



It takes two

SYDNEY COSMETIC PHYSICIAN **DR BUDDY BEAINI** COMBINES NON-SURGICAL SKIN TIGHTENING WITH FRACTIONAL LASER TO REVEAL YOUNGER-LOOKING SKIN. JENNI GILBERT REPORTS.

Combining the benefits of different non-surgical facial rejuvenation technologies can have a dramatic effect on the appearance of the skin, without the downtime associated with more invasive procedures, says Sydney cosmetic physician Dr Buddy Beaini.

'Many people want to turn back the clock and restore a tighter, more youthful-looking complexion but don't want to commit to surgery,' he says. 'The Thermage skin-tightening and Fraxel fractional laser technologies are non-surgical procedures that, when used in tandem, can produce outstanding results.'

Typically, these procedures involve minimal discomfort and little downtime, so patients can continue their daily routines without interruption. 'In my experience, these are the treatment protocols most people are seeking these days,' says Dr Beaini. 'They want to be able to have a lunchtime procedure that allows them to return to work afterwards and go out to dinner the following night.'

Thermage Comfort Pulse Technology (CPT) is a non-invasive procedure that uses radiofrequency technology to tighten existing skin collagen and stimulate the production of new collagen within all three layers of the skin, as well as the collagen strands in the subcutaneous tissue.

'By renewing collagen, Thermage improves the skin's texture and helps reduce sagging,' says Dr Beaini, who finds the treatment particularly effective for recontouring the jaw line and defining the chin.

'Thermage can soften the appearance of wrinkles around the mouth, eyes and forehead and many of my patients report an overall improvement of fine lines and wrinkles,' he adds.

'Due to collagenogenesis, the skin appears plumper and refreshed. In my experience, one Thermage treatment can make a patient look and feel years younger and can last three to four years in most individuals. This treatment is non-invasive, gentle and effective.'

Although Thermage is typically used to treat areas on the face, Dr Beaini says it can also be used on other parts of the body. 'By far, the most popular area is the face and neck for non-surgical brow lifting, face lifting, jowl tightening and neck tightening,' he says.

'I also use Thermage on the tummy to tighten skin, and other suitable areas include under the arms, above the knees, the buttocks, thighs, and hands.'

Whilst Dr Beaini believes the Thermage CPT technology is the gold standard treatment for non-surgical facelift and skin tightening, he often combines Thermage with Fraxel, which uses microscopic laser columns to penetrate deep into the dermis to create tiny wounds, triggering the body's natural response system to heal those wounds.

This process expedites the body's remodelling of collagen and elastin, resulting in tighter, fresher, more youthful-looking skin.

'Think of your skin as a digital photo that is delicately

touched up, one spot at a time,' says Dr Beaini. 'In the same way, Fraxel treatment affects a fraction of tissue at a time with thousands of microscopic laser columns – each just one-tenth the diameter of a hair follicle.'

The laser columns target only a fraction of skin at a time, leaving the surrounding tissue intact – but the areas the laser doesn't touch are just as vital to skin rejuvenation.

This 'fractional' treatment allows the body to heal the skin faster than if the whole area was treated at once, as with earlier ablative laser resurfacing.

Fraxel laser treatments vary in strength, downtime, the number of treatments needed and the final results. There are three strengths:

- Fraxel re:fine is the mildest and is designed to treat the earliest signs of ageing, including very fine lines around the eyes, as well as some lighter sun or age spots. It also helps smooth out uneven skin tones and improves the overall texture and appearance of skin that is beginning to age. Most men and women require between four and six treatments to achieve the results they want.
- Fraxel re:pair offers slightly more aggressive treatment than the re:fine laser. In addition to offering an improvement in the texture and appearance of the skin, the re:pair treatment also reduces fine lines and brown spots, and can help improve the appearance of acne and surgical scars. Like the re:fine treatment, most men and women usually require multiple sessions to achieve optimal results. Most satisfactory results are achieved with between three and five sessions.
- Fraxel re:store is the most aggressive of the three laser rejuvenation treatment systems. It is more invasive, relying on both ablative and non-ablative techniques to treat the most severely damaged skin, including deep lines and wrinkles. Most men and women require only one treatment with the Fraxel re:store system. However, because the system uses ablation, or removal of the upper layers of skin, in addition to the less invasive non-ablative technique, recovery time is substantially increased over that required by Fraxel re:pair and re:fine.

Whilst the system used depends on the individual circumstances and needs of each patient, Dr Beaini believes Fraxel re:store is the best option for skin tightening, improving deep lines, smokers' lines, deep scars, melasma and severely sun-damaged skin.

'Whether you have sun damage, wrinkles or other signs of facial ageing, I believe Fraxel and Thermage treatments together deliver remarkable results with relatively quick recovery,' he says.

'For the right candidate, non-invasive treatments such as Thermage and Fraxel can offer an effective solution to improve the appearance of the skin to postpone or even negate the need for surgical procedures.' **csbm**



BEFORE



Two months AFTER Thermage treatment. Photos courtesy of Bonnie Straka, MD.



BEFORE



Two weeks AFTER two Fraxel re:store treatments. Photos courtesy of Solta Medical.



BEFORE



One month AFTER three Fraxel re:store treatments. Photos courtesy of Dr E Rostan.



BEFORE



Two months AFTER Thermage treatment. Photos courtesy of Martin Safko, MD