



## GentleMax Pro™ SKIN TIGHTENING INFORMATION

The GentleMax Pro™ laser helps combat the signs of aging by tightening the skin. Wrinkles, creases and textural changes on the skin begin to appear on the face when underlying collagen and elastin fibres begin to break down and wear out. The breakdown of collagen is part of the natural aging process. Other underlying factors that can contribute to collagen breakdown include smoking, muscle movement and sun exposure over years.

### How does it work?

The laser creates an intense beam of light that penetrates deep into the skin (dermis) where it delivers a controlled amount of targeted therapeutic heat. The heat is absorbed by the dermis.

To achieve optimum results we monitor the skin's temperature throughout the treatment, heating the skin to 40-44°C ensuring a dermal temperature of 65°C. Studies show at this temperature, thermal injury stimulates the body's wound healing response causing collagen to grow over time.

Treatments can be performed on all skin types and patients will require a series of treatments performed once a month. Common areas treated are the face and neck but can treat loose skin of the arms, stomach and breast.

### What does the treatment involve?

Most patients are reclined or lying down depending on the area being treated. Both the patient and the laser operator will be wearing protective eyewear (patients usually have sticky goggles applied). The laser will then be calibrated and you will hear a number of 'beeping' sounds while the laser does this. One treatment session can take anywhere from 30-60 mins depending on the area being treated. There will be temporary redness that will last from 10-30 minutes after the treatment, there minimal down time post treatment.

### Are there any special precautions I need to take before or after treatment?

#### Pre-treatment advice

- Sun avoidance and/ or use of sun block is recommended
- Tanning should be avoided
- Avoid treatment if taking photo sensitive medication – if not cleared by one of our dermatologists
- Avoid if pregnant

#### Post treatment advice

- Do not rub, or pick at the treated area
- Avoid swimming and heat activities for 2-3days
- Avoid exposure to the sun. If sun exposure is expected, apply an SPF 50+ sunblock
- Treat the skin gently for the first 2-3 days after your treatment No scrubs or abrasive material should be used over the time. Use gentle cleanser and moisturiser as needed. Do not use Retin A or any other harsh products for 5 days.

### How soon will I see results of my treatment?

The number of treatments required will depend on the areas being treated and the condition of the skin. You will see gradual improvement in your skin over time. We recommend monthly treatments over a period of 6 -12 months

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