

The Power of Protocol

How Deka and iS Clinical support skin through every stage of CO₂ resurfacing

In advanced aesthetic practice, results are rarely driven by a single hero treatment. Instead, they are shaped by the systems surrounding it. How the skin is prepared, how energy is delivered, and how recovery is managed. For Dr Sarah Tranter of Dr Tranter Aesthetics, this philosophy underpins her approach to fractional laser resurfacing, where Deka’s fractional CO₂ laser is paired with iS Clinical to create a structured, end-to-end protocol. Rather than viewing laser and skincare as separate decisions, Dr Tranter treats them as interdependent components of the same biological process. “The laser may initiate the stimulus for change,” she explains, “but it’s the condition of the skin before treatment, and the way it’s supported afterwards, that ultimately determines the quality of the result.”



Dr Sarah Tranter, founder of Dr Tranter Aesthetics

Priming the Skin

Effective fractional laser outcomes begin weeks before treatment. According to Dr Tranter, skin priming is one of the most underestimated aspects of laser success, yet one of the most influential. “In the two to four weeks leading up to laser resurfacing treatment, my focus is on stabilising the skin,” she says. “We’re reducing background inflammation, supporting the barrier, and optimising cellular function so the skin can respond predictably to controlled thermal injury.” Her pre-treatment protocol routinely combines iS Clinical Cleansing Complex with either Pro-Heal Serum Advance+ or Super Serum Advance+, selected based on the patient’s inflammatory profile and barrier integrity. Retinol is introduced selectively to support cellular turnover, provided the skin is resilient and the patient is compliant. “The goal isn’t to sensitise the skin,” Dr Tranter notes. “It’s controlled optimisation.”

In-clinic, therapist-delivered treatments also play a role. The iS Clinical Foaming Enzyme Facial is incorporated during the priming phase to



provide gentle enzymatic exfoliation without compromising the barrier. “It refines texture and enhances penetration while keeping the skin calm,” she explains. “That balance is critical before laser resurfacing.”

Why iS Clinical integrates seamlessly with lasers

One of the defining strengths of iS Clinical, in Dr Tranter’s view, is its alignment with skin physiology, particularly when combined with energy-based devices. “These formulations are designed to support the skin’s natural repair mechanisms, rather than overwhelm them,” she says. “That’s essential when you’re working with lasers that intentionally trigger an inflammatory cascade.” Pharmaceutical-grade antioxidants, anti-inflammatory botanicals and bioavailable vitamins help mitigate oxidative stress following laser resurfacing treatments, which is particularly relevant when using fractional and ablative technologies. Just as importantly, the formulations are well tolerated both before and after procedures. “What I value clinically is predictability,” Dr Tranter adds. “When iS Clinical is used within a structured protocol, the skin response is more consistent across patients and skin types. That allows us to set laser parameters with greater confidence.”

Post-Treatment Recovery

If priming sets the stage, post-treatment care determines whether outcomes are preserved or compromised. Following fractional laser resurfacing with the Deka CO₂ laser, Dr Tranter adopts a deliberately staged recovery protocol using iS Clinical. “Immediately post-treatment, we simplify everything,” she explains. “Patients are placed on Cleansing Complex and SHEALD Recovery Balm only. The priority in the first 48 hours is barrier protection and transepidermal water loss reduction.” Once the acute inflammatory phase settles, targeted support is gradually reintroduced. Hydra-Cool Serum and Pro-Heal Serum Advance+ are added selectively to support healing, modulate inflammation and



reduce residual erythema, without interfering with re-epithelialisation.

“For CoolPeel fractional CO₂, this usually translates to one to two days of mild erythema,” says Dr Tranter. “For more aggressive DOT Therapy CO₂ resurfacing, downtime may extend to seven to ten days, but the same principles apply.”

LED therapy is incorporated from day two or three, with further sessions at one week to support recovery. Once the barrier is fully restored, therapist-led treatments such as the Foaming Enzyme Facial assist with texture refinement and the transition back to active skincare.

“When recovery is approached as a deliberate protocol rather than an afterthought, downtime becomes more predictable and long-term outcomes improve significantly,” she says.

Why Deka CO₂ Works So Well With Cosmeceuticals

Deka’s CO₂ laser systems (Tetra PRO and Punto) are designed for precision, offering control over depth, density and thermal impact. This predictability is what makes it particularly compatible with medical-grade cosmeceuticals. “Because the thermal profile is controlled, I can confidently integrate skincare before and after treatment,” Dr Tranter explains. “The laser initiates change, and cosmeceuticals guide and sustain that change.”



In the short term, this synergy improves recovery quality—less prolonged erythema, better texture normalisation and fewer reactive complications. Over time, it supports more effective collagen remodelling and improved skin quality. “I don’t see laser resurfacing as a standalone intervention,” she adds. “It’s a catalyst within a larger system.”

The Shift Toward Integrated Protocols

Across the industry, advanced aesthetic practice is moving away from isolated treatments and toward outcome-driven protocols and fractional CO₂ laser resurfacing technology is central to that shift.

Patients are increasingly informed and results-focused, seeking cohesive treatment plans rather than fragmented solutions. For Dr Tranter, this means aligning devices, cosmeceuticals and therapist-led treatments into one deliberate clinical strategy. “The future isn’t about more treatments,” she says. “It’s about better-designed protocols, where priming, treatment and recovery are all considered equally.” In that model, technologies like the Deka CO₂ lasers and skincare systems like iS Clinical don’t compete for attention. They work together, delivering results that are not only visible, but predictable, repeatable and biologically sound. ■

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