

dual synergy

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



Many people wish to turn back the clock for a tighter, more youthful-looking complexion but don't want to resort to surgery. Non-invasive treatments such as Thermage and Fraxel can offer an effective solution to improve the appearance of the skin and restore a more refreshed appearance.

'Thermage and Fraxel are non-surgical treatments that can produce outstanding results,' says Sydney cosmetic physician Dr Buddy Beaini. 'They typically involve minimal discomfort and little down time, so patients can continue their daily routines without interruption. In my experience, these are the treatment protocols an increasing number of people are seeking. 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.'

What is Thermage?

Thermage is a non-invasive procedure that tightens and renews the skin's collagen in all three skin layers. It 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 skin 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 under the chin. It softens lines and wrinkles around the mouth, eyes and forehead and many patients report an overall improvement of fine lines and wrinkles.

'Patients want to be able to return to work after a procedure and go out to dinner the following night'

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

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 between 45 and 90 minutes and in most cases only one session is needed.

Case studies



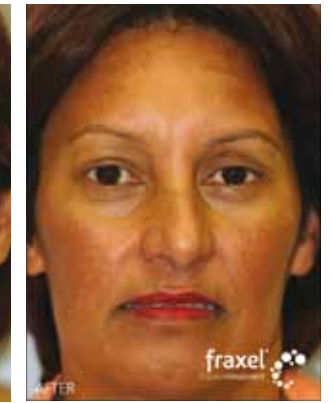
BEFORE



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



One month AFTER three Fraxel re:store treatments. Photos courtesy of Dr S Cohen.



BEFORE



Two months AFTER Thermage treatment. Photos courtesy of Dr Bonnie Straka.

What is Fraxel?

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. Then your body takes care of the rest,' 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, down time, 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, 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 down time is minimal in most cases.

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

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 effective, safe and predictable results for patients with a variety of skin types and conditions. Dr Beaini believes the combined results of both treatments are superior to the outcomes that may have been achieved by using one technology alone. **acsm**