieve only moderate results or are very aggressive, resulting in a long, painful recovery period.
- A monumental breakthrough came only recently when the FDA approved Fraxel treatment for acne scars after studies showed that the new laser could be far more effective than traditional therapies. The powerful, yet precise laser effectively encourages the skin to create new collagen to replace the scarred epidermis.

### **Melasma**

- While nothing compares to the joy of motherhood, pregnancy can take a toll on women's skin. Between stretch marks, melasma and hormonal changes, there are some lasting reminders that women would prefer to erase. Fraxel treatment can help to reverse the unsightly changes associated with melasma and return skin to its original beauty.
- Melasma is a very common disorder that is estimated to affect about 6 million women in the United States. Melasma typically occurs as brown spots and darkened pigmentation on sun-exposed facial areas, notably the cheeks, forehead, upper lip and nose, and is most common in women of child-bearing age and among male and female adults of dark-skinned races.
- Fraxel treatment has been shown to be very effective in treating persistent melasma that has otherwise been unresponsive to traditional therapies, such as bleaching creams, microdermabrasion, selective photothermolysis laser and light therapies, and laser ablation.
- To understand the Fraxel laser's unique mechanism of action, think of your skin as a wall made up of tiny tiles. If a patient has melasma, every third tile on this wall would be brown in color, representing the brown splotches that are characteristic of this condition. With fractional resurfacing, every brown tile is "zapped" and eliminated making the appearance more uniform.

### **Wrinkles around the Eyes**

- While wrinkles around the eyes may signify a life rich with laughter and emotional experiences, many people would prefer to keep the memories but lose the crow's feet! Fraxel laser works to rebuild and restore the skin naturally in the area around the eye, reducing the appearance of fine lines and wrinkles and returning skin to its original beauty.
- The skin around your eyes is much more delicate than other areas of the body and tends to age more rapidly. The tiny wrinkles that develop, often called crow's feet, develop largely from years of contracting the muscles that display our emotions when we smile, squint, deeply consider, show surprise or laugh.

- There are countless cosmetic strategies for reducing crow's feet, including acid peels, injectable fillers, collagen, dermabrasion or traditional laser treatment. However, in many cases, the results are unsatisfactory, painful or too expensive, as the process must be repeated a number of times each year in order to be effective.
- The real breakthrough came recently when the FDA approved Fraxel treatment for wrinkles around the eyes after studies showed that the new laser was extremely effective in improving the appearance of fine lines and wrinkles.

## ALL ABOUT YOUR SKIN

### Timeline of your skin

- Who is that person in the mirror? It's still you, but because your skin changes as you age, you may look a little different depending on your place in life. The good news is the earlier you start taking great care of your skin, the more damage you can prevent. Here's the basic timeline:

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- **20s**  
Natural facial expressions like smiling, laughing and pondering all involve muscle contractions, and in your 20s you might start to see some fine lines and creases related to facial movement – first around the brow and then in the form of “crow’s feet” around the eyes. You may also see lines around the eyes if you spent a lot of time in the sun as a child, or if you squint at a computer screen for long hours. If you’re a woman in your 20s, you may start to see facial hair on your upper lip and the perimeter of your face.

What to do for your skin at this age:

As early as possible, start using products with sunscreens and antioxidants, and make healthy lifestyle changes that protect your skin (see Habits for Healthy Skin). What you do in your 20s will affect how you look in your 40s, 50s and beyond.

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- **30s**  
As you age, your skin’s collagen and elastin – which are proteins that keep your skin tight, break down faster than your body can rebuild them. As a result, your skin in your 30s may start to look tired and less radiant. As your skin loses elasticity, you may develop wrinkles including more noticeable crow’s feet, a pair of vertical lines between your brows, and a shadow in the triangular area between your nose and the corners of your mouth. In addition, you may start to notice brown spots caused by sun exposure, and you may see dilated blood vessels, particularly around the sides of your nose.

What to do for your skin at this age:

Now’s the time to get serious about using moisturizer. Choose one that’s light but also contains the oil that your skin needs. Meanwhile, continue using sunscreen, and make healthy lifestyle changes that protect your skin (see Habits for Healthy Skin).

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- **40s**  
As loosening skin and sun exposure continue to take their toll, your skin may appear less smooth or glowing. Lines may form around your eyes, mouth and forehead; your lips may get smaller; some skin may start to sag; and the corners of your mouth may turn down – so you look like you’re frowning when you’re not.

What to do for your skin at this age:

Use moisturizers that are richer and thicker than the ones used in your 30s, and use a night cream to help your skin rejuvenate while you sleep. Also use products with antioxidants, and make healthy lifestyle changes that protect your skin (see Habits for Healthy Skin).

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- **50s+**

After a half-century's worth of aging and sun exposure, the breakdown of collagen and elastin that started in your 30s is now in full force, causing your skin to sag. This condition can get worse in your 60s and beyond, resulting in deep wrinkles and a crepe-like look. Your skin may also start to look thinner and more translucent, which can make blood vessels more visible – causing your skin to look discolored. Fine lines may appear on your cheeks, lines from your nose to mouth may become deeper, and marionette lines – those lines extending downward from the corners of the mouth – may also become more pronounced. You may see age spots and sunspots, and if you are fair-skinned, you may experience a creamy yellow discoloration. If you're a woman, the drop in estrogen during your 50s may cause your skin to look and feel drier, which can make lines and wrinkles even more prominent.

What to do for your skin at this age:

Increase the use of rich moisturizers with ingredients such as olive oil and shea butter. If you've been using soap and water to cleanse, switch to a gentle, non-drying cleanser for your face and neck. Also use skin products that are designed to treat lines and wrinkles while tightening skin, and make healthy lifestyle changes to protect your skin