

What is Erbium Laser?

Erbium Laser is used to minimize wrinkles and fine lines as well as correct the texture of the skin, thus reducing the signs of aging. Acne scarring can also be treated by this laser. It provides an accurate method of restoring softer, smoother and more youthful appearing skin, with uniform color and better texture. It can also be done by Dr. Khanna at a more aggressive setting for very deep lines and wrinkles. It is often done in conjunction with Facelift surgery.

This is not comparable to, nor a substitute for a surgical facelift. Erbium Laser will achieve a long lasting result, but is not permanent. As the body continues to age, the skin will also continue to age, and lines and texture changes can eventually recur.

Studies have shown that the Erbium stimulates the production of collagen, which produces a tightening, renewed and smooth appearance to the skin.

Pre-Treatment

If you have a history of cold sores, you should start taking Valtrex medication prior to treatment. Patients should eat a light meal prior to the treatment. Topical anaesthetic will be applied to the skin one hour prior to treatment. If stronger anaesthetic is required, Dr. Sheetal Sapra could discuss this during the time of consultation. Pre-op nurses will discuss pre-treatment instructions for patients requiring IV sedation or other anaesthetics. Patients cannot be tanned during the course of this treatment as it increases the risk of pigmentation problems. A sunscreen should be used daily.

Details of Procedure

Depending on the depth of your treatment, you should expect to be in the clinic for approximately 2 ½ hours. One hour prior to treatment, you may have a topical numbing cream applied to the area being treated.

Post Treatment Care

Patients being treated at 10 or 20 microns can expect a downtime of 3-5 days. Side effects will include feeling tight, swollen, extremely dry and red. Vaseline will be applied immediately following your treatment and should be continued for 24-48 hours. You can expect peeling on or around the 3rd day following treatment. It is important that the dry skin is not peeled away; however you may gently exfoliate with a warm washcloth.

The final result will be seen after the redness has faded, approximately 1 week – 4 months later (depending on the strength of the treatment). Patients should expect to be in the office anywhere from 1 hour to 2 ½ hours.

Any areas of the face that are being treated at a higher level can expect swelling for the first 3-5 days. An extra pillow at night will help decrease the swelling. For deeper treatment levels, the treated area is covered with Vaseline, which can help prevent formation of a crust or scab. Clear oozing and redness is normal and expected. Healing will be complete in 7-14 days. Skin will be encouraged to regrow more quickly, smoothly and naturally by keeping the wound moist. Wash treated area with water and vinegar mix. Combine 10 parts water with 1 part vinegar, and apply 4-6 times per day followed by a coat of Vaseline for 7-10 days. If burning or itchiness is excessive, switch to plain tap water.

Occasionally, a specific dressing or antibiotic ointment will be prescribed. During this time, patients should not be picking at the crusting that has formed as this can cause scarring. The scabbing will last approximately 10 days. After 2 weeks the skin should be healed and make up can be worn to cover up any redness. The Skin Spa does offer complimentary consultations and colour matching if you are interested in purchasing an anti-microbial/anti-inflammatory mineral makeup which is fantastic for use after any skin treatments. The redness (pink color) you will experience usually lasts from 1-6 months, in some cases it can last up to 1 year, although there are laser treatments that can be done to speed fading of the pinkness.

It is very important that patients avoid sun exposure and always wear sun protection following laser resurfacing. This will protect the new skin that has formed. The new skin is photosensitive and is more susceptible to pigment changes until it has completely healed. Sun protection is also recommended to preserve the longevity of this treatment.

Possible Side Effects

Complications such as scarring from this laser are extremely rare, but can occur. Permanent pigmentation changes are also a risk of this procedure. The most common is hypopigmentation. This is the lack of melanin in the skin, and cannot be repaired. The result is very light areas on the skin. Due to this risk, patients who have naturally darker pigmentation in their skin are not good candidates for this type of procedure. Patients who tend to scar easily or who have had any active skin infections in the past are also not good candidates for this procedure. Patients who suffer from a history of cold sores must take antibiotic and antiviral medications prior to treatment. This will limit or prevent a serious outbreak, which can occur as the skin is compromised.

**Please Note -- We do require a 20 % deposit when booking all procedures in the Skin Spa.
Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 for every ½ hour of appointment time that is cancelled without the appropriate 48 hours' notice.*