

# Facial Fitness with Fraxel

*(Editor's note: Laser skin treatments have*

*become the latest trend in dermatology.*

*Dr. Cameron Rokhsar, NYC Cosmetic*

*Dermatologist and pioneer in the latest*

*Fraxel Laser advancements, is an expert on*

*the latest laser technologies for the treat-*

*ment of acne scars, stretch marks, age spots,*

*brown spots, melasma (the "mask of preg-*

*nancy"), wrinkles around the eyes and even*

*post cancer surgery scars. We met with Dr.*

*Rokhsar as he was readying for a trip from*

*New York to Hollywood to work his magic*

*on some of the celebs getting camera-ready*

*for the MTV Movie Awards.*

We thought that an education in Fraxel "facial fitness" might be of particular interest to Ms. Fitness readers since many of us have spent our share of time training outdoors, tanning, and possibly even neglecting our largest organ: our skin! )

For aging and damaged skin, laser treatments have become a growing trend and the treatment of choice for patients trying to avoid plastic surgery. Until recently, patients had minimal alternatives between intense CO2 laser treatments and less effective photo rejuvenation and microdermabrasion treatments. While both treatments offer a solution to aging and damaged skin, they can lack effectiveness and often sideline patients for more than a month with disfiguring side

effects.

However, an innovative laser treatment called Fraxel Laser is offering the best of both worlds. The laser repairs damaged skin in a piece-by-piece treatment format, which allows the skin to heal faster and more naturally. The Fraxel Laser is also non-invasive and provides minimal downtime for patients receiving the treatment, making it the ideal procedure for patients looking to achieve the results of a deep CO2 laser without the long recovery time.

Dr. Rokhsar has been instrumental in developing parameters and techniques for the newest version of the Fraxel Laser, Fraxel II (Fraxel SR 1500), which allows patients to experience increased effectiveness; it can penetrate up to 30% deeper. Dr. Rokhsar is regarded as an international authority on the use of the Fraxel Laser for treatment of wrinkles, scars, sun damage and pigmentation and has introduced fractional resurfacing with the Fraxel laser to Australia, Canada, Asia, and South America.

"The Fraxel Laser has changed the way I practice dermatology," said Dr. Rokhsar. "Before the Fraxel Laser, patients had few options that offered them maximum results with minimal downtime." Below, Dr. Rokhsar explains the differences between traditional laser resurfacing

treatments and the new Fraxel II Laser:

## What Makes Fraxel Laser Treatments Different From Traditional Lasers?

Fraxel Laser Treatments can best be described as a hybrid between ablative and non-ablative resurfacing treatments. Traditional CO2 lasers are considered ablative, which means they destroy unwanted skin tissue. CO2 laser resurfacing treatments work by peeling away a layer of skin while also causing tissue contraction. They are most effect for patients with wrinkles as they can cause tightening of the skin as well as removal of damaged tissue. Patients normally opt to go under local anesthesia but sometimes undergo general anesthesia for their treat-

Fraxel Laser technology  
can treat any body surface  
and all skin types and color

ments. CO2 laser treatments require significant dedication from a patient - most have prolonged healing times, and side effects such as redness and swelling can last as long as two weeks. Conversely, non-ablative laser resurfacing, often called "photo rejuvenation" are less effective, as they do not actually remove the skin. These procedures are generally done with an infrared light source. The light penetrates the dermis and generates collagen production and causes skin contraction and tightening. While these procedures yield less downtime and side effects, they results are mediocre at best.

## How Do Fraxel Laser Treatments Work?

Fraxel Laser Treatments can best be described as the best of both ablative and non-ablative resurfacing treatments.