

# Smart Xide: “Dot Therapy” Fractional Co2 Resurfacing

[BY: DR. THOMAS JENEBY]

In the past 10-12 years, we have seen the emergence of many laser technologies promising much but delivering fair to sometimes good results. The emergence of FDA-approved fractional Co2 resurfacing is a breath of fresh air in an already crowded market.

Fractional Co2 resurfacing is a major advance in the fight against aging skin (wrinkles), pigmentation problems, acne and loose skin — giving the recipient a “refreshed” look without the down time of traditional Co2 resurfacing.

Co2 laser light heats and removes the topmost layers of skin. With the “fractional” technology, some skin is spared (small dots) to allow for faster healing without the original down time of conventional Co2 lasers (the gold standard for wrinkle reduction). The trade-off is that multiple treatments may be needed based on the fraction of healed skin left behind. This procedure is based on patient preference.

The skin is left baby-soft with decreased lines above the lips, crows’ feet, cheeks, neck, and chest. With experience, the lower lids and upper lids may also be tightened without surgery. Large pores, melasma, and poor skin tone can all be tightened with now minimal down time (three to four days, also known as a “weekend lift”). Patients have had the procedure on Friday and been back to work Monday with makeup and no problems.

Candidates include people with aged and wrinkled skin, acne, sun damage or those wanting to be a little “tighter” with improved texture.

The procedure is performed under oral sedation with topical anesthesia placed on the face for one hour. The patient is brought in by a family member, significant other or by our in-house driving service. The topical

numbing medicine is applied, and laser glasses are applied. Depending on the fraction used, the Smart Xide Dot Therapy is then performed. Most patients report feeling almost nothing to a slight stinging sensation. After completion, the patient’s skin is cooled and within half an hour the patient is allowed to go home. A regimented post-op recovery skin care program is initiated and the patient is back at work within three or four days.

The side effects are minimized with Dot Therapy — much like moderate sunburn with facial dryness and tightness. Special ointments are prescribed to offset the dry feeling, and makeup can generally be worn three or four days later. Within several weeks the patient will notice a smoother skin and, according to most, a decrease in the overall need for foundation/cover-up.

Results are seen within a week after peeling has commenced and include a glowing, natural appearing face, decreased pigmentation, tightness and sometimes the relief of active acne. Long-term results include wrinkle reduction of sun damaged skin, decreased melasma and in general, a refreshed shiny look to an otherwise ruddy face.

If you are ready for a procedure to refresh, rejuvenate and revitalize without all the burdens of down time, the Fractional Co2 resurfacing is here now— Smart XIDE Dot Therapy is only available at The Plastic and Cosmetic Center. Please feel free to call and schedule

your appointment today to get ready for that healthy, wrinkle free glow to go with that summer outfit. **N**

For more information, visit [www.drjenebyplasticsurgery.com](http://www.drjenebyplasticsurgery.com) or 210-270-8595.

