



Skin Resurfacing Programme

The Laser with Highest Energy & Power for Faster more Effective Treatments

Would you like your wrinkles smoothed out, your skin tightened up, your age-spots and freckles removed and to look ten years younger? Laser resurfacing is a state-of-the-art treatment used for the removal of wrinkles, pigmented lesions, scars and other areas of damage. Together with a skin tightening treatment it effectively offers a non-surgical face-lift with a fresher, younger-looking skin.

Kings Cosmetic Clinic uses the powerful **Erbium YAG Laser** which:

- Removes fine lines and wrinkles and significantly improves deeper wrinkles
- Removes and reduces acne and all forms of scarring
- Removes warts, moles, and other pigmented lesions
- Removes age-spots and freckles
- Improves skin texture and tone
- Improves your complexion
- Reduces stretch marks

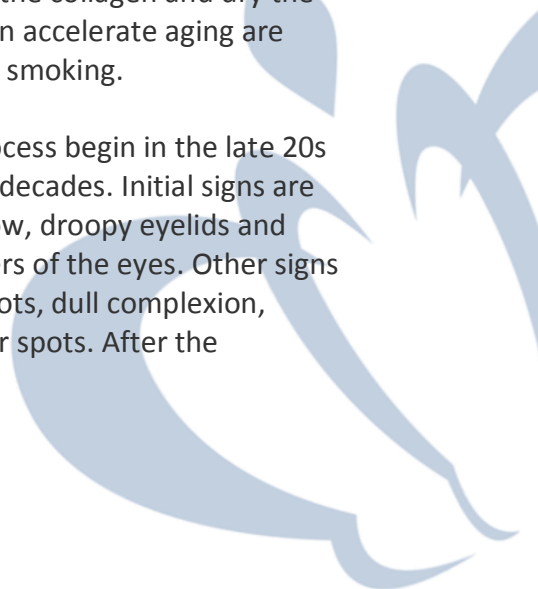
The laser achieves such dramatic results by removing the damaged superficial skin cells, allowing a fresh and healthier skin surface to regenerate, and by stimulating the deeper collagen layer to thicken, improving the elasticity and texture of the skin.

