

Fractional Laser Therapy Can Create Baby Skin

By Adrienne Papp [Comments](#)

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The number of pollutants out there is not hard to imagine in our fast paced, electronically induced lives today. We are not only destroying the environment, but also our own health with a wide spectrum of modern age diseases, from cancer to countless others. Some curable, some not. Sometimes, the cure is yet to be discovered. Thankfully, the evolution of technology is as rapid as our tendency to carelessness in almost all aspects of our lives, – the chaotic result of which is globally evident.

When I was a kid the sun was not only good for you, but made you healthy. Today the sun gives you cancer unless you shield yourself, despite the very fact that a healthy and age-fighting level of Vitamin D can only be obtained in the body by sun exposure. If you have lower levels of Vitamin D due to sun avoidance

you are looking at a spectrum of age related illnesses. But, the glow that I was aiming for as a young teenager – and I am not that old – today should only be obtained by sunless tanning spray, unless you want to risk the harmful rays of the sun.

The irony about technology is that it can equally be as destructive as it is constructive – just like we humans are. While we have lots of New Age solutions to avoid the harm that some technology causes, we develop these new technologies to overcome the negative aspects of harmful influences caused by the same.

Dr. James H. Sternberg, an anti-aging expert with practices in Westwood and Malibu, is board certified in dermatology and dermatopathology, and is an Assistant Clinical Professor of Medicine/Dermatology at The UCLA Medical School. While discussing the various ways to achieve beautiful skin Dr. Sternberg points out a high-tech CO₂ laser treatment that is the new gold standard and state-of-the-art technology in skin rejuvenation. This procedure can dramatically improve your appearance and take off as much as ten years with just one treatment.

Laser treatments working with light seek to destroy the skin in order to generate new cells. So laser treatments, in fact, create intentional damage for the body to do its work of regeneration. With Fractional Photothermolysis, unlike with other selective photothermolysis, where the whole of the selected target area is damaged, damage to only certain zones within the selected target area is created by producing tiny dots, or pixel-like treated areas on the skin. This technology leaves the other zones within the treated surface perfectly intact, causing only fractional damage through the heat of the light source. This is why it is called *fractional* laser therapy. This allows the skin to heal much faster than if the whole area was treated, as the 'healthy' untreated tissue surrounding the treated zones helps to fill in the damaged area with new cells. The recovery time is therefore much, much faster while the result is almost unbelievable. This process can be compared to the precise alteration of digital photographs that we are able to do today: pixel by pixel. Optimal improvement after fractional treatment is usually visible in about 2 – 3 months as collagen remodeling and skin tightening continues. The longevity of results is comparable to ablative laser resurfacing and as always is dependent on future ageing, the effects of gravity and sun exposure.

Certainly we need high technology to overcome the destruction of high technology.

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