

**urban***effects*

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# FAQ

## Laser Skin Rejuvenation

Frequently Asked Questions



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# FAQ

## Laser Skin Rejuvenation

### Frequently Asked Questions

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Today more than ever before, skincare technology can help you look and feel younger and healthier. Laser skin rejuvenation offers a wide variety of treatments that yield dramatic results with minimal downtime.

Many of our clients are interested in laser skin rejuvenation but can be hesitant to move forward because they have some questions about the technology and treatment procedures. Our team of nurse practitioners put together a list of the most frequently asked questions about the various laser treatments we offer for your skin, hair, and even nails.





## What is BBL?

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BroadBand Light (BBL) is an exciting technology that helps improve the look and feel of your skin and restore it to a level of radiance it hasn't had for years. Urban Effects Medspa was the first medspa in Des Moines to use Forever Young BBL. Susan Cross personally trained with Patrick Bitter, Jr., in Los Gatos, CA, to learn how to use this cutting-edge technology to delay skin aging.



## What does BBL do?

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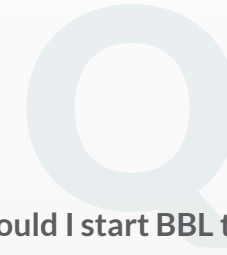
BBL is a technique that uses invisible infrared light pulsing at various wavelengths through different filters. The process gently heats the upper layers of skin in the targeted area, stimulating the skin cells and promoting the generation of collagen. Collagen is the main structural protein found in skin and connective tissues; as early as our late 20s to early 30s, it starts to break down and cause our features to sag.

BBL helps enhance the genetics of the skin cells, delaying the appearance of aging and improving cellular longevity. The procedure enhances the skin's elasticity and evens out its pigmentation, causing it to appear clearer and more youthful.



## How many treatments are needed?

Typically, 3-5 treatments, each spaced 3-4 weeks apart, are recommended to correct skin issues. After the desired results are achieved, your treating provider will tailor a maintenance program specifically for your skin and age; typically, 2-4 treatments per year are recommended. Treatments can be purchased individually or in packages of three for added savings.



## When should I start BBL treatments?

You can reap the most benefits from the age-delaying effects of BBL if you start maintenance treatments when your skin is still youthful. If you are 30 years old, for example, and want to delay the signs of facial aging, just two treatments per year will make a difference. Not only the face but also the neck, décolletage, arms, and virtually anywhere else can be treated very effectively.





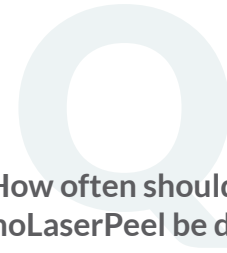
## What is a laser peel?

Laser resurfacing, also known as a laser peel, uses erbium laser technology to remove the top layers of the skin, accelerating the skin renewal process and revealing smoother, younger-looking skin. This is a great alternative to a chemical peel, offering more control, fewer adverse effects, and more consistent results.



## Is there downtime?

Many patients experience two to three days of mild redness following a NanoLaserPeel. Our treatment professionals will recommend that you apply a topical ointment or serum to your skin for two days following the procedure, but after that, you can return to your regular skincare regimen. It's a weekend recovery that really doesn't slow anyone down from doing what they want to do—except perhaps posing for a family picture!



## How often should a NanoLaserPeel be done?

NanoLaserPeel should be performed whenever your skin looks dull and tired. The treatment smooths out fine lines and wrinkles and accelerates skin turnover. How frequently you do it is very individualized; some clients have only done it once per year with BBL, while others plan it quarterly. We can advise you about your specific skincare needs.



# Laser Genesis



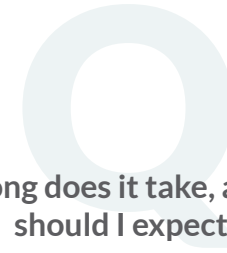
## What is Laser Genesis?

Laser Genesis is a YAG laser treatment that treats uneven skin texture, diminishes pores, improves redness, and reduces discoloration and brown spots by stimulating collagen production to enhance a healthy skin tone and texture. ("YAG" refers to the crystalline composition of the laser's tip.) Men enjoy this treatment as much as women—who doesn't want to look healthier and younger?



## Is there any downtime?

Not really. Your skin will appear mildly red for up to an hour after the treatment, but you can cover this easily with tinted sunscreen or makeup and go right back to work.



## How long does it take, and what should I expect?

Upon arrival, your treatment provider will cleanse your skin; no topical anesthetic is necessary. Your eyes will be shielded from the laser. The treatment should take no more than 30 minutes, and you'll be ready to go! This procedure is well tolerated and easy to plan for. For most people, we recommend 4–6 treatments spaced 2–4 weeks apart. The secret of this procedure is the ease and speed for busy lifestyles.







