

DEKA FRACTIONATED LASER



SmartXIDE
DOT

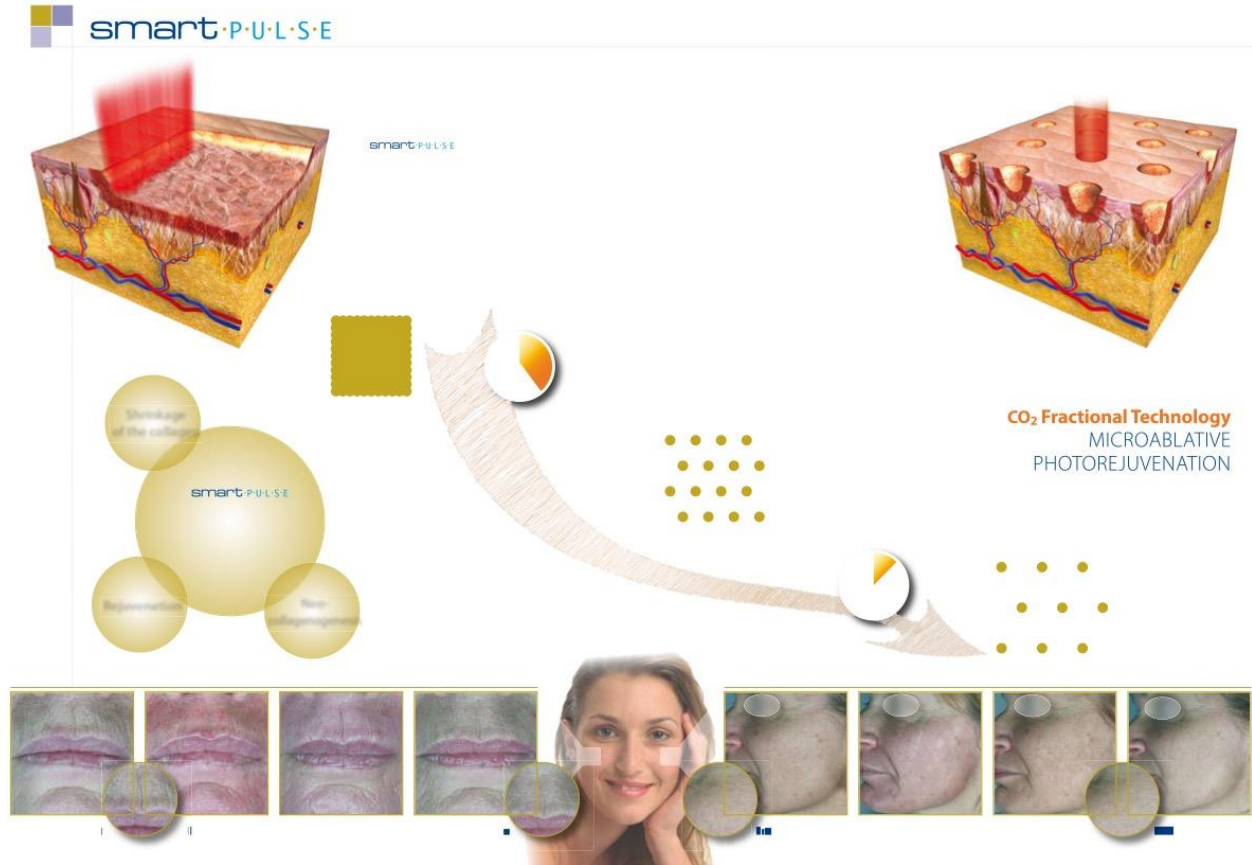
Advanced CO2
Fractional Technology

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 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. 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) with food, Tylenol as directed on the bottle and/or take an antihistamine (i.e. Claritin, Zyrtec, Benadryl) for swelling. Cool compresses or ice packs are helpful for swelling and pain. Prednisone for swelling will also be prescribed for aftercare.

What should I use at home?

You can make a vinegar soak with 1 part **white** vinegar to 4 parts water. Use 2-3 times per day while healing with a clean washcloth to dab to the treated areas. The soaks may sting after use, however, they are helpful to soothe, help with swelling, and prevent infection. You can make a vinegar-water 1:4 mix and keep in the fridge as the cold is soothing and use a clean washcloth each time for application. After vinegar soak, apply ointment, such as Vaseline, Coconut oil, Aquaphor or Vaniply ointment. Aquaphor has an extra ingredient called Lanolin which may be irritating, if skin gets more red or tender, switch to Vaseline or Coconut oil. For the first 4-5 days while still not leaving house, only Vinegar soaks and ointment need to be used. After about 5 days, a chemical-free, zinc oxide-containing sunscreen needs to be applied prior to leaving the house. 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 once you are able to leave the house. Avoid overheating and sweating however, as this tends to sting and create irritation of the treated area, ok to restart these activities after 1 week. Avoid chlorinated pools or Jacuzzis for 1 week. Avoid excess sun exposure 5-7 days.

When will I see results?

You will typically see results within 5-7 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.

How long does the treatment take?

A topical numbing cream is applied first for approximately 15 minutes. The actual laser procedure takes approximately 20-30 minutes. Anticipate spending approximately one hour at your scheduled appointment.

How long does it take to heal?

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

When can I wear makeup? Exercise? Sun exposure?

Mineral makeup may be worn at day 5, and regular makeup can be worn at day 7. You can resume to your normal activity and exercise at day 5. Sun exposure with SPF 30 or higher after day 5 is recommended but must contain mineral ingredient, specifically zinc oxide. Tinted is ok.

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 1-5: Redness, swelling, and warmth. Skin may be itchy or painful, and there may be a dry and tight sensation of the skin. Start taking Prednisone every morning to help with swelling. You can take the first tablet the night after laser if eyelids starting to swell and feel tight, other tablets should be taken once in the morning until gone. It is recommended that you continuously apply ointments such as Vaseline, coconut oil, Aquaphor or Vaniply to the treated area (every few hours). Cold compresses and vinegar soaks 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 over the counter hydrocortisone 1% may be used for itching and swelling. Avoid sun exposure. Do NOT exfoliate skin. It is okay to continue an anti-inflammatory, antihistamine or OTC hydrocortisone for itching or swelling if needed.

Day 5-7: Mild erythema (redness), itching, and pinpoint black or brown flaking skin. If going outside, start using mineral sunscreen daily with reapplication as sunscreen only lasts about 2 hours. Wear wide-brimmed hats and seek shade. You can start using regular moisturizers but continue ointments if very flaky. You may wear mineral makeup and use gentle exfoliation with your hands or a soft wash cloth is allowed as tolerated.

Day 8-14: Mild erythema (redness) 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, you can purchase an over the counter or 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.