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13 Reasons Why CO₂ Resurfacing Leads in Treating Fine Lines and Wrinkles



Imperfections like wrinkles, fine lines, sun damage, scars, uneven skin tone, warts, and pigmentation issues can quickly become a big source of worry. A rejuvenated skin gives you the added confidence to tackle each day.

In your quest for smoother, more youthful skin, you'll likely explore multiple options, including skincare products, botox, and perhaps cosmetic surgery.

However, nothing beats the effectiveness and advantages that CO2 laser resurfacing provides. This procedure has become a leading choice for various dermatological treatments, especially as a single-stage treatment.

CO2 laser skin resurfacing stands out for many reasons, including stimulating more collagen production, dramatic results after fewer sessions, minimal side effects, natural-looking and longer-lasting results, precision, versatility, customization, and much more.

In this article, we expound further on why CO2 resurfacing is your best bet in the battle against fine lines and wrinkles despite recent advances in cosmetic procedures and laser technology.

Let's get started!

1. More effective wrinkle reduction

CO2 laser resurfacing reduces the appearance of fine lines and wrinkles significantly when compared to some other procedures. The treatment removes damaged skin layers and also stimulates a healing response from the skin.

Researchers compared using CO2 laser resurfacing to other local skin therapies for the treatment of acne scars and pigmentation and found the former to be more effective.

According to the authors, CO2 laser resurfacing led to a "[significantly better effect](#)" on the damaged skin.

The researchers also surveyed the patients and found that the group that received the laser treatment reported greater patient satisfaction.

Another study featured 20 women who received one session of fractional CO2 laser resurfacing to treat perioral wrinkles.

Two external examiners noted that the before and after pictures showed clinical improvement in all 20 women.

2. Produces minimal side effects

CO2 laser resurfacing is a well-established procedure. You can bank on its strong safety record. However, we recommend only using and consulting trained professionals with experience operating the laser.

One study followed 104 patients who received CO2 laser resurfacing for an average of 8.2 months per person. The patients were treated for facial rhytides and or scarring.

The authors reported that the "[incidence of side effects](#) is generally very low." Most patients showed minimal side effects.

Examples of common side effects with this procedure include erythema, postinflammatory hyperpigmentation, scarring, loss of tan, and potential infection.

An article published in the Aesthetic Surgery Journal also notes that [complications from undergoing CO2 resurfacing](#) are "very rare." Only 0.5% of patients observed had an infection.

3. More precise

Fractional CO2 lasers can be precisely controlled to target specific areas. This control makes it a potent choice for treating and meeting the needs of individual patients.

Fractional CO2 lasers deliver tiny concentrated columns of energy to the intended target, usually wrinkles or fine lines, without damaging the surrounding skin cells.

Additionally, operators can use a wide range of energy intensities, distribution, and depth, depending on the nature and severity of the skin concerns.

This allows trained professionals more control to customize treatments, whether it's to revitalize a dull complexion or to give your face a more youthful appearance.

At Highline Aesthetics, we have board-certified aestheticians and laser specialists with a combined [22 years of experience](#) in providing safe and high-quality CO2 laser resurfacing in Boulder, Denver, and environs.

[Schedule an appointment](#) with our experts today to rejuvenate your skin.

4. Produces longer-lasting results

The results of CO2 resurfacing are long-lasting, with improvements continuing for several months after the procedure. However, certain factors contribute to the longevity of the gains.

These factors include adherence to postprocedural recovery plans, depth of treatment, skin type, the site treated, skincare routine, and sunscreen use.

A study retrospectively reviewed participants who underwent facial resurfacing with a pulsed CO2 laser at different stages after their procedure.

In the third and sixth months, the researchers reported that the wrinkles were still completely removed.

Although some of the wrinkles had resurfaced after a year, the panel of plastic surgery reviewers noted that the overall result was still exceptional.

Per the result, skin issues treated on the cheeks were more durable than other parts of the face. Areas around the mouth showed more wrinkle recurrence.

Despite the inherently long-lasting results, you must maintain a good skincare routine, use sunscreen when in the sun, and maintain healthy habits like sleeping early and avoiding cigarettes to enjoy the results much longer.

5. Minimal pain, side effects, and discomfort

While the resurfacing procedure is not devoid of pain or discomfort, it is nothing compared to scalpel surgery or other treatments. Moreover, the pain you feel depends on your particular needs and the depth used to treat your facial blemishes.

As CO2 laser technology improves, so does the ability of doctors to control peak power in ways that reduce heat accumulation and allow enough cooling between individual beams.

Simply put, the current technology prevents overheating, which is often the primary cause of pain during resurfacing procedures.

As such, patients feel less postoperative pain, use fewer analgesics, and rarely suffer complications.

The ability to focus the treatment on only the target areas minimizes damage to healthy tissues and skin. The treated skin heals much quicker, too, with less pain and discomfort.

6. Stimulates more collagen production

Collagen is responsible for skin texture, elasticity, volume, and moisture. With old age, sun exposure, and other environmental and lifestyle factors, collagen levels reduce, leading to loose skin and the appearance of deep wrinkles and fine lines.

