

## **DEKA FRACTIONATED LASER**



**SmartXIDE**  
**DOT**

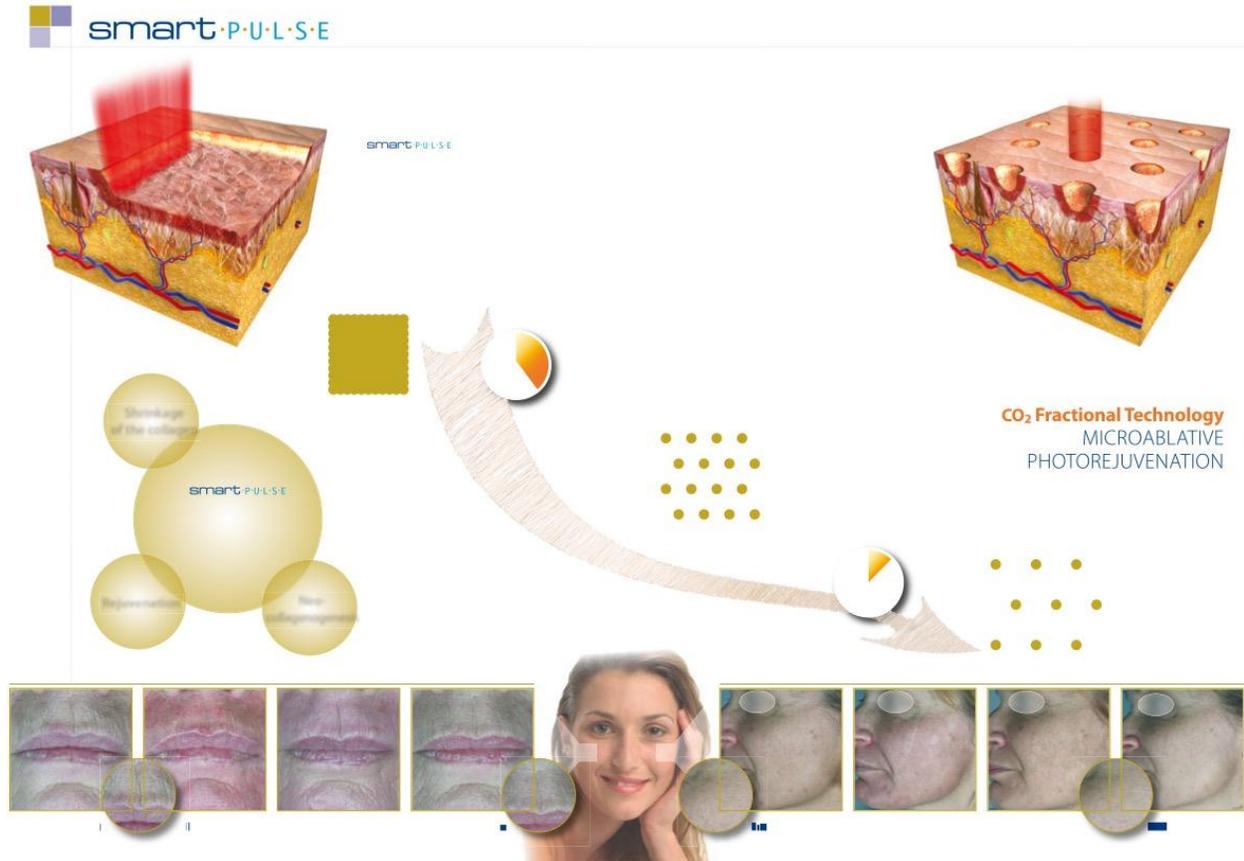
Advanced CO2  
Fractional Technology

Exclusive Smart Pulse Technology  
Innovative SmartStack Function



**MEDICINE & AESTHETICS**

## How does it work?



DEKA SmartXide DOT is a fractional CO2 laser system that works on an electronically pre-set network of points, without removing the entire skin surface, as with other systems. The light associated with CO2 lasers is able to stimulate skin rejuvenation, only hitting small areas in depth. It also reduces the usual rejuvenation side effects such as pain, scabbing and a lengthy recovery time. Skin redness following the treatment usually only lasts a few days, versus months as before, and can be masked with cosmetics. DEKA SmartXide DOT can help your skin regain its tone during the treatment, as well as reducing the appearance of wrinkles, small and large acne scars, and dark marks.

## ***DEKA LASER: Frequently asked questions***

### **Does it hurt?**

We apply a topical numbing cream (LMX or BLT) prior to the procedure. We can also provide a prescription for Valium or Vicodin if you are anxious or concerned with pain, however you will need a driver. The laser feels like a hot rubber band snap and your skin will feel hot for about 30-60 minutes following procedure. You will be provided with ice packs and it is recommended to ice at home the first night. A topical ointment is also applied afterwards that will help bring down the warmth, swelling or discomfort you are feeling.

