

Treatment Revives Youthful Looks

Titan Laser Stimulates Collagen To Tighten Sagging Skin



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Linda Simonian, a family nurse practitioner with a Masters of Science in nursing, works under medical director Dr. Laud Rubaum. She is respected as an expert and skilled technician, with many years' experience in a wide variety of lasers for skin care and beautification. She spent six months researching the Titan laser before bringing it to Laser Medical Center, the first clinic in Orange County to have the Titan. **BENEFITS:** Stimulates collagen to tighten the skin; reduces sagging skin in cheeks, chin, upper arms and elsewhere; long-lasting results.

Q: How does the Titan laser work?

A: It uses an infrared light to drop heat into the second layer of the skin, which creates a response in the collagen that results in tighter skin. In young skin, collagen cells are curly and tight. Over time, because of aging, genetics and other factors such as exposure or cigarette smoking, the collagen cells lose their curl and the skin starts to sag. The heat of the Titan brings back some of the curl to the collagen, which firms the skin.

Q: Where can the Titan be used?

A: The skin under your eyes weighs down

the area in the jaw line, which then weighs down the skin in the neck. So the most common applications are on the face, under the chin, neck, abdomen and upper arms. It is also used to great affect on hands, knees, thighs, buttocks and even the tops of the feet. We most often recommend at minimum a full-face treatment, which includes under the chin all the way to the forehead.

Q: Is there any temporary discoloration afterward, and how soon do you see results?

A: The Titan is really amazing in that it is painless – I've had clients doze off during treatments! – and there is no downtime, no rawness and no redness. People usually see results immediately, and one of best things is that because of the deep stimulation of the collagen, the typically continue seeing results for up to six months. In other words, they just keep looking better and better as the weeks go by. Better yet, the Titan works on all skin types.

Q: How long do the results last?

A: I subscribe to "seeing is believing." I did a Titan treatment on one of my hands and left the other hand untreated so I could do a visual comparison. That was three and a half years

ago, and the difference between hands is still quite visible – and that was with just one treatment. The results last for years.

Q: What else does it do for the skin?

A: Because it helps to remodel the collagen, thin, papery skin becomes more substantial and younger looking. I've also seen amazing results when the Titan is used on surgical scars, especially on the abdomen where skin tends to sag around the scar. Also, the Titan can be a nice follow-up for people who have droopy skin from weight loss, liposuction or after pregnancy.

Q: How many treatments are needed?

A: In a perfect world, where money and time don't matter, three treatments in a year might be recommended, with one every year as you age. However, just one treatment can do quite a lot, depending on the individual. A good laser specialist will tailor the treatment for best results. For example, we generally include treatments with the Genesis laser, which stimulates collagen at a shallower layer of the skin, to help reduce fine lines and shrink pores. The two lasers complement each other so well that it just seems right to use them together.