



Connecting the dots *in skin rejuvenation*

DOT THERAPY FROM HIGH TECH LASER AFFORDS THE BENEFITS OF FRACTIONATED LASER TREATMENT, WITH MINIMAL DOWNTIME AND RECOVERY. CAITLIN BISHOP REPORTS.

Want to turn back time to reveal younger, more healthy looking skin without surgery or lengthy downtime? DOT Therapy is designed to deliver just that.

Dermal Optical Thermolysis (DOT) Therapy is a fractional laser system designed to deliver the benefits of laser skin resurfacing while significantly reducing the recovery time.

Distributed by High Tech Laser, the SmartXide DOT fractionated laser can help reduce the appearance of wrinkles and acne scarring, while improving skin tone and texture. It calls upon the same technology used by traditional skin resurfacing lasers, but delivers the light energy in fractionated “dots” to help optimise healing and reduce recovery time.

‘DOT Therapy is really effective in treating irregularities on the skin’s surface such as dilated pores, discolouration and uneven contours from scarring,’ says Queensland cosmetic physician Dr Heather Jenkins. ‘It can work very well in tightening up crepeiness around the eyes in patients who aren’t quite ready for eyelid surgery. We also treat a lot of patients with acne scarring, with very pleasing results, as well as birthmarks, stretch marks and scars.’

By creating precise microscopic columns of thermal damage in the skin, DOT Therapy triggers the body’s healing response to tighten skin and stimulate new collagen growth. Importantly, between each column of damage

there are “islands” of healthy tissue, which help improve the healing process for a more rapid recovery.

‘The areas of untouched tissue improve healing time and reduce rates of complication,’ says Dr John Flynn from Queensland. ‘Also, the areas of untreated skin between the “dots” means more aggressive and effective parameters can be used during treatment, as these are bolstered and comforted by the adjacent healthy tissue.’

Patients will typically see an improvement in skin tone and texture in the days following treatment. However the results are cumulative and will continue to improve in the three to six months post-procedure, as the new collagen is laid down in the skin’s dermis.

‘The procedure has an immediate effect because it acts like a controlled laser peel, which freshens and brightens the skin,’ Dr Jenkins explains. ‘There is also some tightening at the outset, and this continues to improve as new collagen forms over the subsequent three months or so.’

Importantly, treatment with DOT Therapy can be tailored to individual patients, depending on their concerns and current skin condition. ‘The treatment can be tailored to suit the patient’s needs by altering the depth of the dots, and distance between the dots and the amount of power delivered,’ Dr Jenkins explains.

There are two main patient groups suitable for treatment with DOT Therapy: those looking for general facial

rejuvenation – an improvement in tone, texture and skin quality – and those with deeper lines, sun spots or scarring, who require deeper treatment parameters.

‘The DOT Therapy system can be used as a fractionated laser peel for boosting skin health and granting a glow and slight lift,’ Dr Flynn explains. ‘The heavier setting, which we

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call Hot DOT Therapy, is used to treat deeper lines, improve pigmentation and reduce problem scarring from acne, trauma or skin cancers.’

As well as tailoring the treatment to each patient, DOT Therapy can also be used in conjunction with other modalities to achieve a universal rejuvenation result.

‘DOT Therapy can be used alongside Intense Pulsed Light (IPL), botulinum toxin treatments and dermal fillers,’ Dr Jenkins explains. ‘Before treatment, I always undertake an initial consultation with my patients to better understand their main concerns and what they’re hoping to achieve.’

The treatment itself is performed with topical anaesthetic, which is left on the skin for 45 minutes before treatment begins. During the procedure, the doctor can change the shape of the ‘dot’ pattern to more effectively accommodate the area being treated. This is particularly important when treating delicate areas such as the wrinkles around the mouth or eyes.

‘Patients typically experience a tingling feeling directly after treatment, but this can be improved with cold compression,’ says Dr Flynn. ‘Patients should follow a prescribed skincare protocol in the first few days after the procedure, to help optimise healing. Once the

old skin has exfoliated, some redness may persist, but this can be covered with mineral makeup. The healing and collagen rebuilding will continue for up to six months post-procedure.’

In some cases, multiple treatments may be required to achieve the best results. However, for general skin rejuvenation, Dr Jenkins explains an annual DOT Therapy session will usually suffice. ‘A light treatment may be repeated once a year; a stronger treatment may only need to be done once,’ she says.

Whether you’re looking for general skin improvement, or to treat something more specific, DOT Therapy with the SmartXide laser can be a viable option in improving the complexion and restoring inner-confidence.

‘One of my stand-out patients was a young man in his late 20s who had lived in a remote rural area during his teens and had suffered from untreated cystic acne,’ Dr Jenkins recalls. ‘He was left with considerable scarring but fortunately was a great candidate for DOT Therapy. He had two treatments and did very well. He sent me a photo of himself six months later with a beaming, confident smile and his skin looking so much better. Improvement in confidence is the best outcome of all.’ **csbm**



BEFORE

AFTER Dot Therapy using the SmartXide DOT laser. Photos courtesy of High Tech Laser.

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