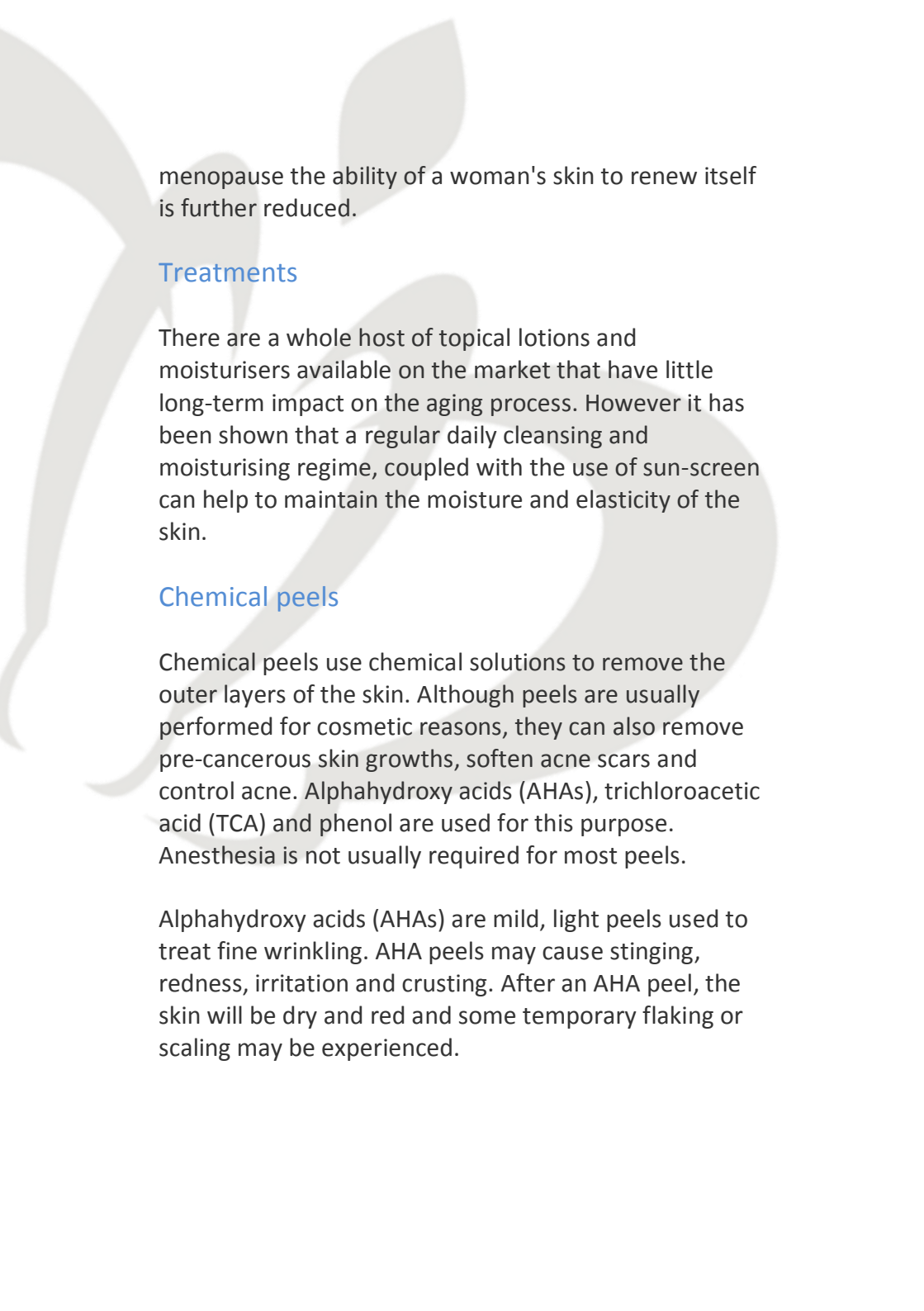
Until recently the overwhelming majority of anti-ageing treatments involved the use of lotions and moisturisers or cosmetic surgery to improve the appearance of fine lines and wrinkles. However recent developments in laser technology are now delivering a longer lasting scientifically proven method of restoring the natural beauty of the skin.

As a person ages the skin cells in the epidermis become thinner and less 'sticky'. As a result the skin cells begin to lose moisture more easily causing the skin to dry. In addition less collagen is produced in the dermis, which is responsible for skin firmness, and the elastin fibres begin to wear out (elastin is responsible for 'bounce' and resilience), while the skin also thins as it loses fat in the subcutaneous layer. Combined these changes cause the skin to sag and wrinkle.

One of the principal factors responsible for the aging of the skin is exposure to the ultraviolet rays of the sun (80-90%). These rays damage the collagen and dry the skin out. Other factors that can accelerate aging are poor diet, lack of exercise and smoking.

The first signs of the aging process begin in the late 20s and accelerate in subsequent decades. Initial signs are horizontal lines across the brow, droopy eyelids and 'crow's feet' around the corners of the eyes. Other signs are: broken capillaries, age spots, dull complexion, uneven pigmentation and liver spots. After the





menopause the ability of a woman's skin to renew itself is further reduced.

Treatments

There are a whole host of topical lotions and moisturisers available on the market that have little long-term impact on the aging process. However it has been shown that a regular daily cleansing and moisturising regime, coupled with the use of sun-screen can help to maintain the moisture and elasticity of the skin.

Chemical peels

Chemical peels use chemical solutions to remove the outer layers of the skin. Although peels are usually performed for cosmetic reasons, they can also remove pre-cancerous skin growths, soften acne scars and control acne. Alphahydroxy acids (AHAs), trichloroacetic acid (TCA) and phenol are used for this purpose. Anesthesia is not usually required for most peels.