### **What can I do for pain afterwards at home?**

Take an anti-inflammatory such as ibuprofen (up to 800mg q 8 hours), take an anti-histamine (i.e. Claritin, Zyrtec, Benadryl) for swelling, cool compresses or ice packs, and/or aloe gel (keep in fridge for extra soothing). Oral analgesics, such as Vicodin, which requires a written prescription, can be prescribed if needed.

### **What should I use at home?**

We provide a gentle **soap free cleanser**, Aquanil cleanser, as well as **hypoallergenic creams and ointments** (Vaniplly, Aquaphor, Vanicream) to continuously apply for the next 3-4 days. A **chemical free sunscreen** (Solbar SPF 35, Elta Physical, Elta UV Elements) will also be provided, however we recommend limited sun exposure for the first few days after the treatment. If you are using your own sunscreen, make sure it only contains the active ingredients Zinc and/or Titanium). If you need a gentle cleanser, Cetaphil or Cerave is recommended.

### **Can I do activities afterwards (exercise, gym, beach, pool)?**

Weights, low impact exercise or walking is fine. Avoid overheating and sweating however, as this tends to sting and create irritation of the treated area. Avoid chlorinated pools or Jacuzzis for the first 2-3 days. Avoid excess sun exposure.

### **When will I see results?**

You will typically see results within 4-7 days, depending on area treated and intensity. It will also stimulate collagen production for up to six months following the treatment.

### **What are the results I will see? What does it do?**

The DEKA laser improves wrinkles, texture of the skin, skin laxity, acne and traumatic scars and dyschromia (discoloration) and dark spots.

### **Are the results long-lasting?**

Yes, all the changes in your skin obtained with DEKA are permanent however, the effects will gradually diminish with the natural aging process. Remember that smoke, alcohol, excessive exposure to sun, and poor eating habits all accelerate the aging process.

**How many treatments do I need? Can I repeat the treatments?**

You will see results with one treatment. Depending on sun damage, age, and severity, some people may need several treatments. You can repeat treatments **one month apart** and can do as many treatments as desired. Generally, patients do between **one to three** treatments, repeating once a year thereafter.

**How long does the treatment take?**

A topical numbing cream is applied first for approximately 5-15 minutes. The actual laser procedure takes approximately 15-20 minutes. Plan on spending approximately one hour at your scheduled appointment.

**How long does it take to heal?**

Healing time is between four to ten days depending on intensity and locations. Typically full face is between four to seven days, eyelift between four to five days, and neck/chest between seven to fourteen days.

**When can I wear makeup? Exercise? Sun exposure?**

Mineral makeup may be worn at day 2, and regular makeup can be worn at day 4. You can resume to your normal activity and exercise at day 5. Sun exposure with SPF 30 or higher after day 5 is recommended.

**Why do you prescribe cold sore medication?**

Frequently laser treatment can induce a herpes outbreak. If a person has a history of cold sores or herpes (oral or genital) at any time in their life, it is recommended they begin antiviral medicine starting the day of the procedure to reduce the chances of an outbreak.

**What to be concerned with/When to call the office?**

If you are experiencing an increase in pain, yellow or crusting of the treated skin, increased swelling and tenderness or new blistering lesions, please call our office at 760-634-3376.

## **What to expect at...**

**Day 1:** Redness, swelling, and warmth. Skin may be itchy or painful, and there may be a dry and tight sensation of the skin. It is recommended that you continuously apply **ointments** such as Aquaphor or Vaniply to the treated area (every few hours). Cold compresses are also helpful for swelling and pain. Avoid washing your face for the first 24 hours after your procedure. An anti-inflammatory or topical steroid such as OTC hydrocortisone 1% may be used for itching and swelling. Avoid sun exposure.

**Day 2:** Itching, dryness, mild swelling and redness. Continue ointments (Aquaphor, Vaniply) throughout the day. Cool compresses may be continued if desired. You may gently wash the treated area with Aquanil cleanser and cool water. Do NOT exfoliate skin. It is okay to continue an anti-inflammatory, antihistamine or OTC hydrocortisone for itching or swelling if needed. Limit sun exposure. Mineral makeup may be worn.

**Day 3-4:** Itching, dry, redness, pinpoint black or brown dots which will begin to flake off (dead skin). Begin applying creams, i.e. Vanicream, to the treated area (versus the ointments). Wash face with cool water and soap free cleanser such as Aquanil, Cetaphil, or Cerave. Apply SPF 30+ daily (chemical free only). Your regular make-up may be worn at this point.

**Day 5-7:** Mild erythema, itching, and pinpoint black or brown flaking skin. Continue creams and/or lotions throughout the day. You may return to your normal make-up routine and gentle exfoliation with your hands or a soft wash cloth is allowed as tolerated.

**Day 8-14:** Mild erythema and flaking. At this point, you can return to your normal skin care regimen and products. It is always recommended to continue a SPF 30 daily, and to reapply every 2-3 hours. Occasionally patients may develop a **breakout with acne** following the laser treatment. If this occurs, we can prescribe a sulfur based wash or medicine. Please call the office if you develop an acne breakout.

**Please feel free to contact our office at 760-634-3376 with any questions or concerns.**