Carbon dioxide resurfacing can trigger the body's natural collagen production, leading to firmer and more youthful-looking skin. CO2 lasers are more effective at this than Er: YAG lasers.

Lasers create controlled and intentional minor thin layers of injuries at the sites they touch, similar to what you get with microneedling.

It's the process of healing these controlled injuries that the body rejuvenates itself. It either does this by producing more collagen or by rearranging existing networks.

The overall process tightens the skin and helps clear the blemishes within the treated area.

7. Quicker recovery time

While some downtime is involved, the recovery period for fractional CO2 laser resurfacing is relatively short compared to surgical treatments.

In the past, traditional CO2 skin resurfacing had a relatively lengthy recovery period after treatment.

Give or take, you may require at least seven to ten days to "completely heal" after treatment.

However, the introduction of fractional CO2 laser resurfacing significantly reduced the length of the recovery period.

Fractional lasers concentrate the energy beams on the affected sites without damaging the surrounding healthy tissues. This minimizes the distribution of "injuries" and reduces the recovery time.

Also, the surrounding healthy tissues contribute to the healing process of the treatment site, equally fast-tracking recovery.

At Highline Aesthetics, you're in safe hands. [Our team of experts](#) will guide you throughout each phase of your resurfacing treatment and be there during the recovery phase to help you heal as quickly as possible and minimize your downtime.

8. More versatile

You can use CO2 resurfacing as a single treatment or in combination with other treatments like Botox. Furthermore, this procedure can treat a wide range of skin complaints, including wrinkles, scars, loose and sun-damaged skin, sun-damaged spots, and more.

CO2 resurfacing can be used for regular everyday treatments, as well as complex and thick lesions.

Its versatility is rooted in the freedom and control surgeons have, with their ability to choose depth, intensity, and distribution.

CO2 resurfacing is also equally effective across multiple skin types. The functionality of the technology also extends beyond dermatologic surgery and corrections into other medical fields, including skin cancer prophylaxis.

9. Gives natural looking results

One of the many things you can count on when you undergo a CO2 resurfacing procedure is that the results do not look artificial. Like at all!

You don't have to enter a room wondering why people are looking at you weirdly.

You'd step into a room with confidence, and anyone who hears your age will think to themselves: "Really?! But only in total disbelief."

This advantage comes from the procedure triggering collagen production.

More collagen production provides the essential protein for strengthening and firming up your skin, which gives it a more youthful, plumb, and natural look.

10. Requires fewer sessions

Treatments with CO2 resurfacing produce dramatic results even with one or two sessions, especially if the skin concerns are not widespread. Most people won't need more than 2-3 sessions.

This is not the same for other laser procedures because they typically employ less power or intensity to reduce recovery time.

However, the gain in recovery time is offset by needing multiple and regular resurfacing sessions.

So yes, if you want to achieve incredible results much quicker, CO2 laser resurfacing is the answer.

11. Great for older adults too

At 70 years and above, some cosmetic procedures present great risks. CO2 laser resurfacing doesn't require general anesthesia, unlike plastic surgeries. There are always potentially dangerous complications using anesthesia on older adults.

At that age, older adults heal more slowly than before, which can increase the risk of complications and infections.

Moreso, at that age, you'll likely require more repair to get the best outcome, which makes plastic surgery a very avoidable treatment at this stage.

CO2 laser resurfacing substantially reduces all these risks and provides a safer option for older adults. That's why they're the preferred choice for adults between 70 and 90 years.

12. Quick procedure

Most CO2 resurfacing treatments usually last for 30 minutes to two hours. Which means you can quickly get back to your day. However, you'll have some downtime to allow the site to heal properly, which often takes four to seven days.

Your downtime depends on the depth of treatment and how many side effects you have. Again, side effects are very minimal with CO2 resurfacing treatments.

The results you get after post-treatment provide a higher investment value both financially and time-wise.

13. Higher patient satisfaction

The biggest and perhaps the most significant testament to the effectiveness of CO2 resurfacing is the high patient satisfaction reported by those who've undergone the procedure.

Many patients report being highly pleased with the results, often achieving the smoother, younger-looking skin they desired.

A study [evaluated 24 female patients](#) after their CO2 laser treatments. The patients rated their satisfaction with their skin appearance on a scale of 0-6.

The mean satisfaction for the group was 5.1, signaling a high patient satisfaction with the procedure.

Takeaway: CO2 resurfacing guarantees a more youthful look with fewer sessions

CO2 resurfacing's leading status in treating fine lines and wrinkles is well-deserved for multiple compelling reasons.

It has been proven to be effective in reducing wrinkles and serving as a catalyst for collagen production. The procedure is also known for its precision, quick recovery, and versatility.

These are the array of benefits that have made it a popular choice among those seeking to rejuvenate their skin and look much younger.

We highly recommend this procedure irrespective of your age. [Book a virtual consultation today](#) with experienced and qualified experts at Highline Aesthetics to determine if it's the right choice for your unique needs and skin type.