Alphahydroxy acids (AHAs) are mild, light peels used to treat fine wrinkling. AHA peels may cause stinging, redness, irritation and crusting. After an AHA peel, the skin will be dry and red and some temporary flaking or scaling may be experienced.

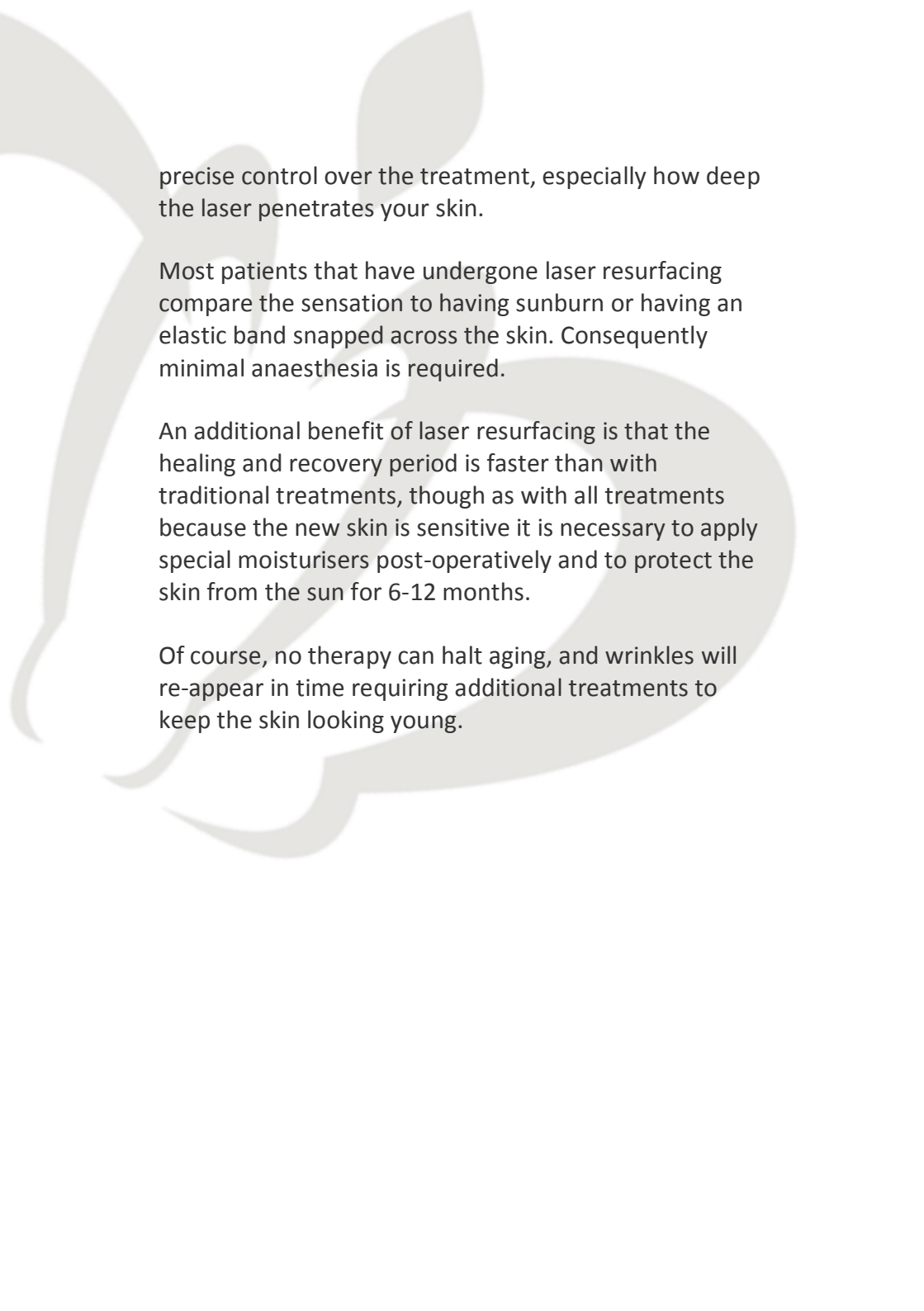
Trichloroacetic acid (TCA) is most commonly used for medium-depth peeling to treat surface wrinkles, superficial blemishes and pigment problems. The recovery from a TCA peel is usually longer than AHA peels. LA peel is similar to TCA peels and is a medium depth peel. After a TCA peel or LA peel there may be some swelling and discomfort, which will subside within the first week. In about a week to ten days, the skin should be healed enough to return to normal activities.

