

What Is Laser Skin Treatment and Is It Right for Me?

Laser and light-based treatments can improve a variety of common skin concerns, including sun spots, facial redness, uneven pigmentation, acne scars, fine lines, and uneven skin texture. Different types of lasers and light treatments work in different ways, so the right treatment depends on your skin, the concern being treated, and the results you hope to achieve.

At Calvert Dermatology, we offer laser and light-based treatments using the Nordlys® System, which combines several technologies designed to treat specific skin concerns. During your consultation, we can determine which treatment is appropriate for your skin and goals.

How Does Laser Treatment Work?

Laser and light treatments deliver controlled energy to the skin. Depending on the treatment, that energy may target pigment, blood vessels, hair follicles, or water within the skin. Fractional lasers create microscopic areas of controlled injury in the skin. This stimulates the skin's natural healing response and encourages new collagen production, which can improve texture, fine lines, and the appearance of certain scars. Since different technologies work differently, "laser treatment" is not one single procedure. The type of treatment, settings, and number of sessions are selected based on your individual skin and concerns.

What Laser Treatments Are Available at Calvert Dermatology?

At Calvert Dermatology, we use the Nordlys® System, which includes several treatment options for skin rejuvenation, pigmentation, redness, hair removal, and acne scarring.

SWT IPL

SWT IPL (Intense Pulsed Light) uses controlled pulses of light to target red and brown pigmentation in the skin. It may be used to improve the appearance of sun spots, uneven pigmentation, facial redness, visible blood vessels, and some signs of sun damage. The same technology can also be used for unwanted hair.

Frax 1550

The Frax 1550 is a fractional, non-ablative laser that treats deeper layers of the skin without removing the surface. It stimulates collagen production and can help improve skin texture, fine lines, wrinkles, and the appearance of acne scars.

Frax 1940

The Frax 1940 is also a fractional, non-ablative laser, but it works more superficially than the Frax 1550. It can be used to address pigmentation and other surface-level skin concerns. Your

dermatologist may recommend one treatment or, in some cases, a combination depending on what you are trying to improve.

What Skin Concerns Can Laser Treatment Improve?

Depending on the technology used, treatment may help improve sun spots and age spots, uneven pigmentation, facial redness and visible blood vessels, fine lines and wrinkles, uneven skin texture, acne scars, unwanted hair and some signs of sun damage. At Calvert Dermatology, we consider your skin type, the specific concern you want to address, and your goals before recommending treatment.

Are There Risks?

Laser and light-based treatments are generally well tolerated when appropriately selected, but they do have potential risks. These may include redness, swelling, discomfort, blistering, infection, scarring, and changes in skin pigmentation.

Changes in pigmentation can be an important consideration for people with darker skin tones. The risk varies depending on the treatment, settings, and individual skin type. This is one reason why an evaluation with a dermatologist before treatment is important.

How Many Treatments Will I Need?

The number of treatments depends on what is being treated and which technology is used. Some concerns may improve after one treatment, while others typically require a series of treatments.

It is also important to have realistic expectations. Laser treatment can improve the appearance of sun damage, pigmentation, scars, wrinkles, or uneven texture, but it does not stop the natural aging process or prevent future sun damage.

Bottom Line

Laser and light-based treatments can improve a variety of skin concerns, but there is no single treatment that is right for everyone. At Calvert Dermatology, we offer the Nordlys® System, including SWT IPL, Frax 1550, and Frax 1940, to address concerns such as pigmentation, redness, sun damage, skin texture, fine lines, acne scars, and unwanted hair. During your consultation, we can evaluate your skin and discuss which treatment may be appropriate for your individual concerns and goals.

Frequently Asked Questions

Can laser treatment help acne scars?

Yes. Certain fractional lasers can stimulate collagen production and improve the appearance of acne scars. The best treatment depends on the type and severity of the scars.

Can laser treatment help redness from rosacea?

Certain light and vascular treatments can target visible blood vessels and diffuse facial redness associated with rosacea. Calvert Dermatology offers generalized facial redness treatment as part of its Nordlys® services.

Is laser treatment safe for darker skin?

Some laser treatments can be performed safely on darker skin, but the risk of pigmentation changes varies by treatment and skin type. Your dermatologist should evaluate your skin and select appropriate treatment settings.

Resources

1. Calvert Dermatology. Laser and IPL skin treatments. [Calvert Dermatology](#)
2. Calvert Dermatology. Sun spots. [Calvert Dermatology](#)
3. Calvert Dermatology. Generalized facial redness lasering. [Calvert Dermatology](#)
4. American Academy of Dermatology. Acne scars: Consultation and treatment. [American Academy of Dermatology](#)
5. Mayo Clinic. Laser resurfacing. [Mayo Clinic](#)
6. Preissig J, Hamilton K, Markus RF. Current laser resurfacing technologies: A review that delves beneath the surface. *Semin Plast Surg.* 2012;26(3):109-116. [PubMed](#)