



Beauty in a flash

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— Dr. Niamtu

“Fractional lasers are like an orderly machine gun — there’s spaces in between the treated area, about 30 to 40 percent of the skin, and because of that, the recovery is faster,” explains Dr. Niamtu.

“Depending on who you talk to, [fractional lasers] are a “miracle” or they’re overrated — in actuality, it’s in between,” says Dr. Niamtu, pointing out that there are several factors that can affect the kinds of results that can be achieved.

Case in point: Lifestyle factors are a biggie and can affect treatment results. It’s imperative to stay out of the sun, refrain from smoking and use both a Retin-A and sunscreen to get up to a decade of good results; however, individual factors also come into play and some patients may need additional treatments in just one year to maintain results, says Dr. Niamtu.

Which begs the question: Just who is the best candidate for fractionated laser treatment? “Good candidates for fractional lasers are younger people with minor damage or someone who needs noticeable results with a quick recovery,” says Dr. Niamtu.

If you’re looking for even better results, then the more traditional laser treatments are a good option, but the downtime can double or triple — about 10 days, says Dr. Niamtu who further notes that regardless of the technology, sometimes you’ll need three to four treatments. And that downtime can really add up. Ultimately, he says, “You get what you pay for — not in terms of money, necessarily, but in terms of downtime.”

And while there are always tradeoffs, thankfully, we’ve got options. What else could a girl ask for? ❗

Wrinkles, sun spots or acne scars got you down? Get ready to say bye-bye to those pesky skin imperfections and “hello” to the world with a fresh, new visage in as little as three days’ time. A miracle? Nope — Just a little something called fractional laser technology. Read on...

If you’ve seen the pictures, you may have written laser resurfacing off your list of facial rejuvenation options. But while traditional laser resurfacing can leave a face stripped bare of that top layer of skin (and in hiding for a week or two for recovery!), fractional laser technology has put a spin on laser treatment. Just as the name implies, the fractionated laser damages only a “fraction” of the skin, which allows it to heal faster than if you

had the entire surface of the skin zapped by a more traditional laser.

Specifically, fractional lasers make pinpoints on the skin, as if you were painting a wall with polka dots, says board-certified cosmetic facial surgeon Dr. Joe Niamtu, III, D.M.D., F.A.A.C.S. And the typical time you’ll need to recover from this procedure is usually a short three to five days.