



ETERNAL CLINIC
Love the skin you're in.

ETERNAL CLINIC
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SCARS AND STRETCHMARKS

OUTLINE

Scars are marks left on the skin after a wound or injury has healed. A scar is composed of fibrous tissue which has an inferior functional quality to normal collagen and the collagen has become less resistant to ultraviolet radiation and lacks in sweat glands and hair follicles. Scars can be 1) atrophic, 2) hypertrophic or 2) keloid.

Acne scars can be: 1) ice pick 2) railing, 3) boxcar

Stretchmarks also called striae, are a form of scarring on the skin with an off-colour hue. Over time they may diminish but do not disappear completely.

CAUSES

Scars can be caused by an elective surgery, accidental damage, skin problem such as acne or genetic predisposition to keloid scarring. Scars differ in terms of their appearance, texture, color, elasticity. Stretchmarks are caused by tearing of the dermis during periods of rapid growth of the body, such as during puberty or pregnancy or rapid weight gain.

TREATMENT

Treatments of scarring includes:

- 1) topical creams, gels or oils which help to control itch commonly occurring in scarring
- 2) micro-needling
- 3) injections of steroids
- 4) subcision and collagen stimulating dermal filler injections
- 5) surgical excision

Use of laser light is an effective alternative treatment for all types of scars and compared to micro-needling is cost-effective and faster and noticeable improvement can be seen with fewer treatments.

The unique FOTONA laser pioneering, dual-wavelength (Twinlight technology) and its minimally invasive nature helps to minimise any psychological impact of scarring on an individual and allows on initiation of treatment early before the scar matures. Minimally ablative and non-ablative laser modes and vascular Nd:YAG mode allows a respectable and comprehensive treatment for scars and stretchmarks.

Er:YAG laser's ablative and non-ablative SMOOTH modes of action have the ability to penetrate deeply into the skin to create thermal effects without damaging the skin surface. The FOTONA Nd:YAG laser is characterized by Variable Square Pulses (VSP) which creates virtually instantaneous temperature increases that are limited to the targeted structures only. No unnecessary energy is deposited into the skin.

Lasers are very effective in the treatment of scars and stretchmarks. Erbium:YAG (2940 nm) non-ablative SMOOTH mode and ablative fractional mode gently resurface the scar tissue and activate collagen remodeling in the tissue whilst non-ablative Nd:YAG (1064) laser allows on further improvement in the appearance of scars, including redness, volume and texture and elasticity. Erbium laser is particularly effective in the treatment of acne scars and is safe to use in all skin types including skin of different ethnicity and color.

INDICATIONS

Any type of scar caused by surgery, accident, acne, atrophic, hypertrophic, keloid, early scars (pink) as well as mature scars (white).

CONTRAINDICATIONS

Pregnancy, infections, active herpes infection, within one week of chemical peel, within 6 months of Roaccutane, within 2 weeks of topical retinol, during an active autoimmune condition, inflammatory skin condition.

PATCH TEST

A patch test is required at least 24 hours before treatment.

SKIN ANALYSIS

Prior to treatment you will need to have consultation with our dermatologist or an aesthetic therapist to assess your suitability for treatment and a patch test recommendation.

SKIN PREPARATION BEFORE TREATMENT

Skin preparation before the procedure includes replenishing moisture, suppression of pigment production in the skin and broad-spectrum sunscreen with SPF 30+ used for at least 2 weeks before. This will prepare the skin for laser treatment and assure uncomplicated recovery. We recommend KeloCote gel with SPF 50+.

ANAESTHESIA

Topical anesthetic is not usually required but can be applied 1 hour before treatment to assure maximum comfort.

PROCEDURE

Skin is cleansed with suitable antiseptic and moisturized prior to the procedure. You will be wearing specialist goggles to protect your eyes. Laser beam will be passed over the treated area. Depending on scar characteristics more than one laser mode may be used. You will be offered complementary LPL LED session to facilitate healing immediately after laser treatment for its antibacterial and anti-inflammatory properties

TIME 30 to 60 mins

WHAT TO EXPECT AFTER TREATMENT?

The treated scar tissue will be mildly red, swollen and tender immediately after laser treatment which settles within 24-48 hours. There may be pin-point bleeding after fractional erbium mode which is normal. This will stop with a compression dressing. Scar tissue will become dry after 3 days and you may experience itching which is normal, and which can be treated with moisturizer and mild steroid cream for a few days. Within a week the scar tissue will peel off.

COMPLICATIONS

This is a very safe laser treatment. Complications are rare and are usually due to human error. To minimize the risk of such complications, we assure that our laser practitioners are trained and follow proven and safe protocols. The most common side effects of laser resurfacing include dryness, itch, persistent redness lasting for days, weeks of months and post-inflammatory hyperpigmentation (PIH).

DOWNTIME

There recovery time after laser treatment takes 3-5 days. It is advisable to avoid strenuous physical activity or sauna for 24-78 hours post procedure. Make up can be worn the following day. Skin peeling phase ranges between 3 days to 10 days.

AFTERCARE

You will receive complementary LPL LED using blue, red and infrared light for their healing and antibacterial properties. You will also get Post Procedure Kit consisting of a cleanser, recovery balm and mineral sunscreen with SPF 40 + to use after the procedure for a few days. It is recommended to moisturize treated scar regularly and protect it from sun exposure by using KeloCote gel SPF 50+. Breathable foundation like Oxygenetics with SPF 30+ can be used the following day.

NUMBER

OF

TREATMENTS

Between 3 to 6 treatments, after 4 weeks may be required

MAINTENANCE: There is no need for maintenance treatments

PRICE: £ 195 (2D - 2 laser modes) - £ 285 (3D - 3 laser modes) per treatment session per area

