



skin



renewed  
& refreshed

An ageing face can be rejuvenated by combining non-invasive Thermage and Fraxel treatments, says Sydney cosmetic physician **Dr Buddy Beaini**. Jessica Rule reports.

According to Sydney cosmetic physician Dr Buddy Beaini, Fraxel is a non-invasive skin treatment that can take years off a person's appearance – with less risks, side effects and downtime compared with some other treatment modalities.

When combined with Thermage NXT facial rejuvenation treatment, even further skin tightening can be achieved to enhance results.

'Thermage and Fraxel are non-surgical measures that can produce outstanding results in certain cases. Both treatments typically involve minimal discomfort and little downtime so most patients can continue their daily routines without interruption,' says Dr Beaini.

'In my experience, these are the treatment protocols people are seeking these days. Ideally, 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.'

**How does Fraxel work?**

Fraxel laser treatment uses microscopic laser columns that 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. Similarly, 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,' says Dr Beaini.

The laser columns target only a fraction of skin at a time, leaving the surrounding tissue intact – though 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.

Fraxel laser treatments vary in strength, downtime, the amount of procedures needed and the final results.

The strongest treatment, Fraxel re:pair, can offer dramatic improvement for severely damaged skin. This is typically a single treatment procedure but requires more downtime and after-treatment wound care.

Less aggressive treatments, such as Fraxel re:store or Fraxel re:fine, can achieve impressive results for mild to moderately damaged skin over the course of three to six treatments. There is typically no after-treatment wound care with these treatments and downtime in most cases is minimal.

**How does Thermage work?**

Thermage is a non-invasive procedure that tightens and renews the skin's collagen in all three layers. The treatment uses Capacitive Radiofrequency (CRF) technology to heat the skin's under layer and the collagen in the inner layer, causing immediate tightening, as well as improved tone and texture. Improvements continue for four to six months following treatment, as the collagen continues to build.

Thermage stimulates and renews the skin's collagen, improving the texture and reducing sagging skin, as well as contouring the jaw line and underneath the chin. It also softens wrinkles around the mouth, eyes and forehead and many patients report an overall improvement of fine lines and wrinkles.

'Due to this collagenogenesis the skin looks more plump and refreshed. One Thermage treatment can make a patient look years younger and can last three to four years in most individuals,' Dr Beaini says. 'In my experience, this treatment is non-invasive and offers effective results.'

While it is most popular as a treatment for the neck and face, Thermage can also be used on the décolletage, upper arms, abdomen, buttocks, thighs and the backs of the hands. Treatments usually take around 45 to 90 minutes and in most cases only one session is needed.

**Combining Thermage and Fraxel**

Dr Beaini recommends using Thermage and Fraxel in a synergistic way to treat skin conditions. 'When combined, further skin tightening and face lifting can be achieved to maximise results,' he says.

'Whether the patient has sun damage, wrinkles or signs of facial ageing, I believe Fraxel and Thermage treatments deliver remarkable results with relatively quick recovery. This means they can typically return to work and everyday activities in minimal time.'

When working in conjunction, Fraxel targets collagen remodelling in the upper part of the dermis to improve skin quality and reduce wrinkles and lines, while Thermage

addresses deeper sagging in the skin from gravity and the natural ageing process.

'Together, the two treatments offer suitable patients effective and predictable results for a variety of skin types and conditions,' says Dr Beaini. 'I believe the combined results of both treatments are superior to the outcomes that may have been achieved by using one technology alone.' **acsm**



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



BEFORE  
One month AFTER three Fraxel re:store treatments. Photos courtesy of Dr J Ting



BEFORE  
10 months AFTER Thermage treatment. Photos courtesy of Dr Ronald A Krueger



BEFORE  
Two months AFTER Thermage treatment. Photos courtesy of Dr Martin Safko