



## *New Fractional Laser Treatment*

by Loreen Berlin

“They talk about the ‘Oprah affect’ when the new facial rejuvenation procedures hit the public – the acid test is - ‘What did they say on Oprah?’ ” said Dr. Thomas Simerson, M.D., a member of the medical team at Suddenly Younger & Slimmer Wellness Spa in Los Alamitos, who recently appeared as a guest on Los Al TV3 Cable Station on the “Wellness and Rejuvenation Show” produced by Dr. Lorraine Urbina, D.C., Registered Trigenics Physician, and Licensed Aesthetician.

“Everyone knows about it once it hits the Oprah show – and they are pretty fair about their evaluations,” he said. Simerson is speaking about the new Fractional Laser, which is FDA approved, and now available in Los Alamitos.

“So the top news has hit Los Alamitos once again,” Dr. Urbina said. “The Oprah affect has hit Los Alamitos – with the Photo Facial, fillers, relaxants such as Botox, and now being newly introduced and featured on LATV3 in Los Alamitos on the Wellness and Rejuvenation Show are the Titan and Fractional Laser treatments, as well as the Oxygen Facial, which is used by Madonna, and has been available in Los Alamitos for several months and was aired on LATV3 before it aired recently on the “Good Day LA show.”



Photo by Loreen Berlin

European-trained Ljiljana Vasick, R.N. (left), with 20-plus years nursing experience is helping Angela Legaspi of Los Alamitos to beautify her skin. Vasick said, “The

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Fractional is the best thing a person can do for their face.” Vasick, who has also tried the Fractional continued, “Basically, I think I look younger by 20 years – no more wrinkles around the eyes and it pulled, lifted and tightened my whole face,” she said. “Titan and Fractional – they go complimentary together – hand-in-hand. I have seen an unbelievable change – tightening and lifting the forehead, jaw line, and erasing wrinkles. Fractional will lessen the need for fillers and Botox; this is a new generation in anti-aging,” Vasick said.

Dr. Urbina said that many people are looking for a way to improve themselves without surgery and without downtime.

The Fractional laser is going to be “big,” Dr. Simerson said. “The spectrum of treatment involves helping sun damage; the new Fractional treatment is a big stride ahead in the medical beauty field, he said

“I would say that the procedure will make someone with slight-to-moderate needs look five-to-10 years younger,” Dr. Simerson said. “My favorite thing is when people report back on their experiences after their treatments. They say that someone came up to them and said, ‘You know, there’s something different about you, but I don’t know what it is;’ I just look better and they don’t explain it any further,” he said.

The Photo Facial is still best for facial redness, rosacea, and broken blood vessels, but the Fractional does a good job on sun damage, the dark age spots on the face, hands, chest and neck, that women do not care for, but are experiencing because of their earlier sun bathing - being sun Goddesses.

Downtime is relatively short for most people. Some redness and swelling can be expected.

Another area that is being explored for Fractional use is stretch marks that are basically scars. The procedure plumps the skin up underneath the scar and helps build collagen.

“It’s looking like a promising use,” said Dr. Simerson. “It is also good for scarring from acne; it’s the ideal treatment for that,” he said. Depending on the depth of the scars, Dr. Simerson suggests doing Fractional treatment first and then the deeper scars can be plumped up with a filler such as Restylane.

“Whether acne scars are well established from 20 years to as little as three-to-five years, we can treat those too,” Dr. Simerson said. “However, this is not a treatment for active acne; there are some light-based treatments combined with photo-dynamic therapy for active acne.”

A hormonal pigmentation called Melasma is another big area that is showing promise for decreasing the darkening of the skin that women mostly get around their mouth or on the cheeks usually after pregnancy or hormonal treatment. “It’s probably going to be the answer for Melasma,” said Dr. Simerson.

“I’ve watched this industry evolve for the past four years, and we are seeing more and more men undergo the treatments, getting Botox as well as other treatments, and it’s no different with Fractional for men or women.

Dr. Simerson said people have been interested in the medical beauty field for a long time, and that especially the Fractional Laser is a giant leap forward for people who want to rejuvenate their skin. The Fractional Laser can be combined with other recent advances like the Titan that can be used for all skin types and ethnicities.

“It’s a plan,” said Dr. Urbina. “It’s best to have a plan for getting ready for your wedding, high school reunion, anniversary or birthday,” she said. “All of the facials are great – the Photo Facial, Titan is terrific and certainly the new Fractional is one of those wonderful treatments that is great; we are so fortunate to have these,” she said.

“Generally you would do the Fractional Laser first and then within a few weeks you could do Botox, and the Restylane filler,” said Dr. Simerson.

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“Even though the other procedures like the Titan and Photo Facial work well for wrinkles, this is probably a step above those in terms of effectiveness for wrinkles,” said Dr. Simerson.

“People always ask if they need the procedure again, or if it is permanent. Nothing is permanent because we are continually being exposed to the sun and we age ever day and gravity is pulling every day,” he said, noting that a person doesn’t need to go through another series, but maybe in a year to a year-and-a-half, a person might need just one more treatment – as a maintenance.

“This is also true of people who have had plastic surgery; this allows them to go longer before they have plastic surgery again, or avoid a second face lift,” he said.

Dr. Simerson said the Fraxel would not replace a face-lift if someone has an extensive problem and needs a face lift, but it definitely works more mildly and delays when a lot of people would need a face lift.

Dr. Simerson’s training was in internal medicine, initially being board certified in internal medicine, which he practiced for approximately 17 years, then for 15 years he did emergency room medicine and a few years ago he discovered the field of Aesthetic medicine.

For information, call ***Suddenly Younger and Slimmer Wellness Spa*** at **562-596-1019** or visit [www.suddenlyyoungerandslimmer.com](http://www.suddenlyyoungerandslimmer.com), or view The Wellness and Rejuvenation Show on Los Al TV3, at various times. Dr. Lorraine Urbina, D.C., Licensed Aesthetician, and Registered Trigenics Physician, owner and operator of Suddenly Younger & Slimmer Wellness Spa, works in conjunction with a medical team at 4152 Katella Ave., Ste. 102, in Los Alamitos; she would be happy to answer any questions at 562-596-1019.

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