

SUNSPOT TREATMENTS



Treatment	Best For (extent of damage, age, skin type)	When to Treat	# Treatments Needed	Results	Downtime
Fraxel	all, any, 1-VI	4 weeks post sun exposure, no sunless tanner	varies on concern, typically 3-4	smoother, plumper skin, lightly lifted skin, more even tone and texture	3-5 days of mild swelling, redness, and possible bronzing, mild-moderate dryness and rough texture for up to a week, longer on the body
IPL	all, any, 1-IV	4-6 weeks post sun, no sunless tanner	typically 2-4 with some maintenance depending on concern and lifestyle	more even tone and texture, less redness and flushing, less brown spots and freckling	none, though brown spots may appear darker for up to one week post treatment, mild blotchiness may appear after treatment, and makeup can be applied if needed
Microneedling	all, any	anytime unless sunburnt, freshly bronzed (just came back from baking on the beach) no active acne	4-6	smoother, plumper skin, lightly lifted skin, more even tone and texture, correction of scarring whether pigmented or depressed	mild redness and swelling for a few hours post treatment, no makeup for 24 hours
IPL & Microneedling	all, any, 1-IV	4-6 weeks post sun, no sunless tanner	4-6	more even tone and texture, less redness and flushing, fewer brown spots and freckling, finer lines and wrinkles, better skin density and clarity	none, though brown spots may appear darker for up to one week post treatment, mild blotchiness may appear after treatment, no makeup for 24 hours
Plasma Fibroblast Pen	mild to severe, 30's+, 1-VI	4-6 weeks post sun, no sunless tanner	1-2	tighter skin with fewer lines and wrinkles, improvement of crepiness	up to 2 weeks of brown dots paired with mild scabbing
Chemical Peels	all, any, 1-VI	4-6 weeks post sun, no sunless tanner	1-6, depending on formulation and concern	clear brighter, more evenly toned skin	none to mild dryness to peeling in sheets, depending on formulation and skin response
Facials	all, any, 1-VI	anytime unless sunburnt	regular sessions quarterly for maintenance	clearer, more hydrated skin, glowing skin	none
Microderm-abrasion	all, any unless prone to redness and flushing	every 2-4 weeks	up to 6	clearer, brighter, more evenly toned skin, smoother texture	none

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