

# Skin Resurfacing

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## Overview

Skin resurfacing is a cosmetic procedure that uses lasers to rejuvenate your skin and diminish the appearance of fine lines and wrinkles. It may also be known as laser skin resurfacing.

Laser skin resurfacing is a popular treatment that's prescribed by dermatologists if you're looking to turn back the signs of aging. It works by removing your skin layer by layer resulting in the formation of new skin cells. As a result, your skin's texture will improve and will be tighter and younger-looking.



## What are the Reasons for Using Skin Resurfacing?

Laser skin resurfacing can make use of an ablative or nonablative laser.

Ablative lasers are used to treat more extensive signs of sun damage and aging compared to nonablative lasers, which are prescribed for patients who do not want a more extended period of recovery. They remove the epidermal and superficial dermal

layers of your skin to remove deeper signs of aging.

Ablative lasers may also be prescribed by your dermatologist if you have scars, seborrheic keratosis, or even actinic keratosis.

Nonablative lasers leave your skin's outer layer, the epidermis, intact while still producing the rejuvenating effects you desire. Nonablative lasers are best for:

- finer wrinkles
- mild hyperpigmentation
- mild changes to the texture and tone of your skin

Some common types of lasers include:

1. CO2 Laser Resurfacing

A commonly used form of laser resurfacing, CO2 lasers are used to treat everything from wrinkles and scars to enlarged oil glands and warts.

2. Erbium Laser Resurfacing

This type of laser resurfacing is used to treat mild symptoms of sun damage on your face. As a result, this means patients experience less swelling and bruising, resulting in a quicker recovery period.

3. Fractional Laser

This treatment targets a fraction of your skin in a single period of time. They can be ablative or nonablative in nature, but typically require less downtime.

## **Skin Resurfacing Treatment is Safe When Performed by a Board-Certified Dermatologist**

Your dermatologist will evaluate your symptoms before prescribing a skin resurfacing

treatment that's right for you.

If you have minimal wrinkles and fine lines on your face, including your forehead and the sides of your eyes and mouth, you may be an ideal candidate for laser skin resurfacing.

If you have mild symptoms, your dermatologist will recommend nonablative laser skin resurfacing as it has less downtime, and is less harsh on your skin. Ablative lasers, on the other hand, are used to treat and rejuvenate deeper signs of sun damage and hyperpigmentation.