Laser treatments

Laser resurfacing is the state-of-the-art, effective treatment used for the removal of wrinkles, scarring, and skin lesions. Together with a skin laxity treatment it offers a "better than surgery" face lift solution.

Laser resurfacing uses a laser beam to gently vaporise a thin layer of the epidermis. The heat from the laser energy also stimulates the production of new collagen in the dermis. The overall result is that new skin forms which is smoother and tighter. Consequently laser resurfacing can remove nearly all fine wrinkles while significantly improving deeper more dynamic wrinkles. The result is beautiful skin which is tighter, firmer and more radiant.

Unlike traditional treatments such as dermabrasion and chemical peels the unique characteristics of lasers mean that your doctor can have much more accurate and



precise control over the treatment, especially how deep the laser penetrates your skin.

Most patients that have undergone laser resurfacing compare the sensation to having sunburn or having an elastic band snapped across the skin. Consequently minimal anaesthesia is required.

An additional benefit of laser resurfacing is that the healing and recovery period is faster than with traditional treatments, though as with all treatments because the new skin is sensitive it is necessary to apply special moisturisers post-operatively and to protect the skin from the sun for 6-12 months.

Of course, no therapy can halt aging, and wrinkles will re-appear in time requiring additional treatments to keep the skin looking young.

Light Laser Peel

Ideal for acne scarring, pore size reduction, fine lines and wrinkles, pigmented areas, crow's feet wrinkles, tightening of eyelids, tightening of the hands, and removal of sunspots on the hands. This Laser procedure is much more effective than several applications of Microdermabrasion or Chemical Peels.

Procedure: This is a unique, safe, and gentle laser treatment that removes the superficial layer of your skin in a controlled and precise fashion. One Light Laser treatment equals at least eight (8) Microdermabrasion procedures. With this peel, there is no "abrasion" of your skin, as in Microdermabrasion. This procedure may be repeated every four weeks if desired, and takes approximately 30 minutes. Most people return to work the next day!



Smooth Laser Peel

Ideal for sagging skin

The Smooth Laser Peel is specifically designed for extra collagen remodelling and skin tightening with less ablation. This procedure provides a series of stacked laser pulses allowing for the penetration and delivery of significant energy for optimal collagen stimulation. The superficially damaged skin peels in approximately 1-5 days post procedure and the collagen stimulation and tightening continues for 3 months. Depending on the patient, downtime for this procedure is approximately one to three days. Most people return to work within two days.

Shortly after treatment, you will see improvements in your skin texture and tone and diminished wrinkles giving you a new, more vibrant and youthful appearance. Over time you will see a continuing improvement.

Deep Laser Resurfacing

Ideal for skin tightening, minimization and removal of deep wrinkles, and acne scarring. Procedure: The Deep Laser Resurfacing peel yields absolutely amazing results and requires a serious commitment to good sun care and skincare after treatment. You will look years younger with results lasting up to a decade! On the day of your procedure, a numbing cream will be applied to treatment areas for your comfort. After your laser experience, the treated area looks like a deep and

significant sunburn. Shallow wrinkles are typically removed with one treatment. This procedure takes approximately sixty minutes. Downtime is approximately five days although you may not feel “visually” comfortable enough to return to work until seven days. Mineral makeup may be applied on day five and offers good coverage.

