

The uRepublic guide to SELLAS resurfacing.

The main advantage of SELLAS resurfacing is its reduced healing time, as opposed to traditional full resurfacing. Because it's applied in micro-columns, the untreated areas are able to help the recovery of the new skin, making it a much gentler process, with significantly reduced down-time.

This procedure is most often applied as a series of 5 treatments, with each treatment producing a noticeable improvement in the quality of the skin.

How is SELLAS different from Fraxel and Profractional resurfacing?

All these procedures use state-of-the-art fractional technology to get the most out of the cosmetic benefits of laser skin resurfacing, while keeping the side-effects and recovery time to a minimum.

Both SELLAS and Fraxel use identical non-ablative (minimally invasive) laser light with a rapid recovery time. The non-ablative laser beams are delivered as individual columns in a polka dot fashion. The advantage is the reduced downtime as adjacent normal tissue can assist with more rapid healing. These multiple columns of laser beam can be varied in width, depth and density for a treatment program that is just right for you. Profractional resurfacing delivers fractional laser in a similar way, but is an ablative laser (moderately invasive) with greater intensity, and tends to have a longer recovery time.

Your doctor will advise you on the best resurfacing method for your skin.

How often does SELLAS need to be done?

To get the best out of the procedure, up to 5 treatments sessions are recommended. These can be carried out every 1-2 months. To keep your complexion looking its best, maintenance treatment can be performed yearly.

Can SELLAS be used to remove lumps, bumps and birthmarks?

There are other methods that are usually more cost effective for this purpose. However, in selected cases your doctor may recommend SELLAS because of its unique laser properties.

SELLAS is best for:

- Complexion and skin tone
- Melasma and other discolouration (especially face, neck and chest)
- Acne scars
- Other scars - surgical and trauma scars
- Fine line and wrinkles
- Stretch marks (variable response)

Can the procedure be combined with other lasers?

While SELLAS works extremely well on its own, it can be combined with other complementing lasers to produce even better results. In acne scar repair, it's often combined with Contour and Profractional resurfacing. It also works well with skin tightening devices such as Skin Tyte or DermaRF, and can also be combined with anti-wrinkle-injections, fillers and IPL.

What can the patient expect?

Patients can expect clearer, smoother, healthier and more vibrant skin. Patients with acne or other forms of scarring can expect gradual improvement with each treatment. A realistic expectation is approximately 50% improvement after 3 treatments.

Is the procedure painful?

The procedure can be painful, and therefore requires some form of anaesthetic. A topical anaesthetic cream applied 60 minutes before the procedure works very well. Relaxants such as sedatives and happy gas may also be used to minimize any discomfort. Cold air is applied to the treatment area, to further reduce any associated discomfort.

After the procedure, there will be a mild burning sensation for several hours. This is usually very well tolerated.

Do I have to wear any type of dressing or bandage after the procedure?

No. Your physician will prescribe an ointment such as QV Intensive or Vaseline. This is used as a barrier to keep the air away from your skin while you grow new epithelium. You'll probably use it for one to two days – after that, a simple moisturiser can be used.

How long is the healing process?

The healing process varies from patient to patient, and the depth and density of the treatment – generally around two to four days. So say you choose to have the procedure performed on a Thursday or Friday, you'll be able to return to work the following Monday. Some patients are even able to return to work immediately after treatment with some make-up. Our nurse will apply a water-based camouflage foundation after the treatment, if desired.

Immediately following the procedure you'll feel as if you've been sunburnt. Mild swelling and redness will persist for 2-3 days, but there's usually no bleeding or oozing. Over the next few days, you'll experience minor flaking of the skin. By day two, redness will begin to fade, and the skin might take on a bronzed appearance. Most redness will settle by one week. For some people who are prone to redness, the skin may look red for some time, but will eventually settle. More intensive treatment (such as for scars) may result in a longer recovery time. Some patients may experience itching after the first 2-3 days, which is a normal sign of healing. The application of a cool compress will ease the itching sensation.

For best results, patients should avoid the sun thereafter and use regular sun protection.

What are the unwanted side effects of the SELLAS?

Deeper treatment will naturally produce more swelling, redness and discomfort – but these are only temporary. Excessive swelling, redness and scaling lasting more than 3-4 days is uncommon.

Skin infections such as bacterial or viral sores may develop but are exceedingly rare. Individuals with herpes cold sores may consider taking preventative medications to prevent an outbreak.

If you have olive skin, or a darker complexion, there may be an increased risk of uneven darkening of the skin after the procedure – something that can be treated with a bleaching cream (on the other hand, Sellas is often used for treating pigment irregularities). Other forms of scarring such as keloids and thick scars are rare.

Is everyone suitable for SELLAS?

We do not treat:

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease / infections such as cold sores at the site of treatment
- Patients with (darker) skin types 5-6 are at greater risk of post-treatment pigmentation
- Any emotional, mental or medical condition that may impair judgment

Procedural consent

Before you undergo SELLAS, make sure you've read and fully understood the background information on the procedure. To get the most out of it, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. Of course there'll be no identification of the images that remain the property of uRepublic.

For best results, it's necessary to have the full series of pre-determined treatment sessions (typically up to 5 sessions), as recommended by the doctor. In a minority of patients, the SELLAS procedure may not work satisfactorily or may not last for the expected period of time. As it is not possible to predict a sub-optimum response, uRepublic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure has been addressed. Additionally, you have been given ample opportunity to ask questions and raise any concerns relating to the procedure. .

Name of patient

Signature

Date

Witness