

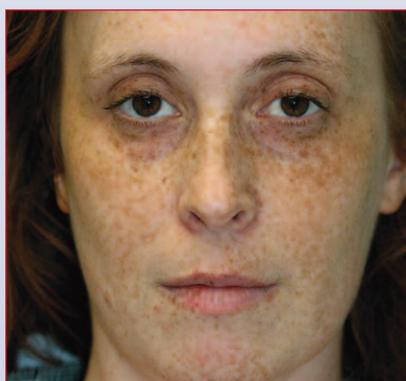
RevLite and MedLite C6 Feature Ideal Wavelength for Effective Laser Peels

By Bob Kronemyer, Associate Editor



Rebecca Small, M.D.
Assistant Clinical Professor of Family Medicine
University of California, San Francisco
San Francisco, CA

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Before Tx



After 532 nm full-face Laser Peel Tx; one pass 6 mm, 0.8 J/cm², 20% overlap

Photos courtesy of Rebecca Small, M.D.

Powered by innovative PhotoAcoustic technology, the 532 nm wavelength of the MedLite C6 and RevLite Q-switched Nd:YAG lasers, from HOYA ConBio (Fremont, Calif.), allow for an ideal light-based peel. Furthermore, this monochromatic green light is best suited for lighter Fitzpatrick skin types (I and II).

"Indications for the peel are benign epidermal pigmented lesions and rough texture," noted Rebecca Small, M.D., an assistant clinical professor of family medicine at the University of California, San Francisco. "Light pigmentation can also be treated. In some cases, once you complete a series of intense pulsed light (IPL) treatments, you may be left with very light, residual epidermal pigmentation. The 532 nm wavelength can capture that light pigmentation very effectively."

Dr. Small schedules one or two sessions with her RevLite. "You can almost always attain your desired results with one treatment," she said. Dr. Small applies numbing cream prior to treatment. "I recommend BLT (20% benzocaine, 6% lidocaine and 4% tetracaine) for 30 to 45 minutes under occlusion."

Settings with the 6 mm spot are 5 Hz at 0.8 J/cm² to 1.2 J/cm². "I usually start at 1 Joule," advised Dr. Small, who only performs a single pass with 20% overlap. An entire face takes approximately 20 to 30 minutes. "Lesions darken and start to lift and flake off with microcrusts over a period of seven to ten days. Post-procedure erythema lasts about four days."

Dr. Small believes the RevLite is "a highly elegant device. The handpiece features beautiful ergonomics. This is also

a no-touch treatment, which lends itself very well to the three-dimensional contours of the face."

Overall, "I feel that compared to IPL, the RevLite does a better job of treating lightly colored benign epidermal pigmentation because the 532 nm wavelength is specific to this indication," Dr. Small elaborated. IPL typically requires a minimum of three sessions, versus a single session with the 532 nm wavelength. Additionally, "IPL does not effectively improve skin texture."

According to Debra Jaliman, M.D., a dermatologist in private practice in New York City, N.Y., who uses the MedLite C6, "532 nm is an ideal wavelength for laser peels because it penetrates the skin nicely and stimulates the fibroblasts to produce more collagen." She explains it as, "tricking your fibroblasts to perform as if they were younger."

At Dr. Jaliman's practice laser peels are more popular than even BOTOX from Allergan (Irvine, Calif.) or dermal fillers. During this current economic downturn, "most patients forfeit their BOTOX or dermal fillers before their laser peels," she said. "Unlike injectable treatments, which require re-treatment every three to six months, a laser peel only needs maintenance once or twice a year."

Dr. Jaliman, who is also an assistant professor of dermatology at the Mount Sinai Medical Center (New York, N.Y.), offers an anti-aging maintenance program with the MedLite C6 for patients who desire a non-ablative, gradual approach to a fresh complexion, with no downtime. "I prefer a real laser to IPL. I think it's more effective per treatment."