

welcome to melbourne collagen foundation

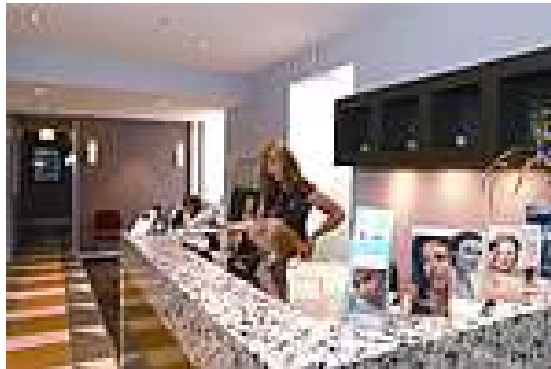
mcf was established in 1990 with the intent of focusing on the latest cosmetic procedures for all skin concerns. This is achieved by Dr. Peter Bartnicki (Cosmetic Physician) and his consultants, keeping up to date with the latest procedures, products and anti-ageing treatments. Dr Bartnicki has been in the Cosmetic field for over 15 years and is dedicated to bringing new techniques and procedures to his patients.

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Skin Rejuvenation – Chemical peels, Collagenesis & IPL

The skin is the largest organ in our body. It is made up of millions of cells that protect us from the environment and regulate our body temperature. Every day thousands of cells die, flake off and are replaced by new cells from beneath the skin. As we age, this process begins to slow down. Our skin may become dull. Dark blotches, fine lines and other signs of sun-damage and ageing begin to appear. We have a number of treatment strengths: chemical peels, Power Peels, Dermabrasion, Collagenesis and IPL

Chemical Peels

Chemical Peel Skin Rejuvenation

Chemical Peels have been used for over 100 years to create an even and controlled shedding of damaged skin cells. Chemical peels are solutions applied to the skin to remove dead skin cells and stimulate the production of new skin cells. It tightens the skin, reduces wrinkling and restores a more youthful appearance.

What skin conditions can a chemical peel improve?

Chemical peels can effectively improve a wide variety of skin conditions including:

- Fine lines and wrinkles
- Uneven pigmentation
- Shallow acne scars
- Sun-damaged skin
- Age spots
- Freckling

A chemical peel is not a substitute for a facelift. It cannot eliminate excessive or lax skin but in many cases a chemical peel is performed in conjunction with these procedures.

What is the treatment like?

Unlike laser peels, chemical peels can be performed on the face, neck, chest, hands and even the arms and legs. Most chemical peels are performed in the doctor's office or surgical suite. Depending on your skin type and the desired results, your physician may recommend a superficial, medium, or deep chemical peel. Once applied, the chemical encourages a separation and peeling of the outer layers of the skin. This stimulates the production of new skin from beneath. Most patients experience a warm to hot sensation which may last as long as ten minutes, followed by a stinging sensation.

What should you expect after treatment?

Reactions to chemical peels are similar to a sunburn and range from mild to more pronounced effects. Generally, the deeper the peel, the longer the recovery. A light and medium peel usually results in some redness, and possibly some scaling for a few days. A deep peel can result in swelling and blisters that break open forming a crust and turning brown, followed by peeling which can last up to two weeks. At first the new skin will have the colour of significant sunburn. This will gradually fade to pink over the next few weeks. Cosmetics can be applied after about two weeks. Following a chemical peel, your new skin will be tighter, smoother and may be slightly lighter than it was.

Following any skin peel, it is important that you avoid any exposure to the sun. Your new skin is very sensitive and susceptible to injury. Always apply a wide spectrum (UVA and UVB blocking) sunblock of at least SPF 15, twenty minutes before you go outside.

Which Treatment is for me?

TCA is the most aggressive skin reconditioning treatment, it is for skin that requires a deep treatment and is performed by our doctor.

Power Peels are the next most intensive treatment and are for people requiring a medium depth peel.

Dermabrasion is for treatment of superficial skin. Our consultants will be very happy to discuss the best peel for your skin.

Power Peel

When you examine your skin, does it look and feel as soft and fresh as you want? Or, are you unhappy with age spots, acne scars, blackheads, fine wrinkles or flaking skin? With the Power Peel skin treatment program, you can see immediate improvements in your skin's appearance. This unique approach removes dead and flaking skin cells and stimulates the production of fresh young skin cells and collagen. It is the ultimate advancement in non-invasive, non-surgical skin conditioning. Enjoy a rewarding experience and relax while a trained technician applies a gentle chemical peel followed by micro-dermabrasion. Power peels are specially designed treatments to remove age spots and fine lines from around the eyes, lips and neck. Power Peels can also reduce the appearance of acne scars. Power Peel treatment sessions usually take about 30 minutes

What is a Power Peel?

Power Peels are a combination of micro-dermabrasion and Jessners solution; these treatments have been used in Europe for years. Now, this exciting procedure is helping men and women in Australia experience remarkable improvements in their skin texture, regardless of skin colour. Power Peels are a safe, non-surgical, comprehensive approach to skin care.

What results can you expect?

