Laser&Health
ACADEMY

LA&HA Doctor's Notes

Fotona4D®

FREQUENTLY ASKED QUESTIONS
PATIENTS ASK ABOUT FOTONA4D®

1. WHAT IS FOTONA4D® AND HOW DOES IT WORK?

Fotona4D® is a minimally invasive laser treatment designed to target the skin of the face as well as the oral mucosa, providing enhanced treatment of wrinkles around the mouth. It stimulates collagen and elastin production, improving skin tightening and promoting a more even skin tone.

This treatment is ideal for individuals looking to rejuvenate their skin in a non-invasive way, whether for preventive or corrective purposes.

2. WHAT TYPES OF SKIN ISSUES CAN FOTONA4D® ADDRESS?

Fotona4D® is suitable for most individuals, especially those with loose or wrinkled skin, reduced skin elasticity, fine lines, loss of volume, and minor pigmentation irregularities.

3. WHAT AREAS CAN BE TREATED WITH THE FOTONA4D® PROCEDURE?

The Fotona4D® treatment primarily targets the face, but you can also treat the neck and décolleté if needed.

4. IS FOTONA4D® SAFE?

Yes, when performed by a qualified and experienced practitioner, Fotona4D® is a safe procedure.

5. WHAT ARE THE BENEFITS OF FOTONA4D® TREATMENT?

- Improved skin quality
- Reduced appearance of wrinkles and pores
- More even skin tone
- Smoother skin texture
- Minimally invasive procedure
- Suitable for all skin types

6. WHO IS SUITABLE FOR FOTONA4D®?

The procedure is recommended for individuals seeking a minimally invasive rejuvenation treatment without the use of injectables. However, it can also be combined with injectables if desired.

7. CAN FOTONA4D® BE PERFORMED ON ALL SKIN TYPES AND TONES?

Fotona4D® is suitable for all Fitzpatrick skin types, although extra caution is advised for patients with darker skin tones.

8. HOW SHOULD I PREPARE FOR A FOTONA4D® SESSION?

Ensure that your skin is well-hydrated and not tanned before the treatment.

9. WHAT DOES THE PROCEDURE FEEL LIKE? IS IT PAINFUL OR UNCOMFORTABLE?

Each of the four steps of Fotona4D® feels different, and discomfort is minimal.

The first step is performed inside the oral mucosa and creates a warm sensation. The second step feels like a mild snapping sensation, similar to an elastic band. The third step is generally the most pleasant for clients, as it feels like basking in the sun. The fourth step involves a laser peel and may cause mild discomfort.

No anesthetic cream is required, as all steps are tolerable.

10. WHAT SHOULD I AVOID AFTER THE PROCEDURE?

Avoid prolonged sun exposure and apply UVA/B 50+ sun protection. Refrain from using cosmetic products with higher concentrations of AHA and BHA acids for a few days.

11. WHAT IS THE RECOVERY TIME AFTER THE PROCEDURE?

A day or two after the procedure, mild redness can be expected. After three days, the skin begins to peel, which lasts for another three days. All signs (redness and peeling) are very mild and hardly noticeable with the use of moisturizing creams.

12. HOW MANY SESSIONS ARE TYPICALLY NEEDED TO SEE RESULTS?

Multiple treatment sessions are required to achieve optimal results. Typically, we recommend two sessions for individuals under the age of 30, and 3-4 sessions for older clients. Treatment sessions should be spaced 4 to 6 weeks apart.

After completing the initial series, touch-up maintenance sessions are usually needed 1-2 times a year to maintain the results.

13. HOW LONG DO THE RESULTS LAST?

The results of the treatments are long-lasting, typically extending up to one year. Additionally, since laser procedures like Fotona4D® target deeper layers of the skin, they promote slower and more graceful aging, meaning some benefits are maintained long-term.

14. WILL I SEE IMMEDIATE RESULTS, OR DOES IT TAKE TIME?

Some immediate effects, such as smoother and more even skin, are visible within a week after the procedure, while collagen remodeling may continue for up to 3-6 months post-treatment, leading to progressive enhancements over time.

15. CAN I COMBINE FOTONA4D® WITH OTHER TREATMENTS?

The procedure can be complemented with various other aesthetic treatments for enhanced results.