



Spectrum Laser FAQs – Erbium YAG

(Micro Laser Peel)

- What is Erbium? -

Erbium:YAG uses a 2940nm wavelength for skin resurfacing. The Erbium:YAG on the Spectrum is fully ablative and customizable, having the ability to resurface skin from 10 to 100 microns.

- What is unique about Erbium? -

Because water is such a critical component in the epidermal and dermal tissue, the 2940 nm wavelength produced by Erbium:YAG lasers is capable of rapidly vaporizing water residing in the skin. This unique wavelength delivers an almost instant skin ablation while limiting heat damage in the surrounding area. Unlike CO₂, Erbium is a more superficial skin resurfacing tool for polishing the skin. The Erbium:YAG laser is capable of achieving superior resurfacing results, while offering many advantages to the patient, e.g., reduced anesthetic requirements, shorter healing time, reduced erythema, less risk of pigmentary change, and more flexibility for facial skin resurfacing.

- What are some indications for Erbium? -

Erbium-YAG lasers have been used for laser resurfacing of skin. Example uses include treating acne scarring, rhytids, skin texture, and melasma. An Erbium Laser Peel can be very successful at reducing or eliminating these conditions, and, in fact, it is the best way to address the problematic lines that occur around the mouth and eyes.

- What does it do? -

Erbium:YAG laser skin resurfacing is an effective technique for minimally invasive and effective management of many cutaneous conditions and lesions. Its main indications include treatment of photoaging, rhytids, wrinkles, and solitary benign and malignant cutaneous lesions.

- How does Erbium differ from other laser treatments? -

Unlike a CO₂ laser, an erbium laser is a gentler approach to the skin, hence why it is named the “micro laser peel.” The erbium laser is usually more of a superficial treatment than a CO₂ laser and will help treat fine lines, some hyperpigmentation, and mild scarring.

- Does it help anti-aging / stimulate collagen? -

Ablative and non-ablative Erbium laser resurfacing stimulate collagen reorganization and fibroblast activation in photoaged skin. Ablative resurfacing, as on the Spectrum laser, will yield more significant results in a shorter period of time.

- What to expect? -

Topical numbing cream is typically used to help mitigate any discomfort. Mild erythema (redness) can last a few hours up to a few days depending on the severity of the treatment. Mild sunburn sensation that may include some mild discomfort may persist for up to 24-48 hours. Patients may use ice to sooth areas of discomfort. A few days after mild peeling of the skin will begin, do not pick.

- How does it feel? -

The Erbium laser provides a safer, more accurate and less painful method of restoring a softer, smoother, more youthful-appearing skin. Patients can have their procedure performed in the doctor's office and be home that same day.

- Pre-treatment -

Cannot be performed on tanned skin, please stay out of the sun. Avoid direct exposure to the sun / tanning beds 4 weeks prior to treatment. Wear broad spectrum SPF, pretreat if prone to cold sores.



- Post-treatment -

Clean the skin with a gentle cleanser and apply recovery balm several times a day until evidence of dryness, blistering, or swelling has disappeared. Can be a little temperature sensitive. Avoid exfoliants, scrubbing, chlorine, hot tubs, and swimming pools while healing.

- How long does a treatment take? -

Average treatment takes approximately 20 minutes.

- Will I need to take time off? -

Recovery times will vary depending on your treatment. Skin should start sloughing off 2-3 days after the treatment, a rosy "glow" can remain for several weeks. Make-up may be applied to minimize redness. Generally, 2-3 days off should be sufficient, 3-5 days for more aggressive treatments.

- When will I see results? How long do they last? -

The top layer of skin will re-grow and can be covered with makeup within about one week, at which time you will see noticeable improvements in your skin's texture, tone, and wrinkle appearance. Deeper laser treatments also stimulate the growth of new collagen over the next four to six months.

- How many treatments will I need? -

Number of treatments vary depending on desired results. Recommended 1-3 sessions, treatment once per month.

- Can I exercise? -

Use soft cloth and soft towels to avoid any scrubbing. When showering, avoid getting shampoo directly on the treated area. Avoid strenuous exercise and sweating until after skin has healed.

- Are there any side effects? -

Mild complications of Erbium:YAG laser resurfacing include milia, acne exacerbation, contact dermatitis, or perioral dermatitis. Moderate complications include prolonged erythema, transient posttreatment hyperpigmentation, and delayed hypopigmentation.

- Is it safe? -

Yes, Erbium:YAG treatments have been proven to be safe and effective for the right patient.

- Who is a good candidate?

Patients with realistic expectations and mild to moderate skin conditions. If you have fine lines or wrinkles around your eyes or mouth or on your forehead, shallow scars from acne, or non-responsive skin after a facelift, then you may be a good candidate for Erbium Laser Resurfacing.