

## DEKA Fractionated Laser

Comprehensive Dermatology Group, 760-634-3376



### ***DEKA FRACTIONATED LASER***



**SmartXIDE**  
**DOT**

Advanced CO2  
Fractional Technology

Exclusive Smart Pulse Technology  
Innovative SmartStack Function



**MEDICINE & AESTHETICS**

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### What is DEKA SmartXide DOT Laser Treatment?

- DEKA SmartXide DOT is a fractional CO2 laser system for skin renewal and collagen growth.
- It makes small holes in the skin with heat for skin tightening.



### What results will I see?

- The procedure reduces the appearance of wrinkles, scarring from surgeries and acne, and brown spots by removing a portion of the outermost layer of the skin and creating new collagen.
- There is downtime depending on the area treated and the intensity of the treatment:
  - For the face - scabbing and swelling can take place for about 5-7 days
  - For the neck and chest - scabbing and itching can last for about 2 weeks.
  - Tops of the hands can have scabs for about 3-4 weeks
  - All treated areas must stay out of the sun while scabs are resolving
  - Diligent sun protection is recommended indefinitely.
- The treated area will look improved once scabs resolve in days to weeks as above. Post-inflammatory redness may remain a bit longer and will fade with time and sun protection. New collagen production begins after 3 months and can last for up to 12 months.

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### How long will the results last?

- While the changes in your skin are permanent, the effects will gradually diminish with the natural aging process.
- Remember that smoking, alcohol, excessive exposure to sun and poor eating habits all accelerate the aging process.

### What is the procedure like?

- A topical numbing cream - benzocaine, lidocaine, tetracain (BLT) - is applied to your face at the office prior to the procedure.
- Valium can be taken at this time, as well.
- The laser treatment procedure takes approximately 20-30 minutes.
  - The laser is moved across your face, section by section.
  - The laser feels like a hot rubber band snap.
- Your skin will feel hot for about 30-60 minutes following the procedure.

### How often can I have the treatment?

- Depending on the amount of sun damage and age, some people may desire several treatments.
- Treatments can be repeated for greater improvement. One treatment can improve skin texture and tightening by about 50-80% depending on depth of treatment. Subsequent treatments can take place in about 1-3 months for light treatments and 6 months to 1 year for deeper treatments.

### How can I best prepare for the procedure?

- There is downtime after this treatment, especially for the face, which includes a minimum of about 3-4 days of sun avoidance for light treatments and 5-7 days for deeper treatments of the face. Have books to read, shows to watch, and any needed groceries before treatment.
- Sun avoidance means not leaving the house while the sun is out which includes time in the car. We recommend avoiding windows and keeping blinds closed while the skin is scabbed. For the neck and chest, higher neck clothing and a scarf/handkerchief can be worn for sun protection. For the hands, long sleeves can be pulled over the hands or cotton gloves can be worn.
- White vinegar soaks are recommended following the treatment while scabs are present. Vinegar soaks are 1 part white vinegar to 4 parts water. This can be made in advance and kept in a clean Tupperware or bowl and kept in the fridge as the cold will feel soothing. Clean washcloths or gauze can be used to dab the area with each cleaning taking place about 4-5 times per day for the first 4 days, then 2-3 times per days until scabs are resolved. Vaseline, coconut oil, or other healing ointments are recommended for application following each vinegar soak.
- Clothing, sheets and pillowcases will get messy with Vaseline, coconut oil, or other ointments.
- Pick up medications and products on next page prior to appointment:

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<b>Medicine/Product</b>	<b>Purpose</b>
<b>Topical steroid ointment such as Triamcinolone</b> <i>(prescribed by Dermatologist)</i>	For itch on neck, chest, or tops of hands while healing.
<b>Valium</b> <i>(prescribed by Dermatologist)</i>	For anxiety/pain (bring to appointment and requires driver for return home from appointment).
<b>Cold sore medication</b> <i>(prescribed by Dermatologist)</i>	For possible herpes outbreak. If you have a history of cold sores or herpes (oral or genital) at any time in your life, it's recommended you begin antiviral medicine the day of procedure. Also, if you are exposed to anyone with a history of cold sores, there is a risk of spread while the skin is open following treatment and thus recommended for all patients.
<b>Prednisone</b> <i>(prescribed by Dermatologist)</i>	For swelling for about 3-7 days following treatment.
<b>Vaseline, coconut oil, Vaniply, Aquaphor* or Cerave healing ointment</b>  *Aquaphor has Lanolin which may be irritating. If skin gets more red or tender, switch to Vaseline or coconut oil	For skin healing. Skin heals faster when it is kept greasy. This should be applied 4-5 times per day or more for the first week following treatment and at least at bedtime for the second week following treatment.
<b>White vinegar</b>  Make a vinegar soak with 1 part white vinegar to 4 parts water. Recommend to keep in the fridge.	For soothing and swelling, preventing infection.
<b>Mineral, chemical free, zinc oxide-containing sunscreen</b>	For when you leave house (after about day 5-7 or once scabs resolve).

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### What can I expect in the first two weeks?

	<b>Day 1-5</b>	<b>Day 5-7</b>	<b>Day 8-14</b>
<b>Your skin's appearance</b>	Red, swollen and warm. Skin may leak yellow fluid or pinpoint bleed.  May be itchy or painful.  May feel dry and tight.	Mild redness & itching  Flaking skin that is dark and colored.	Mild redness  Flaking skin

### When should I become concerned?

- Call the office if you are experiencing any of the following:
  - Increasing pain
  - Yellow crusting of the treated skin
  - New blistering lesions