



AILESBURY COSMETIC "The skin tightening Polaris laser explained" by Dr. Patrick Treacy

The Polaris-Laser Lift, using Polaris & Aurora from Syneron. PolarisLifts, are performed in our office, on an outpatient basis, to gently smooth fine lines and wrinkles without surgery, so you can resume normal activities immediately.

June 22, 2009 - [PRLog](#) -- What is a Polaris-Laser Lift?

A Polaris-Laser Lift is one of the latest FDA-approved nonablative procedures for maintaining a youthful appearance. Unlike Thermage, the Polaris-Laser Lift uses a laser combined with radio-frequency energy and pulsed light. This advanced system incorporates three forms of energy to improve skin texture and skin color. This causes the collagen to contract and tighten as well as reducing redness and brown blotches. Each treatment is customized through the system's computer to control the depth and degree of the heating process.

Choosing a Polaris-Laser Lift

You will want to explain to your physician the level of skin improvement you hope to achieve. The doctor and/or staff will then review your medical history and examine your skin to determine if you are a good candidate for a Polaris-Laser Lift. Together you can discuss your options, evaluate your expectations and determine the best treatment for you. Photographs may be taken for comparison of your results.

The treatment

Our advanced, computer-controlled system gives your physician precise control over the tissue tightening process. Cool air is sprayed on the skin to increase comfort while pulsed light, laser, and RF energy are applied to the skin. The procedure is rapid and bloodless. Four sessions of treatment are performed separated by three weeks.

What are the benefits of Polaris-Laser Lift over other procedures and surgeries?

It is non-invasive. There are no incisions and no tissue damage

A level of control can be achieved that is difficult with other treatments. There is no bleeding or bruising and the risk of scarring is minimal. It utilizes three different forms of energy to reach multiple skin problems. Improvement of wrinkles, sagging and color can be expected.

What about recovery?

There may be areas of slight swelling or redness that resolves over a few days. Make-up may be applied immediately. You may resume all normal activities immediately. The full effect of your treatment develops over a few months following the procedure and can be expected to last for several months or years. As with any cosmetic procedure, the results can be expected to fade gradually over time, at which time the procedure can be repeated if desired.

Is it painful?

A Polaris-Laser Lift can be performed with topical anesthetic cream applied about an hour before your treatment. Some patients do not require anesthetic cream due to the cooling created by the stream of cool air that hits the skin during treatment. When the machine is pulsed, patients feel brief, heat in the treatment site followed by the immediate cooling effect of the air spray. For those patients who are sensitive, the topical anesthetic cream is recommended.

What kind of results can I expect?

Some patients see results immediately. However, for most patients the results are gradual over a three to six month period as the skin tightens and more new collagen is formed. Depending on the area treated, the skin laxity and your desired results, multiple treatments may be required.

Fine lines and wrinkles around the eyes and mouth fill in, while the deeper frown lines and grooves are softened. Facial skin and the skin along the neck can be tightened providing a mild, non-surgical browlift or facelift effect. This tightening effect can be used to firm up loose or sagging tissue in other parts of the body. This same deep Polaris tissue heating may also have benefits for treating acne, acne scarring and stretch marks. Redness and brown blotchiness also gradually improve two to three months after the treatments are complete.

How long will the results last?

We don't know. Some patients have reported improvement up to a year after the treatments but results can be variable. Your results may last a few months or a few years. We do know that the aging process continues. Your skin will continue to age as it has in the past and eventually you may wish to have another anti-aging procedure.

Is a Polaris-Laser Lift safe?

Yes. While this is a relatively new procedure, the use of RF energy, laser energy, and pulsed light, in other areas of medicine and dermatology is not. The worldwide safety record of this procedure has revealed very few adverse effects thus far.

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Ailesbury Clinics Ltd is the leading provider of advanced medical aesthetic skin care in Ireland. It was awarded Best Medical Practice in Ireland 2005.

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