



Fractional Laser Resurfacing

(Advanced laser treatment to improve skin texture, tone, and scars)

What Is Fractional Laser?

Fractional laser is a skin-resurfacing treatment that uses laser energy to create **thousands of microscopic treatment zones** in the skin, while leaving surrounding skin intact. This “fractional” approach helps the skin heal faster while stimulating **collagen renewal**.



Fractional lasers are used to improve:

- Acne scars and surgical scars
- Fine lines and wrinkles
- Uneven skin texture
- Sun damage and discoloration
- Enlarged pores
- Overall skin quality and firmness

Your dermatologist will select the **type and intensity** of fractional laser based on your skin type, concerns, and downtime preference.

How Fractional Laser Works (Simple Explanation)

- The laser creates tiny, controlled columns of heat in the skin
- This triggers the body's natural healing response
- New collagen forms over time
- Skin gradually looks **smoother, firmer, and more even**

Because untreated skin remains between treated areas, healing is **more efficient** than with traditional full-field resurfacing.

What to Expect During Treatment

Fractional laser treatments are performed **in the office**.

During your visit:

1. Skin is cleansed and prepped
2. Topical numbing cream is applied (when appropriate)
3. Laser passes are delivered to the treatment area
4. Cooling and soothing products are applied afterward

Treatment time varies by area but often takes **30–60 minutes**.

When Will I See Results?

- Initial improvement may be seen once healing is complete
- **Collagen remodeling continues for weeks to months**
- Results improve gradually and look natural

Some patients benefit from **a series of treatments**, while others achieve goals with a single session depending on laser type and intensity.

Pre-Op Instructions (Before Fractional Laser)

2–4 weeks before treatment

- **Avoid sun exposure and tanning** (including self-tanner)
- Use **broad-spectrum sunscreen daily**
- Avoid tanning beds

1–2 weeks before

- Stop **retinoids, exfoliating acids, and harsh scrubs** in the treatment area (unless instructed otherwise)
- Tell us if you:
 - Have a history of **cold sores** (preventive medication may be recommended)
 - Have a history of **dark marks after irritation (PIH)**
 - Are pregnant or breastfeeding

- Have active skin infection, rash, or open wounds

Day of treatment

- Arrive with **clean skin** (no makeup, lotion, or sunscreen on the area)
 - Avoid waxing or threading the area before treatment
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Post-Op Instructions (After Fractional Laser)

What's normal

- Redness and warmth (similar to a sunburn)
- Swelling (especially around the eyes)
- Dryness, flaking, or bronzing as skin heals
- Mild discomfort or tightness

Healing time depends on laser intensity and may range from **a few days to about 1–2 weeks**.

Aftercare

- Use only **gentle cleanser and bland moisturizer** as directed
- Avoid picking, scrubbing, or exfoliating
- Avoid hot showers, saunas, and intense exercise for **24–48 hours**
- **Strict sun protection** is critical during healing
- Do not use active skincare (retinoids, acids) until cleared by your provider

Makeup

- May be applied once the skin surface has healed (timing varies)

Call the office if

- You develop blistering, pus, increasing pain, or fever
 - You notice worsening pigmentation instead of gradual improvement
 - Redness or swelling is severe or worsening after the expected healing window
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Who Is a Good Candidate?

Fractional laser may be a good option if you:

- Want improvement in **texture, scars, or fine lines**
- Can avoid sun exposure during healing
- Understand that results are **gradual** and improve over time

It may not be ideal if you:

- Have active infection or inflammation in the area
- Are prone to significant pigment changes without careful planning
- Cannot avoid sun exposure during recovery

Your dermatologist will determine if fractional laser is safe and appropriate for your skin type.

Fractional Laser FAQ

Is fractional laser painful?

Topical numbing significantly improves comfort. Patients describe warmth or pressure during treatment.

How much downtime is there?

Downtime varies. Some treatments have **minimal downtime**, while others require several days to a week of recovery.

How many treatments will I need?

This depends on your goals. Some patients need **1 session**, others benefit from **a series** spaced weeks apart.

Can fractional laser treat acne scars?

Yes—fractional laser is commonly used to **soften acne scars** and improve skin texture over time.

Will fractional laser help wrinkles?

It can improve **fine lines and skin firmness** by stimulating collagen. Deeper wrinkles may require combination treatments.

Can it cause dark marks?

In some skin types, post-inflammatory hyperpigmentation (PIH) can occur. Careful laser selection, proper aftercare, and sun protection reduce this risk.

Can fractional laser be combined with other treatments?

Often yes. It's commonly combined with:

- Medical-grade skincare
 - Neuromodulators (Botox® / Daxxify®)
 - Dermal fillers (timing is important)
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