

## THERMAL ENERGY THERAPY FOR SKIN

*Your Weekly Newsletter by  
Dr. Nick Sieveking*



Welcome to my weekly newsletter. This week, we will be discussing laser and non-laser thermal skin rejuvenation of the face and neck. There's quite a bit of information to digest and a lot of myths to debunk. At Sieveking Plastic Surgery and Ageless Solutions, we don't just perform the best facelifts and facial aesthetic surgeries; we offer all of the state-of-the-art, non-surgical treatments to tackle age-related issues of the face and neck. Because we are experts in all areas – surgical and non-surgical rejuvenation – you can trust us to give you a straightforward, honest summary of your options for facial rejuvenation.

**Thermal energy treatments use laser and non-laser technologies to improve skin tone, texture, and firmness by stimulating collagen production.**

### **1. Laser Skin Rejuvenation**

Focused beams of light energy target the skin's surface and deeper layers to trigger controlled repair and new collagen growth.



### **Benefits of Laser Skin Therapy:**

- Smoother, firmer skin
- Reduction of fine lines, wrinkles, and acne scars
- More even skin tone and smaller pores
- Fewer sun spots and potentially lower skin cancer risk
- Permanent hair reduction

### **Types of Lasers for Skin Care:**

- Ablative lasers (e.g., CO<sub>2</sub>): Remove outer skin layers; more dramatic results; longer downtime.
- Non-ablative: gradual improvement. Less downtime. Often requires multiple treatments.

Downtime: Hours to several days (ablative up to ~2 weeks); aggressive treatments may require anesthesia

### **Laser Systems at Sieveking Plastic Surgery**

#### **1.) Tetra CO<sub>2</sub>**

- CoolPeel – Light CO<sub>2</sub>, ≤5 days downtime
- Deka – Aggressive CO<sub>2</sub>, ~2 weeks downtime

#### **2.) Sciton mJOULE**

- ClearV Nd:YAG (1064 nm) – Targets small and medium veins and spider veins on face and legs
- ClearSilk Nd:YAG – Non-ablative; treats redness, rosacea, fine lines, texture irregularities, acne scars, hyperpigmentation, and dullness

#### **3.) Lumenis - Laser Hair Removal –**

- 809 nm diode laser best for medium to large hairs that are brown to black in color



## **Non-Laser Energy-Based Treatments at Sieveking Plastic Surgery**

### **1.) Ultherapy - Ultrasound Energy**

- Non-invasive firming and tightening for face, neck, and décolletage
- Uses focused ultrasound to stimulate collagen and elastin deep in the skin

Downtime: Minimal to none

Pain: Mild to significant, depending on settings

### **2.) BroadBand Light (BBL) – Sciton BBL**

- Advanced IPL for pigmentation, redness, vascular lesions, skin laxity, and acne
- Can be used on any area of the body; mild redness for a few hours; pain: quick, mild discomfort

### **3.) Radio-Frequency (RF) Microneedling – Virtue RF**

- Combines microneedling with RF energy for skin tightening and texture improvement
- Benefits: Firmer skin, fewer wrinkles, scars, and stretch marks, improved tone and texture

Downtime:

- Day 1-3: Redness and swelling; possible pinpoint scabs
- Day 3-5: Smoother texture
- Day 5-7: Minimal pinkness (easily covered with makeup)

## **Patients Often Ask:**

"Can I get facelift-like results from lasers to avoid surgery?"

Answer: No. While laser and thermal rejuvenation can smooth and firm skin, they cannot replicate the lifting and repositioning achieved with a surgical facelift. Conversely, a facelift can make you look 10–15 years younger but will not improve skin quality, fine lines, or age spots—areas where lasers and thermal therapies excel.

Best results come from a combined approach: a facelift for lifting and contour, followed by laser or thermal therapy to refine skin quality and restore an even, youthful surface.

## **SPECIAL OFFER**

25% off Dr. Sieveking's revolutionary skin repairing cream **Defy.**

Powered by advanced skin-penetrating enhancers, Defy targets fine lines, wrinkles, and textural irregularities across the forehead, face, and neck—reducing the appearance of damage caused by time and environment.

Infused with bio-essential ingredients—Pregnenolone, Hyaluronic Acid, and Collagen—this physician-developed cream replenishes the skin's natural building blocks that decline with age.

The result: smoother, firmer, more hydrated skin that looks and feels youthful. Defy is part of Dr. Sieveking's Bio-Identical Skincare line called Bio-Identix™ (bio-identix.com)

## **Meet Our Laser Therapy Experts**



**Susie Cody, RN, CANS**  
Aesthetic Nurse Specialist

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Susie has been an RN in the aesthetic industry for over 25 years. She has served as a national trainer for Galderma and an in-house trainer for multiple successful medspas in California. She is also a Certified Aesthetic Nurse Specialist (CANS), which is a highly specialized training in nonsurgical aesthetic procedures to integrate and apply knowledge, skills, and judgment. Additionally, she has advanced training in cosmetic lasers and devices, injectables, PDO thread lifts, PRF, medical grade skin care and more. Susie prides herself on being honest with my patients and I delight in giving them beautiful and natural looking results.



**Jennifer Hammond**  
Licensed Medical Aesthetician and Certified Laser Specialist

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Jennifer has served as a licensed medical aesthetician and certified laser specialist for over five years. She has advanced training and certifications in many skin treatments, including experience with Microneedling, Ultherapy, and CoolSculpting. She is a firm believer in establishing a gentle exfoliation routine so her clients get the most out of their product use. She enjoys getting to know her clients and seeing their joy during their skin journey. Her motto is "It's much easier to prevent than to correct... but it's never too late to start new habits!"



**Stay Tuned!**

**Be on the lookout for next week's newsletter on I.V. Peptide Therapy and  
their transformative  
Age Management Potential**

[Schedule Appointment](#)



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