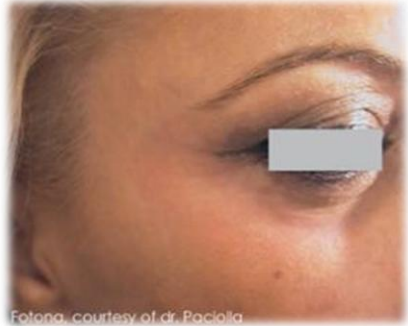
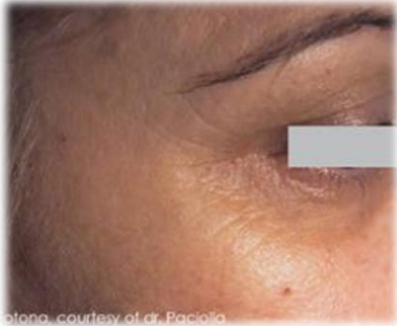
Peri-Oral Resurfacing : Deep Laser Peel



Fotona Pixelated or Fractional Laser Peel

Ideal for those who want the same desired results as Deep Resurfacing, but with less downtime. The Fotona Pixelated Laser Peel is the perfect solution for mild to moderate sun damage, wrinkled, or acne scarred skin. This peel improves the texture, tone, and pigmentation of your skin with little downtime. The desired results are obtained by treating only certain areas allowing for a "bridge" across to the untreated ones. Your skin will tighten, tone, and resurface with similar results to more aggressive peels. To achieve comparable results to the Deep Laser Resurfacing procedure, the Pixelated Laser Peel is repeated every 2 months for a series of three treatments. Depending on the patient, possible downtime for the procedure is approximately one to three days. After treatment, you will experience a mild sunburn sensation for about an hour and then minimal discomfort. The skin will have a pinkish tone for 5 to 7 days. Most people return to work within two days.



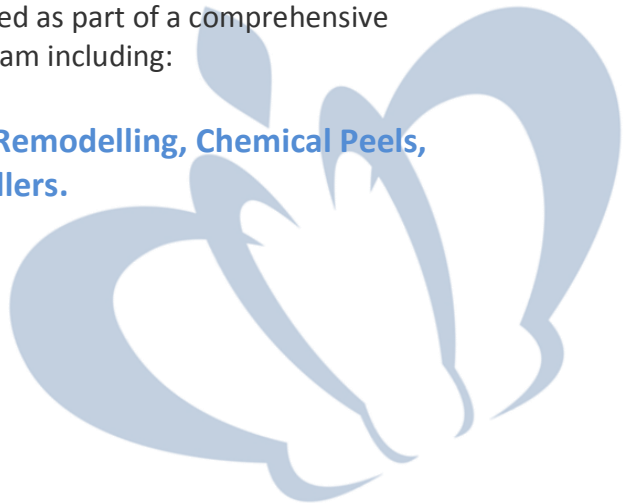


Kings Clinic offers a Complete Spectrum of Rejuvenation Treatments

The wider acceptance and increased accessibility of aesthetic medicine to an aging population has led to booming demands in photo rejuvenation treatments. An increasing number of patients are turning to Nd:YAG and Er:YAG Laser rejuvenation treatments to benefit from their unique advantages.

Laser Peel treatments can be performed as a standalone procedure or can be used as part of a comprehensive skin rejuvenation program including:

Laser Skin Collagen Remodelling, Chemical Peels, Botox and Dermal fillers.



Er:YAG Full Face Resurfacing

Before



4 Days After



10 Days After



8 Months After



Please note that while your results will be visible within a few weeks, your skin can continue improving up to 10 months after treatment, due to new collagen formation under the site of your wrinkles or acne scarring.