

Case Study for Ablative and Non-Ablative Facial Treatment with Lux2940™ Groove and Lux1440™ Handpieces

Prepared by: Felicia Whitney, RN

Date: June 26, 2009

The opinions expressed herein are those of the author(s), not necessarily those of Palomar Medical Technologies, Inc. ("Palomar"). Palomar and the author(s) assume no liability or responsibility for the contents of this publication. It is provided as a convenience only and is not intended to replace sound judgment or serve as the standard of care. Palomar's suggested guidelines are set forth in the operator's manuals and clinical treatment guides for Palomar products. Ultimately, a practitioner is solely responsible for the care of a particular client in light of all circumstances presented by the client, the diagnostic and treatment options at hand, and the available resources.

Profile

Case Study for Treatment with Lux2940™ and Lux 1440™ By: Sean Doherty, MD	
Physician name	Sean Doherty, MD
Address	Palomar Medical Technologies, Inc.
City, state, ZIP Code	Burlington, MA
Phone number	800-725-6627
Fax number	781-993-2330
Web site address	www.palomarmedical.com
MD Photo	
Contact name	Felicia Whitney, RN
Title	Clinical Studies Coordinator
Phone number	781-993-2372
Fax number	781-993-2330

The opinions expressed herein are those of the author(s), not necessarily those of Palomar Medical Technologies, Inc. ("Palomar"). Palomar and the author(s) assume no liability or responsibility for the contents of this publication. It is provided as a convenience only and is not intended to replace sound judgment or serve as the standard of care. Palomar's suggested guidelines are set forth in the operator's manuals and clinical treatment guides for Palomar products. Ultimately, a practitioner is solely responsible for the care of a particular client in light of all circumstances presented by the client, the diagnostic and treatment options at hand, and the available resources.

Case Study for Treatment with Lux2940™ and Lux 1440™ By: Sean Doherty, MD

Introduction:

55 year old female who presents with post-menopausal textural skin changes, periorbital and perioral rhytides and pigmented lesions.

Discussion:

Treatment using the Lux1440™ with the 15 mm treatment tip prior to the Lux2940™ with Groove™ optic treatment

Treatment with StarLux® including Lux 1440™ and Lux2940™:

Face cleansed with chlorhexidine gluconate and isopropyl alcohol impregnated swab.

Anesthetic cream applied to face for one hour prior to treatment.

Anesthetic cream removal with gauze 4x4.

Thorough cleansing with chlorhexidine gluconate and isopropyl alcohol impregnated swab to entire face.

Step 1:

Lux1440™ with 15mm treatment tip - 25% coverage, 8 mJ/mb

Inner orbit 6mj 5ms 2 passes

Outer orbit and perioral 8mj 7ms 2 passes

Rest of face 8mj 7ms 2 passes

Step 2:

Lux2940™ with Groove™ Optic - 25% coverage, 5 mJ/mb, double pulse eyes & lips, 35% coverage cheeks

Inner orbit 5.5-0-0 single pulse 4 passes

Outer orbit, perioral 5.5-0-0 double pulse 2 passes

Rest of face (ROF) 5.5-0-0 single pulse 2 passes

Target zones-pigmented lesions: 5.5-0-0 single pulse 4 passes

Post treatment care was conducted precisely as indicated in Appendix E of the StarLux Operators Manual (the latest version of the StarLux Operator's Manual is available in the Lux Club Library on the [Palomar web site.](#))

Conclusion: Treatment successful and tolerated well. Minor bleeding, edema and erythema followed by uneventful recovery. Patient showed 2-3 category improvement on both the Fitzpatrick Wrinkle Scale and in dyspigmentation. My patients experienced an incredible result with a modest downtime. The reduction in dyschromias and improvement in rhytides and skin texture are superb.

Physician Quote: "I feel that the procedure that was done for this patient is the perfect marriage of two excellent procedures. The non-ablative procedure is easily done and typically well tolerated by all patients. It provides dyschromia clearance and strengthening of the dermis. In addition, it provides coagulation in all treated areas. This provides a superb platform to then perform the ablation.

With the two procedures, one can go less 'heavy' for each portion because the total coverage yielded results in a great overall treatment. Each portion of the procedure can be tailored to the patient. For example, I will perform more total passes around the eyes and mouth (more passes of the ablative and non-ablative) as those areas typically have more rhytids. If a patient has more issues with dyschromia on the cheeks and forehead, I will do more passes of the non-ablative portion in those areas. The treatment might require a bit more planning, but the results are worth it.

The recovery is slightly longer than the typical four day downtime for a routine 2940 facial resurfacing. I find that my patients feel warmer in the treated areas for 5-6 days and are erythematous until then as well. When I originally performed this procedure, I was concerned about the after care. I have always had my ablative patients use Aquaphor® or another emollient for 4-5 days after their treatment until they are fully epithelialized. Typically, I do not have my non-ablative patients use anything heavy on their skin after their treatments for 24-48 hours because I know they will be sloughing from their micro-columns. I have only seen a few patients have mild acne type outbreak in the perioral area. This usually began after day 3 or 4. At this point, I simply had them back off on the emollient and their outbreaks all resolved without issue.

Each one of my patients is thrilled with the result and would highly recommend the treatment. I find that the patients truly appreciate that a procedure was tailored to them."

The opinions expressed herein are those of the author(s), not necessarily those of Palomar Medical Technologies, Inc. ("Palomar"). Palomar and the author(s) assume no liability or responsibility for the contents of this publication. It is provided as a convenience only and is not intended to replace sound judgment or serve as the standard of care. Palomar's suggested guidelines are set forth in the operator's manuals and clinical treatment guides for Palomar products. Ultimately, a practitioner is solely responsible for the care of a particular client in light of all circumstances presented by the client, the diagnostic and treatment options at hand, and the available resources.

Patient Quote: "My skin texture has improved greatly and my sun damage is gone. My friends tell me my skin looks flawless"

Pre-treatment:



3 Months Post 1 Treatment:



Interim Photos

Immediately Post 1 Treatment:



4 Days Post 1 Treatment:



2 Weeks Post 1 Treatment:



1 Month Post 1 Treatment:



Aquaphor is a registered trademark of Beiersdorf Aktiengesellschaft Corp. (Hamburg, Germany)

Palomar and StarLux are registered trademarks and Lux1440 and Lux2940 are trademarks of Palomar Medical Technologies, Inc. (Burlington, Massachusetts)

The opinions expressed herein are those of the author(s), not necessarily those of Palomar Medical Technologies, Inc. ("Palomar"). Palomar and the author(s) assume no liability or responsibility for the contents of this publication. It is provided as a convenience only and is not intended to replace sound judgment or serve as the standard of care. Palomar's suggested guidelines are set forth in the operator's manuals and clinical treatment guides for Palomar products. Ultimately, a practitioner is solely responsible for the care of a particular client in light of all circumstances presented by the client, the diagnostic and treatment options at hand, and the available resources.