

# wavelength

NEW DEVELOPMENTS IN COSMETIC LASER SURGERY VOL. 14 FALL 2006

## Tips and Techniques

### **Mitchell Chasin, M.D. provides tips for synergy treatments using Candela's Laser and IPL technologies**

While many lasers have a range of applications, no single laser or intense pulsed light (IPL) system is capable of treating every condition. With optimal results the goal of all practitioners, often incorporating more than one technology in a combination approach is key. As Dr. Mitchell Chasin explains, combining Candela's Smoothbeam® laser, Ellipse I2PL, Vbeam® and GentleYAG® lasers in combination can produce synergistic results far superior than can be achieved with any single modality today.

Mitchell Chasin, M.D., is the Medical Director at Reflections Center for Skin and Body in Livingston and Bridgewater, New Jersey. Encouraged by the superior results afforded by performing combination treatments, Dr. Chasin has incorporated the practice into his center's general protocol.



#### **Conduct the following prep work before treatment.**

After an initial consultation with the patient to discuss desired effects and realistic expectations, Dr. Chasin develops a specific approach based on the patient's skin type. By addressing both the patient's needs and the approaches required to achieve optimal results, practitioners are ultimately able to better achieve the patient's desired outcome.

Once ready to begin the treatment, practitioners should ensure that the patient has clean skin and that any make up on the patient's face has been removed. When using the Smoothbeam or GentleYAG synergy treatment approach, a topical anesthetic should be applied such as a four percent ElaMAX® or a triple-anesthetic cream containing benzocaine, lidocaine and tetracaine approximately 30 minutes before treatment. Microdermabrasion is often performed before application of the anesthetic to improve penetration and increase laser treatment's effectiveness.

#### **Consider these tips during treatment.**

With patients most commonly afflicted with sun-damaged skin including fine lines, wrinkles, telangiectasias and sun spots, the aim of the synergy treatments is to improve all areas with the best suited technology combinations. Depending on the specific needs of the patient, Dr. Chasin recommends performing multiple laser treatments on the same day. For example, GentleYAG or Vbeam laser followed by the Smoothbeam, or Ellipse I2PL followed by GentleYAG. In Dr. Chasin's experience there has been no evidence that combining therapies increases side effects.

While customizing treatment regimens for each of his patients, Dr. Chasin regularly employs several techniques. First, to reduce fine lines or acne scars he recommends using the Smoothbeam with a 6mm spot size, with a fluence in the 12-14 J/cm<sup>2</sup> range and Dynamic Cooling Device™ (DCD) level between 35 and 40. This is then combined with Vbeam treatment for further improvements.

For skin rejuvenation, Dr. Chasin recommends the Ellipse I2PL with wavelengths from 555-950 nm followed by Smoothbeam treatment for much higher collagen synthesis and improved wrinkle reduction than can be achieved with the Ellipse I2PL alone. Finally, if loose or sagging skin is also present, Dr. Chasin suggests incorporating the GentleYAG into the treatment plan. For this he performs three passes with the GentleYAG using a 10mm spot size at 50 J/cm<sup>2</sup> and a 50 ms pulse duration—lowering fluence to 35 J/cm<sup>2</sup> on thinner forehead skin.

#### **Follow these post-treatment procedures to obtain the best results.**

To maintain the best results, Dr. Chasin recommends that patients avoid sun exposure and use sun block in between and after treatments.

