

Nonablative Fractional Laser Works Best for Scars

BY SHARON WORCESTER
Southeast Bureau

KISSIMMEE, FLA. — A second-generation erbium-doped 1550-nm laser is highly effective for fractional nonablative treatment of acne and surgical scars, and for moderate photoaging, data from a review of 877 cases revealed.

All patients had clear photographic documentation of improvement, with most achieving 70%-80% improvement, Dr. Vic

A. Narurkar reported at the annual meeting of the American Society for Laser Medicine and Surgery.

Patients with Fitzpatrick skin types I-VI were treated over an 18-month period between 2005 and 2007 using the Fraxel laser (Reliant Technologies Inc.). Treatment parameters and treatment number varied based on skin type and indication. Patient charts and standardized photography were used to analyze clinical indication with efficacy, adverse effects, and

skin types, said Dr. Narurkar, a dermatologist in private practice in San Francisco.

"We found that the best results were achieved with scars," he said, noting that the average improvement in his patients with acne and nonacne scars was about 80%. The next best results were seen with resurfacing on and off the face, with improvement ranging from 60% to 80%. The results were best in patients with Glogau photoaging II-III.

The most variable results were seen in

patients undergoing treatment for melasma and deep rhytids; these patients had 20%-40% improvement.

The most common short-term adverse events in this study were transient edema and erythema, which occurred in all patients but resolved within 48 hours, and acne flares, which occurred in 26% of patients. The most common long-term side effect was postinflammatory hyperpigmentation, which was most common in those with type V skin, and which resolved in all patients, Dr. Narurkar said, noting that there were no permanent side effects.

Dr. Narurkar, who disclosed that he has received consulting fees and honoraria from Reliant, concluded that the second-generation erbium-doped 1550-nm laser is safe and effective for all skin types. ■

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CO₂ Laser Is Safe, Effective for Neck Rejuvenation

KISSIMMEE, FLA. — Fractional CO₂ laser treatment is highly effective for neck rejuvenation, offering substantial improvement in skin laxity, rhytids, texture, and pigmentation with a favorable adverse events profile, reported Dr. Lori Brightman.

In a study of 13 patients aged 30-75 years who underwent treatment of the neck using the Fraxel CO₂ laser, improvement on these outcome measures was mostly in the 25%-75% range after two treatments, with some patients experiencing 75%-100% improvement, she said at the annual meeting of the American Society for Laser Medicine and Surgery.

The mean improvement for each measure was well above 50%, she said, noting that "this is something we consistently reproduced." Some patients also experienced platysmal band improvement, added Dr. Brightman of the Laser & Skin Surgery Center of New York.

The patients were treated using a 15-mm spot size, an energy setting of 4-70 mJ, and 100-200 microthermal zones with a 30%-50% density for each pass. Between two and four passes were made, depending on the degree of skin laxity and rhytids. Each patient underwent two treatments at 1-3 months apart, with follow-up at 3 months following the second procedure.

Three blinded dermatologic physicians evaluated pre- and posttreatment photos to determine improvements in the degree of rhytids, crepe-like skin, skin tightening, and pigmentation.

All patients experienced posttreatment erythema and some slight edema with resolution in about 1 week. There were no cases of scarring, hyperpigmentation, or hypopigmentation in the short or long term.

"We feel that these results strongly support the use of the fractional CO₂ laser off of the face, in particular to rejuvenate the neck with a very low risk of adverse events," Dr. Brightman concluded.

Dr. Brightman stated that she had no disclosures relevant to her presentation.

—Sharon Worcester