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Dr. F. Victor Rueckl, Lakes Dermatology worked previously with the creators of Invasix. Branching off and starting a new company, the developers saw places in the aesthetic market that needed advancements in technology, so they worked to create the Invasix platform to fill some of the needs in this field. They specifically asked Dr. Rueckl and his technicians to use this new technology, knowing that they would be able to use it on a great number of patients. The Fractora technology is FDA-approved and is the most versatile bipolar radio frequency treatment on the market. Fractora provides dramati-

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ic improvement on acne scarring, and wrinkle improvement by fractionally ablating the skin and restructuring deeper tissue.

What is Fractora and what does it do?

Fractora is the most advanced fractional radio frequency (RF) treatment providing anti-aging improvements on skin tone and texture for a more radiant appearance through ablation and skin resurfacing. Ablative treatments do remove some skin, so they have more downtime than other non-ablative technologies like IPL and FotoFacial. For more information on the Fractora technology and a gallery of before/after photos, please visit: <http://www.invasix.com>.

Fractora delivers radio frequency energy to the skin through an array of pins producing localized heat and small micro-lesion dots in the treatment area. The gentle heat generat-

ed by the Fractora pins in the sub-dermal tissue promotes collagen restructuring for skin rejuvenation and an improved appearance in the skin. The methodical scattering of micro-lesions allows the skin to heal faster than if the entire area was ablated. Meaning that the majority of repair is being done under the skin, maximizing the patient's results. The damage to the surface of the skin is more minimal, allowing the patient to heal faster and better than with traditional resurfacing machines like Fraxel and CO2 technologies.

While Lakes Dermatology also still continues to offer Matrix RF treatments, Fractora is a more intense treatment, allowing them to treat deeper lines and scarring than with Matrix RF.

Because of Fractora's unique system, the treatment can be done by either Dr. Rueckl, on very high settings, or their technicians at The Spa, on lower treatment settings. This dual-function allows patients to receive more intense results with a bit more downtime, or a series of treatments with much lower downtime, but more treatments are needed for maximum results.

The Invasix machine has separate attachments for each modality of treatment being performed. The same handpiece is used for Fractora whether Dr. Rueckl or the technicians do the treatments, but different settings are used, as well as different treatment tips.

What areas are treated with Fractora?

Because the RF depth is variable, and different treatments tips (both in size and depth) can be used, treatments can be customized per-person more than any other fractional treatment on the market. Fractora can be used in areas that demonstrate fine or deep wrinkles, scars, or excessively discolored red and brown skin tone (many scattered red vessels).

The most common areas of treatment are the lower eyelid, upper eyelid, smile lines, cheeks, mouth, and neck. While the full face and neck are often

treated, it is also possible to treat smaller areas like cheeks and nose, where many people have localized acne scarring. Fractora treatments have also been done successfully on stretchmarks on the body.

Fractora can also be combined with other treatments including Firm (sometimes even used pre-treatment on the same day as Fractora), FotoFacial, Venus Freeze, and additional procedures done by Dr. Rueckl, to enhance the effects of the Fractora, if the patient desires. What is a Fractora treatment like?

The Fractora treatment will differ slightly depending upon whether the patient elects to have it done more aggressively by Dr. Rueckl, or more superficially by the technicians at The Spa.

Before the patient begins Fractora treatments, the patient will discuss the procedure with Dr. Rueckl or one of the certified technicians, sign a consent form, and take pre-treatment photos. Regardless of who is doing the treatment, prior to the treatment a topical numbing cream is applied to the area being treated to reduce any associated discomfort. At Lakes Dermatology, there is no extra charge for topical numbing cream. The topical cream will be kept on longer than with other laser treatments, usually about 30 minutes. If the patient is electing to have the procedure done at higher energies by Dr. Rueckl, will numb the patient's skin with lidocaine with epinephrine injections for additional patient comfort after the numbing gel.

The patient's technician or Dr. Rueckl will then look at the patient's area(s) to be treated and may mark the patient's skin if needed with a skin marker. The operator will then choose the appropriate Fractora tip to garner the best results for the patient's specific skin issues. Unlike other laser treatments, there is no conductive gel applied for Fractora treatments. The tip is applied directly onto the skin. However, a cold air chiller will be used at the same time as the Fractora passes are done. This allows the RF to travel deeper into the skin, as well as makes the patient more comfortable. The treatment tip will be applied to the skin and a pulse of RF will pulse into the skin and target the appropriate areas. Multiple passes will be done to each area for the best results. Many offices simply do a sin-

gle pass with their machines, but Lakes' operators have been trained to do multiple passes and pulses. This allows the skin to achieve better results, more quickly. A Fractora treatment will take between 45-120 minutes depending on whether Dr. Rueckl does the treatment (more time is required due to injections), as well as the size of the area(s) being treated. Regardless of who does the patient's Fractora treatment, there should not be a significant amount of pain, but some areas may feel warm or even hot. The warm feeling is the energy going in, which is a desired outcome. More sensitive and thin-skinned areas may also be a bit more sensitive (like the jawline or forehead) but the patient's operator will adjust accordingly.

After the patient's treatment the operator will go over post-treatment protocols, as well as cover the treated area with Aquaphor. The patient will look red, swollen, and shiny after the treatment has been conducted.

What kind of results can a patient expect from a Fractora treatment?

There will be redness and swelling of the treated zone. The redness and swelling will be more significant for treatments done by Dr. Rueckl, and the patient may have some additional bruising at the injection points too. The patient should follow the post-care instructions given to the patient, and keep the area very moist with Aquaphor, as advised. The swelling and redness will subside over the coming days, but one should expect that it can persist for up to a week (or more if the patient is prone to swelling), particularly on the higher settings. One should be able to put on makeup and cover most redness after a few days, but again this depends on each individual body's healing.

The patient should have realistic expectations and remember that multiple sessions may be necessary. Fractora results will continue to develop over the coming months, as new collagen is created. Each session will further ablate and resurface the skin, resulting in a reduction of wrinkles, skin laxity, textural irregularities, and scarring. Follow-up treatments may be needed in the future to maintain results and are offered at a discounted rate after the initial treatment package is completed.

If you are having the treatments done by the technicians, the patient will have a treatment every 3-4 weeks, for 3 treatments. If the patient is having a treatment by Dr. Rueckl and wishes to have more than one done at the higher parameters, the patient will wait longer between treatments.

"Remember that with Fractora we are changing your skin and your collagen, so while results can take a month or so to start appearing, they will continue to build over time, and the results won't just disappear overnight after a year or so. Your skin will be refreshed and renewed, and then will start to age again naturally, which is why many patients will elect maintenance treatments in the coming years," said Katie Rueckl, office manager at Lakes Dermatology in Las Vegas.

How much does a Fractora treatment cost?

Fractora treatment prices are customized per-person and need to be quoted in the office by Dr. Rueckl or a technician. Prices will range from \$750-\$3500 depending on the size of the area and who is doing it. Lakes Dermatology's prices are based upon their technicians' and Dr. Rueckl's high level of experience, the care the patient receives, Lake's value-added benefits, the direct supervision of a Board-certified dermatologist, and the consumable costs for treatments.

For more information about this treatment, contact Lakes Dermatology at 702-869-6667 or visit their website. You can also visit the Fractora technology website and view a gallery of before/after photos. Please visit <http://www.invasix.com>.