



## FRAXIS® CO2 RESURFACING INFORMATION

The main advantage of FRAXIS® CO2 resurfacing is its reduced healing time, as opposed to traditional full resurfacing. The laser is delivered in columns, so the untreated areas are able to help the recovery of new skin, making the healing process faster and safer. Patients can expect smoother, healthier, more vibrant skin. Patients with acne scarring can expect gradual improvement with each treatment. A realistic expectation is approximately 50% improvement after 3 treatments.

### What can be treated?

- Sun damage, lines and wrinkles
- Complexion and skin tone
- Acne scars
- Other scars - surgical and trauma scars
- Stretch marks (variable response)

### What does the treatment involve?

Most patients are reclined or lying down depending on the area being treated. Both the patient and the doctor will be wearing protective eyewear (usually goggles or metal eye shields for the patient). The laser will then be calibrated and the treatment parameters set based on the condition being treated. You will hear a number of 'beeping' sounds while the laser does this. Each condition and each individual is unique, and these settings will be individualised to maximize the results you will see following treatment.

Rarely before definitive treatment is carried out, small areas may be treated at different settings to determine the most suitable power settings and monitor response ('test patches'). After an evaluation period of 6-8 weeks, the area is then assessed and treatment can be started using the appropriate parameters.

### How many treatments will I need?

Usually, up to 3 sessions are recommended. This is dependent on the downtime available, as the procedure can be varied. For example, the depth can be increased to penetrate deeply into the dermis or middle layer of the skin, increasing the effect and the downtime.

### Does the treatment hurt?

The procedure can be painful and will therefore require some form of anaesthetic. A topical anaesthetic cream is applied 60 minutes before the procedure and is very effective in numbing the skin.

After the procedure, there will be a mild warm sensation on the area treated for several hours. This is usually well tolerated. The treated area may have pinpoint bleeding for several hours after, particularly when rubbed.

### How long is the healing process?

The healing process varies from patient to patient, and the depth and density of the peel, but will generally take from two to four days for regular treatment cases, and up to 10 days for intensive treatment cases. For regular cases, the procedure can be performed on Thursday or Friday and you can return to work the following Monday or Tuesday. Acne scar patients require more intensive treatment and healing may take 1 to 2 weeks. You should discuss with your doctor how much time you plan to take off so that the treatment can be tailored accordingly.

Immediately following the procedure, you will feel as if you have sunburn. You will have redness and small (pinpoint) dry scabs and itchiness the following day. By day two, the redness will begin to fade and by day three any redness can be easily covered by makeup. Most redness will settle within one week. In some individuals who are prone to redness, the skin may look red for some time after but will eventually settle.

Rejuvenation treatment will heal in 4 to 5 days. More intensive acne scar repair may take 5 to 10 days of recovery during which intense itching may occur. Itching is a normal sign of healing skin and can be soothed with cool compresses and frequent moisturising. For best results, patients should avoid the sun thereafter and use regular sun protection to maintain the results.

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## **What are the side effects of the treatment?**

FRAXIS® CO2 treatment can produce side effects. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however some patients who receive less aggressive treatment may experience side effects greater than expected and these may include Rarely skin infections such as bacterial or viral sores may develop. Individuals with herpes cold sores should take preventative medications to prevent an outbreak.

After the skin regenerates it may remain red for prolonged periods, especially for those with a normal tendency to blush or flush. In certain individuals, fractional spots may be visible on close-up as pale spots or subtle indents for 2 to 3 months or longer after treatment. Inpatients with olive or darker complexion, there may an increased risk of uneven darkening of the skin after the procedure. This can be treated with a bleaching cream. Rarely, the skin may lose pigment and appear whiter. Other forms of scarring such as keloids and thick scars are rare but can be managed should they occur.

## **After Care**

Your physician will prescribe an ointment such as BioLipid Balm, Vaseline or Dermeze. This is used as a barrier to keep the air away from your skin while you grow new epithelium. You will probably use it for one to two days.

After that, a moisturiser can be used. Patients with darker skin types may need to apply skin whitening (bleaching) cream to prevent darkening of the skin after treatment.

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