



## **SOJÉ© THERAPY: PHOTOREJUVENATION / ACNE TREATMENT / SCAR TREATMENT**

Photorejuvenation is a skin rejuvenation technique that improves the appearance of photoaged skin; removes age spots, sun-induced freckles, most benign brown pigments and redness caused by broken capillaries; smooths skin texture; stimulates collagen production; reduces pore size; and slightly softens fine lines. In addition, it improves acne by decreasing the size of sebaceous glands and the bacteria that cause acne. It also lightens the redness seen with acne scarring. Photorejuvenation skin treatments do all of this without affecting the surface of the skin. This allows you to proceed with your normal daily routine immediately after treatment.

Other forms of skin rejuvenation, such as full face laser resurfacing and aggressive chemical peels, can produce impressive results, but the extended downtime and risk of infection, scarring, and permanent hypopigmentation associated with these procedures has left them underused. Instead, they are being replaced by non-ablative facial rejuvenation techniques.

At Skin Solutions, we use a variety of laser and light therapy systems that act as non-ablative skin rejuvenators. Our systems include Intense Pulse Light (IPL), Pulsed Dye Laser (595 nm), Alexandrite Laser (755nm), Diode Laser (800nm), and ND: Yag Laser (1064nm). We use these laser and light systems to create an individualized treatment plan developed as SOJÉ© Therapy.

The process can treat the full face, neck, chest, or hands. With a series of treatments, SOJÉ© can help restore a more youthful appearance without patient downtime or the prolonged recovery, which can be necessary after other types of treatment.

SOJÉ© Therapy improves each of the following:

- Acne and acne scarring
- Redness and vessels
- Surgical scars
- Brown discoloration
- Skin tone and texture
- Tightens pores

SOJÉ© uses a range of wavelengths that are matched with the selective absorbing capacity of the target, resulting in thermal damage to the target with minimal effect to surrounding tissue. After the target has been selectively heated and destroyed, normal physiological processes absorb the resulting damaged target. Full absorption may take anywhere from three to ten weeks using SOJÉ© technology. Skin tone and texture are improved by the increase in collagen and elastin that is initiated by SOJÉ© treatments.

Usually four to six treatments are needed to achieve the desired effects. We start with a test area to see how patients react to treatment. If the tests are satisfactory, a treatment session can follow. With four to six SOJÉ© treatments, you will notice a gradual, natural improvement. The treatments are performed at four to six week intervals. It is recommended, but not required, to alternate Microdermabrasions and SOJÉ© treatments to properly prepare the skin for its next SOJÉ© treatment. Combining SOJÉ© and Microdermabrasion treatments often leads to faster and better results. Once you have completed a full SOJÉ© treatment plan, you may need to maintain your results by scheduling treatment once or twice annually to maintain good results.

Photodynamic Therapy (PDT) is a more aggressive treatment that involves applying Levulan® (ALA) prior to the SOJÉ© treatment. PDT was originally developed for the treatment of actinic keratosis (pre-cancerous skin lesions). Clinical trials of PDT show improvement of mild to severe acne, acne scars, and photoaging; it also shrinks sebaceous glands. This technique requires strict sun avoidance for 48 hours after the treatment.

You are not a candidate for SOJÉ© treatments if you are pregnant, are taking Accutane, have tanned within the past three to four weeks, plan to vacation in the sun in the next four to eight weeks, have a history of Keloid scarring, or have been administered gold shots. You should not receive SOJÉ© treatments if your skin is sensitive to the sun or you are presently taking medications that may increase your sun sensitivity.