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Ablative vs. non-ablative: What's the difference?

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Fractional thermolysis, which made its debut in 2004, has been taking the cosmetic industry by storm during the last several years. It is helpful in not only wrinkles and fine lines but also for the reduction of all kinds of scars such as burn, surgery and/or acne scars, stretch marks and even melasma. A non-ablative laser is less invasive and conducts heat deeper into the dermis, essentially bypassing the top layers of the skin. This deep-placed heat causes the collagen to rebuild, making the non-ablative laser a good choice for several indications. The non-ablative devices are good for mild to moderate wrinkling and photoaging and fairly close to eliminating most acne scarring over a series of 4-6 treatments that are only a bit uncomfortable followed by roughly 3 days of erythema. Low downtime, compared with ablative lasers which require a week to 10 days from work and social obligations that makes the non-ablative lasers so appealing in our patients' busy lives. But the less aggressive the laser is the more treatments are required to get the final results. If you need to quickly get back to work and/or social activities having more treatments with a non-ablative laser would be the best or if you don't mind a few days' downtime, then ablative laser is a better choice!

Biography

Ajay Rana is the Founder and Director of Institute of Laser and Aesthetic Medicine (ILAMED). He is a Dermatologist, Aesthetic Physician and Professor at the University of Greifswald, Germany and worked at the University Klinikum of Greifswald and in France at the University Hospital of Besançon. He is also the Head and Lecturer of the International Diploma in Aesthetic Laser Medicine (DALM) program of the University of Greifswald, Germany. He has founded in 2009 the Institute of Laser and Aesthetic Medicine (ILAMED). He was the first Physician in India to bring the robotic hair transplantation system Neograft, which offers a painless and downtime free hair transplant treatment. He is also a proud holder of the board certification by the American Academy of Aesthetic Medicine.

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