

What it is:

The Titan™ Laser uses a safe infrared light to tone and tighten skin without surgery. The Titan™ Laser heats dermis deep below the skin's surface to stimulate collagen production while a continuous cooling feature protects the skin's surface (or epidermis).

Ideal for patients of any age and skin type who wish to enhance their skin tone for a firmer appearance.

The Titan™ Laser is generally performed on the face, arms and abdomen.

Features & Benefits:

- Enhances skin tone and tightens facial skin without surgery, recovery time or injections

Duration of Benefits:

- The Titan™ Laser is applied to your skin in a series of two to four sessions, spaced four weeks apart from one another, depending on the problem area treated
- After you have completed the recommended series of treatments, patients will only need to follow up as needed to maintain the beautiful results
- To further maximize results this treatment can be combined with the Pearl™ Laser, Botox® Cosmetic and fillers

Duration of Treatment: 30–45 Minutes

Treatment Protocol:

- Esthetic cleanse of area
- Removal of hair in the treatment area (if necessary)
- Application of cooling gel
- Customized spa treatment ritual (20 minutes)
- Laser procedure (approximately 30 minutes, depending on area treated)
- Ice or gel pads may be applied post-treatment as needed for patient comfort

Candidates:

- Ideal candidates include those seeking improvement in skin tone and those with loose facial skin
- Patients of all ages and skin types can be treated

Contraindications:

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption, you are not a candidate at this time
- Areas with tattoos/permanent make-up cannot be treated

What to Expect:

- Protective eyewear will be given to you for the duration of the laser treatment
- When the laser shines on the skin, patients will experience a brief heating sensation
- Immediately post treatment, your skin will feel warm. This sensation will usually diminish within two hours but can last longer
- You should see some improvement in a few weeks after the first treatment

Downtime/Recovery:

- Most patients are able to return to routine activities, including work and social obligations on the same day as their treatment, while others may be slightly red and swollen
- Redness and swelling following treatment is normal
- Swelling time varies from person to person but usually resolves within two hours
- Localized redness may also be present and typically resolves within 24–48 hours
- If a wound develops an antibiotic ointment may be recommended

Pre-treatment Guidelines:

Titan™ Laser

Six to twelve months before treatment:

- Cease use of Accutane

Four weeks before treatment:

- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing

Two weeks before treatment:

- Avoid use of systemic steroids (prednisone, dexamethasone) throughout course of Titan™ Laser treatment

Post-treatment Recommendations/Prescriptive Care: *Titan™ Laser*

- Apply post-operative ice packs five to ten minutes at a time, every one to two hours post treatment to help reduce swelling and redness
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- If a wound occurs, to prevent scarring do NOT pick at the healing areas
- You may apply make-up immediately after treatment to help mask temporary redness and/or swelling

Daily Skincare Routine:

- When washing your face, use a **gentle, non soap cleanser** (such as Cetaphil®).
You can wash as early as the evening following your treatment
- Most skin care products can be used immediately after treatment; however, avoid use of retinoids and topical corticosteroids if you are experiencing irritation
- Use a broad-spectrum sunscreen with an SPF of 25 or higher daily

Product Recommendations:

- Aquaphor® will keep sensitive spots lubricated
- If necessary, an over the counter antibiotic ointment may also be used
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

Follow Up Visit:

- A follow up visit will be scheduled approximately one week post-treatment
- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