## What is Secret RF?

Secret RF is a fractional radio frequency (RF) micro-needling system. It's 2 treatments in one sweep. It uses very tiny needles to deliver precisely controlled RF energy at various depths into the skin, all designed to stimulate and remodel collagen. This treatment is tailored for each patient's individual concerns and can improve the appearance of fine lines, wrinkles, acne scars, photoaging, and stretch marks. This combination therapy helps tighten and repair the skin and can be used virtually anywhere on the body—face, neck, décollete, arms, or abdomen.



## Why choose micro-needling RF?

Micro-needling RF is minimally invasive and offers fairly immediate, visible results. On a short-term basis, the process plumps up the skin and makes it look more radiant and glowing. The mild inflammation that occurs as a result also stimulates collagen and elastin production, improving the skin's structure and appearance in the long term. According to one [study](#), after four micro-needling RF sessions (each spaced one month apart), test subjects' skin produced up to 400% more collagen and elastin six months after completing the treatment. Additionally, immediately after the process, topically applied products such as hyaluronic acid, vitamin C, and other enriching anti-aging formulas may be able to penetrate deeper into the skin and work more effectively due to the microneedling.

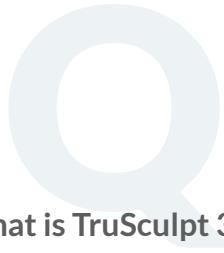


## What kind of aftercare is recommended for Secret RF?

Although Secret RF is a non-surgical aesthetic procedure with little to no downtime, you may experience some mild redness or inflammation, similar to a mild sunburn in appearance. Your nurse practitioner will provide you with specific skincare products to start using two weeks prior to your procedure and again after the treatment. These products are important for attaining your desired results. They will keep your skin hydrated and protected to help soothe any irritation. Avoid harsh or abrasive cleansers, toners, or exfoliators. For the first 48 hours, you may also want to avoid activities or environments that cause you to sweat (such as exercise, hot yoga, or sauna visits) as well as exposure to sunlight or UV rays—all of which can irritate recently treated skin. Most people are ready to put on makeup and go out to dinner in 4 hours.

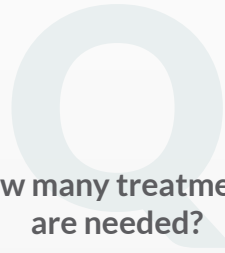


# TruSculpt 3D and New TruSculpt ID



## What is TruSculpt 3D?

TruSculpt 3D is a radiofrequency treatment that heats fat to cause lipolysis (fat breakdown). It can be used anywhere where fat deposits are located but is most commonly used in the submental area (under the chin), abdomen, flanks, arms, legs, or bra fat.



## How many treatments are needed?

Treatments under the chin are very quick—usually 15 minutes. It will feel like a warm compress and may leave some mild redness that usually lasts 15–30 minutes but may be visible for up to an hour. Three treatments under the chin, spaced one month apart, are necessary to break down the fatty deposit. The procedure requires virtually no downtime and is often combined with other treatments of the face on the same day.



## What is the new TruSculpt ID?

The new truSculpt ID is ideal for larger areas such as the abdomen. Up to six areas approximately the size of an index card can be treated at the same time—in one 15-minute session! No pre-treatment or downtime is necessary. No additional treatments are recommended for the same area for 12 weeks to allow the body to rid itself of the fat cells. Following the procedure, you should eat a healthy diet and consume plenty of water.

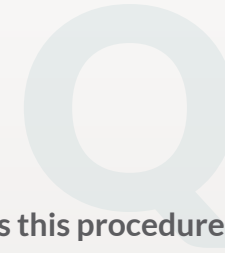
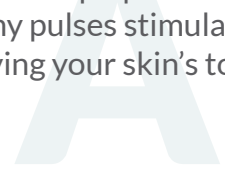
# Fractional Resurfacing with ProFractional™



## What is ProFractional™?

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ProFractional therapy uses tiny erbium laser beams to treat thousands of pinpoint areas of your skin. Each of these tiny pulses stimulates new collagen growth, improving your skin's tone and texture.



## Why is this procedure helpful?

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ProFractional laser treatments can help correct skin laxity, fine lines, and deeper wrinkles. This treatment is also known to reduce the appearance of scars, including acne scars, as well as reverse discoloration without as much downtime as complete resurfacing.

