

# CFI | Laser Treatments

*Nearly 640,000 laser skin rejuvenation treatments were performed in 2008.*

With over 100 different lasers on the market it can be difficult to decide which treatment is best suited for you and your needs. There is not one laser that works best for all skin types or conditions.

As one of California's most advanced centers for cosmetic laser treatments, CFI physicians have extensive experience in laser medicine and will use their vast knowledge of lasers to recommend the best possible treatment for you. Here are some of areas where lasers can help you to achieve the results you're looking for:

## **Spider Veins**

Tiny red veins on your face and legs, often called spider veins, can be banished in seconds with no downtime and little to no discomfort.

## **Scar Revision**

Laser scar revision is an effective way to camouflage scars and make them significantly less noticeable. The laser works by reducing the scar's redness and stimulating collagen production in the skin.

## **Acne**

The future of acne treatment likely lies in light based technology such as lasers and intense pulsed light (IPL). CFI has multiple lasers that are FDA approved to treat acne. Many patients who thought their best solution was a lifetime of medications are thrilled to find improvement with a few light based treatments.

## **Laser Hair Removal**

With the many different lasers available at CFI, laser hair removal can be performed on all skin

tones. The treatments are quick, often described as "painless" and permanently reduce hair growth.

## **Rosacea**

A combination laser treatments can greatly reduce the redness, flushing and discomfort associated with rosacea. The laser works by eliminating broken vessels and remodeling thickened, oily skin cells. Patients are thrilled by the diminished downtime and virtually pain free treatment series.

## **Skin Rejuvenation**

Skin rejuvenation represents a broad spectrum of procedures to treat and minimize the effects of age and sun damage on the skin, including reducing fine lines and wrinkles, eliminating brown spots and broken capillaries, improving skin tone and texture and tightening loose skin. Laser treatments have advanced drastically over the past five years. New devices and progressive techniques allow the

## **Light-Based Acne Treatment**



Photo courtesy of Suzi Slader, RD

most skilled practitioners to see results that could previously only be achieved with surgery.

### **Intense Pulsed Light (IPL)/PhotoFacial**

IPL utilizes multiple colors of the light spectrum to rejuvenate the entire face. During this treatment, light is specifically attracted to trouble areas greatly reducing and even removing skin discoloration, brown spots, redness and broken capillaries. This treatment can be performed on your lunch with no downtime. Dr. Mingrone uses the Sciton BBLT, a high-technology piece of equipment requiring specialized training for use.

### **Fractionated Lasers**

The biggest breakthrough in the last five years in laser technology is the fractionated laser. Fractionated devices are designed to create tiny microholes in the skin while leaving the surrounding tissue untouched. These "bridges" of healthy tissue allow the skin to heal itself rapidly. These treatments can improve skin discoloration, help reverse the signs of sun damage, acne scars and melasma and improve the skin's texture and feel. These lasers are safe to use on the chest and neck as well as the face.

### **Fractionated CO<sub>2</sub>**

Bright, powerful, inviting eyes are an essential ingredient to looking your best. Unfortunately for most of us, the thin skin around the eyes is one of the first parts of our face to show the aging process. A recent breakthrough in laser technology allows us to effectively reduce the appearance of eyelid wrinkles with a quick in-office procedure. Most people see an improvement in skin texture and tone

### **Laser Skin Rejuvenation**



within days of the treatment, and wrinkles tend to improve over a 3 month period of time as collagen builds. The deep CO<sub>2</sub> fractionated laser treatments are also treatment of choice for improving acne scars. CFI Physicians utilizes the Active FX, Deep FX and Total FX system to help you achieve total skin rejuvenation.

There are many treatments and lasers to choose from at CFI. Often, a combination of treatments is necessary in order to achieve a specific result. During your consultation, your physician will work with you to better understand your goals and time commitment and then create a personal plan that will best fit your lifestyle. As these procedures are becoming more popular and readily available, it is important to seek treatments from an experienced health care professional at an established facility.

Request a consultation with to learn about which laser treatments will work best for you.

### **Fractionated CO<sub>2</sub> Skin Rejuvenation**



### **Fractionated CO<sub>2</sub> Skin Rejuvenation**

