

| fact sheet |

## SKIN TIGHTENING LASER & THERMAGE TREATMENT

How do laser skin tightening treatments and Thermage (ThermaCool) treatments work to tighten skin?

To understand how these two treatments work, it helps to first review how your skin works.

The facial skin is made up of three distinct layers: a visible outer layer on the surface is called the epidermis; the collagen-rich underlayer beneath is called the dermis; and the inner layer beneath the dermis is called the subcutaneous layer (a fat layer with a web of collagen fibers running through it).

When the collagen in these three layers breaks down (usually from sun exposure, family heredity, or the normal aging process), your face begins to sag. Treatments that work on just the skin's surface (creams and lotions), do not do anything to restore the collagen in the layers beneath. As such, more aggressive treatments are required to tighten the skin. With both laser treatment and Thermage, also called ThermaCool, the skin tightens when collagen beneath the surface is treated.

If the collagen in the skin is heated to a temperature above 60 degrees centigrade, it will contract and tighten. Both methods safely



heat the skin's underlayer and the web of collagen in the inner layer, causing an immediate tightening as well as improved tone and texture. The heating of the skin encourages new collagen growth that will continue for four to six months following treatment.

**Are these skin treatments safe?**

Laser and Thermage (ThermaCool) treatments are considered safe with minimal, if any, downtime. Both are considered much safer than invasive cosmetic procedures like plastic surgery often used to tighten skin.

**Who is the best candidate for laser treatments or Thermage (ThermaCool) treatments?**

If your neck, cheeks, eyelids or forehead are showing unwanted wrinkles or are starting to droop but you are not yet ready for surgery, laser skin tightening treatments or Thermage (ThermaCool) treatments can help tighten and elevate your skin.

The procedures may even be used to tighten loose skin on other parts of your body as well, all with little risk and minimal recovery time.

With laser skin tightening, what type of laser is used?

The Gateway Aesthetic Institute & Laser Center is one of the largest and most experienced cosmetic and dermatology centers in the world. While we generally prefer the Candela GentleYAG Laser for skin tightening, we also use the Cynosure Affirm®, the Candela Smoothbeam, and the Palomar Starlux® lasers.

How many treatments are necessary?

To achieve the best results, four or five treatments are recommended, each performed about a month apart.

How do I know what treatment is best for me?

Call Gateway Aesthetic Institute & Laser Center at (801) 595-1600 to schedule a free consultation with one of our skilled providers. We will help determine which skin tightening treatment is best suited for your particular needs.

We are located at the south end of the Gateway Mall in Salt Lake City at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101. We feature extended and weekend hours.



## Tighten up!

Not ready for surgery but eager to get rid of those wrinkles? Laser or Thermage skin tightening treatments may be right for you.