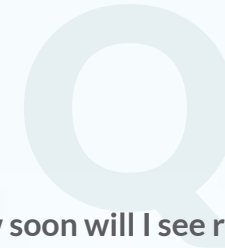


# Fractional Resurfacing with ProFractional™



## What should I expect?

Upon arrival, your provider will cleanse your skin and apply topical anesthetic for 30–40 minutes to numb the area and help you stay comfortable during the treatment. The procedure itself takes approximately 20–30 minutes. A calming mask will then be applied immediately after to calm the skin and allow for rapid healing. Next, you will apply a topical ointment regularly for 48 hours. At the end of this timeframe, you may use makeup approved for post-laser skin. Regular skincare products and makeup can generally be used within a few days. If you are looking for anti-aging effects, plan to repeat this treatment every 9 months.



## How soon will I see results?

During the 48 hours following the procedure, your skin will be healing. You will start to see results after that period, and improvement will continue over the next few months. This treatment is easily repeated with minimal downtime to achieve the desired results; a patient trying to improve the laxity of thin skin, for example, will require fewer treatments than one who wants to minimize the appearance of acne scars.

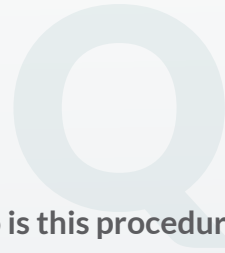


# Skin Resurfacing with Contour TRL™



## What is Contour TRL™?

The Contour TRL skin resurfacing peel uses erbium laser technology to reduce the appearance of deep wrinkles and make dramatic improvements to the tone and texture of damaged skin.



## Who is this procedure for?

This customizable procedure is most helpful for patients with significant sun damage and wrinkles who want to look and feel better about their appearance. A nurse practitioner may determine that a MicroLaserPeel of 50 microns is sufficient for one patient, while other patients may need much deeper contour TRL peels or a combination treatment regimen.



## How much downtime should I expect after the TRL peel procedure?

The depth of the peel directly correlates with the downtime. Someone who has a MicroLaserPeel may experience only a few days of downtime, while a more aggressive peel may require up to 7 days. Erythema (redness) may last longer, but this can be camouflaged with post-laser makeup.



# Hair Removal

Q  
What is hair removal?

A  
The CUTERA excel HR™ laser hair removal system provides advanced hair removal for all skin types.

Q  
Is it permanent?

A  
We use Cutera's YAG laser for permanent hair removal. Multiple treatments are necessary, but by spacing them 6-8 weeks apart, clients can typically attain permanent removal in 3-6 treatments for each area—even for full leg hair removal!

Q  
What is the most common hair removal treatment?

A  
The most common areas are the underarms, chin, and lip. However, with the faster, more efficient YAG laser technology, many women are getting their entire legs and bikini area done. Men are enjoying cleaning up the neckline of their beard.

Q  
Can any skin type use the YAG laser?

A  
That's the beauty of it! All skin types can use the minimally irritating YAG laser—all year round.

# Laser Treatment for Spider Veins



## Can you treat spider veins of the legs?

Yes, if they are small. If there is underlying varicosity or larger veins, you may need to address these issues with a vein specialist. In your consultation with our treatment professionals, you will be advised as to which vessels can be treated.



## Can you treat facial veins?

The face is the most common area for abundant, prominent blood vessels. Treating them can result in a dramatic improvement in the overall redness of the face—even from simple treatments just around the nose. Several treatments may be necessary. A localized treatment on the nose or cheeks takes about 15 minutes, while a Laser Genesis treatment for the entire face takes about 20–30 minutes. These can be done at the same time, saving you time and money.



## How much does it cost?

The total cost will depend upon the extent of the vessels. Localized treatments are performed in 15-minute segments, costing \$250; however, many vessels can be addressed in this short timeframe. Laser Genesis of the entire face is approximately \$300.

# Laser Treatment for Toenail Fungus

**Q**  
How do I know if I have toenail fungus?

Many people have toenail fungus and don't even realize it! The best way to find out is to have a screening examination performed by one of our nurse practitioners. If you do, we can help you explore your options. Without treatment, it can spread to an adjacent nail—or even your fingernails!

**Q**  
Does Urban Effects Medspa perform laser treatments for nail fungus?

Our suite partner, Dr. Tina Starkweather, is a board-certified podiatrist who performs these procedures. You can contact her directly at <https://lasernailcenterofiowa.com>.

**Q**  
How many treatments are needed? How much does it cost?

**A**  
Usually, only one laser treatment is needed, which costs approximately \$850.





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Each laser skin treatment offers a specific set of advantages. With guidance from your nurse practitioner, you'll be able to determine which treatment procedure or combinations of treatments that will help you best achieve your desired results.

If you still have questions about laser skin rejuvenation, get in touch with us today to talk with one of our skincare professionals. If you're ready to move forward with determining your plan for more youthful, radiant skin, contact us today!