Depending on the area treated, you will notice an improvement in your skin's appearance. Stretch marks and acne scars will be less obvious. Age spots and fine lines are erased and many patients report that their skin seems to be softer, smoother and younger-looking.

Power Peels are ideal for:

- People who cannot afford to take time off for healing from chemicals or lasers.
- Active people who don't want to interfere with social or outdoor activities such as golf, tennis or skiing.
- Sensitive skin that reacts to make-up or chemicals.
- Oily, acne-prone skin that is not improved by acne remedies.
- Younger people with early skin changes who wish for beautiful skin.

What are Power Peel treatments like?

Following the Jessners peel, micro-crystals are gently vacuumed through a delicate hand piece. In as little as thirty minutes this gentle abrasive technique efficiently produces results. Treatments are applied through a course of fortnightly sessions. Power Peels enhance skin condition and do what no other available treatment can (without surgery) in combating the signs of ageing skin. Most importantly, it is safe to use on all skin types and colours.

How soon will I see results?

After your first treatment, your skin will have a fresh pink glow. Improvement continues throughout your treatment program. The number of treatments recommended for maximum results ranges from 3 – 6.

Micro-dermabrasion

Micro-dermabrasion can remove dead and flaking skin cells to create an immediate improvement in your skin's appearance. This unique approach stimulates the production of fresh young skin cells and collagen. It is the ultimate advancement in non-surgical, non-invasive skin conditioning. Micro-dermabrasion treatments are gentle and take very little time. These mild yet effective treatments remove fine lines, age spots, blackheads and acne scars can also be dramatically reduced. Micro-dermabrasion is a comprehensive approach to skin care that is non-surgical, safe and effective. Practices in Europe have been using micro-dermabrasion treatments for years, and now men and women in Australia are experiencing the remarkable results of this exciting procedure. With micro-dermabrasion, you can see improvements in skin texture regardless of skin colour.

What results can you expect?

Regardless of your skin's condition, most patients will notice an improvement in their skin's appearance. Fine lines and age spots may be reduced and acne scars will be less obvious. Many patients report that their skin seems softer, smoother and younger-looking.

Micro-dermabrasion is ideal for:

- People who cannot afford to take time off for healing from chemicals or lasers.
- Active patients who don't want to put off outdoor or social activities like tennis, golf or skiing.
- Skin that is sensitive to chemicals or make-up.
- Acne-prone skin that has not responded well to acne remedies.
- Younger patients with early skin changes who wish for softer, smoother skin.

How long do treatments take?

Micro-dermabrasion treatments usually take about 30 minutes. During your session we can focus on your problem areas, and increase intensity where needed.

What are Micro-dermabrasion treatments like?

A superficial skin exfoliation process with the aid of a delicate hand piece, through which micro-crystals are vacuumed. This technique delivers a gentle abrasion which efficiently produces satisfying results. Micro-dermabrasion treatments enhance your skin's appearance through a course of fortnightly sessions. These treatments combat the signs of ageing skin, achieving what no other available treatment can (without surgery). Most importantly, Micro-dermabrasion is safe to use on all skin colours and types.

How soon will I see results?

After your first treatment, your skin will have a fresh pink glow. Improvement continues throughout your treatment program. The number of treatments recommended for maximum results is from 3 – 6.

Collagenesis

Is this for you?

Skin Needling is an exciting new treatment which has been shown to:

- Smooth wrinkles and fill lines
- improve skin texture
- relax scars
- improve depressed acne scarring
- improve the appearance of stretch marks
- improve chicken pox scars

Why is skin needling so effective?

Successful collagen remodelling and new collagen production depends on the accurate targeting of the dermis. Skin needling to a depth of 2mm ensures the dermis is successfully targeted and micro-injured with each needle penetration. With the epidermis intact with plenty of healthy tissue surrounding each micro injury, new collagen production is induced with minimal harm to skin structures and the skin's protective layer.

How is it done?

The skin roller causes multiple tiny pin point puncture wounds to the dermis. This dermal damage induces the release of growth factors that stimulate the production of new collagen and elastin. Remodelling of this new collagen continues for 12 months after each treatment. Skin needling creates dermal damage without the removal of the healthy epidermis, which happens with other skin resurfacing techniques. Because the epidermal layer is left intact, the healing period is rapid. The skin does not risk permanent structural damage, sun sensitivity, skin colour loss or hyperpigmentation.

Can all skin types be treated?

Skin needling can be safely performed on all skin types and colours. As the epidermis and in particular, melanocytes in the basal area are left intact; there is no risk of pigment change or post inflammatory hyperpigmentation.

What areas of the skin can be treated?

Skin needling can treat sensitive areas that other treatments have to avoid, such as below the eyes, the neck and the back of hands.

How much time does it take to recover?

The skin is red and swollen for one to two days with a light grazing over the treated area appearing on day two. Most patients are able to return to work within 72 hours. Multiple treatments are usually necessary to achieve desired result. Treatment effects are cumulative and will usually be seen within 6 -8 weeks. Treatments to be repeated every 6 – 10weeks.

In comparison to prolonged recovery time from laser resurfacing and the chemical peels, a few days healing time makes skin needling a more desirable alternative.