



LA&HA Doctor's Notes

SmoothEye®

1. Introduction to SMOOTH Mode and the SmoothEye Procedure

The Fotona SMOOTH® mode is a non-ablative modality for collagen stimulation and remodeling, making it ideal for non-invasive rejuvenation and tightening.

A carefully engineered SMOOTH series of laser pulses creates a regenerative response in the skin, stimulating fibroblasts to create new collagen, while also stimulating skin regeneration, improving both structure and function.

The SmoothEye® treatment is designed to cover the entire periocular region, including the areas above, below, and lateral to the eye. The therapy is minimally invasive and results in high patient satisfaction.

2. Common indications

- Rejuvenation and prejuvenation
- Skin tightening
- Reduction of wrinkles
- Reduction of eyelid sagging

3. Patient Selection and Preparation

The SmoothEye® procedure is suitable for patients who wish to take preventive measures against aging around the eye area, for those looking to firm the skin in this region, reduce the appearance of fine lines, and for patients who prefer non-invasive approaches over aggressive surgical methods.

Always review the absolute and relative contraindications for laser procedures listed in the operator manual before proceeding with a treatment.

SmoothEye® can be performed on all Fitzpatrick skin types, although caution is advised for patients with darker skin tones or melasma, where patch testing on a smaller area is recommended prior to starting treatments.

Prior to the procedure, it is recommended to photograph the patient and apply an anesthetic cream to the treatment area. Cover the area to prevent the cream from drying out too quickly. Allow the cream to take effect for at least 30 minutes. Before beginning the treatment, wipe the cream off the first eye to be treated. Leave the cream on the second eye for as long as possible until it is ready to be treated. Please make sure that the anesthetic cream is appropriate for use around the eye and be careful not to apply the anesthetic into the eye.

4. Laser Parameters and Treatment Technique

While Fotona laser systems offer pre-set options for guidance, you can also manually adjust the fluence. The recommended fluence range is between 3.5 J/cm² and 5 J/cm. The typical spot size used for SmoothEye® therapy is 7 mm.

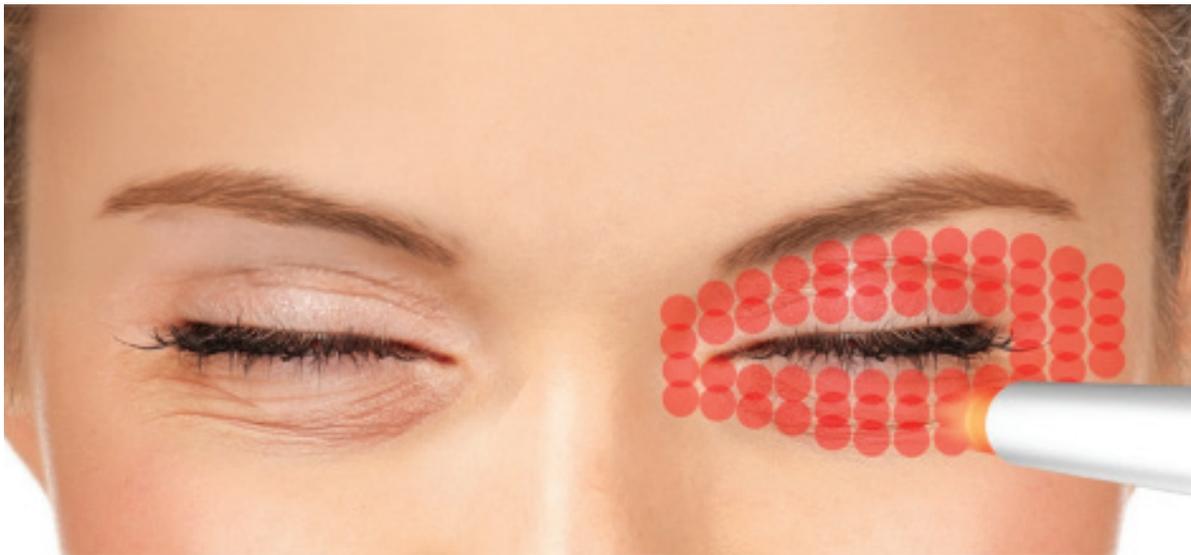
Begin with lower fluences and adjust settings based on your patient's feedback. The patient should feel a heating sensation.

The Fotona system offers both brushing and stacking techniques. It is recommended to begin each treatment area with the brushing technique (higher frequency), moving quickly over the area 1 to 2 times to help the patient acclimate to the sensation of the laser. Afterward, proceed with the stacking technique.

At the recommended fluence, it is advised to perform 3-4 stacks. During stacking, try to move the handpiece as little as possible, delivering the stacks to the same location. The patient will feel increasing heat with each subsequent stack, which is a normal sensation.

At the end of the treatment, it is recommended to apply 250 SMOOTH pulses per eyelid, totaling 1000 SMOOTH pulses across both eyelids.

Cooling during the SmoothEye® procedure is counterproductive.



5. Step-by-Step Treatment Guide

1. **CLEAN THE SKIN**
 2. **TAKE PHOTOGRAPHS**
 3. **APPLY ANESTHETIC CREAM** and leave it to take effect for 30 minutes.
 4. **REMOVE THE ANESTHETIC CREAM** from the first eye to be treated.
The cream can remain on the other eye for the time being.
 5. **ENSURE THE PATIENT'S EYES REMAIN CLOSED** (assistance may be required).
 6. **STRETCH THE SKIN** around the eyelid area using your fingers.
 7. **APPLY APPROXIMATELY 250 SMOOTH SHOTS** (with 3-4 stacks) to the upper eyelid and lateral area.
 8. **APPLY APPROXIMATELY 250 SMOOTH SHOTS** (with 3-4 stacks) to the lower eyelid and lateral area.
 9. **REPEAT THE PROCEDURE** on the other eye.
 10. **APPLY AN OCCLUSIVE OINTMENT** at the end of the treatment.
 11. **PROVIDE THE PATIENT WITH POST-CARE INSTRUCTIONS.**
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6. Treatment Schedule

The number of treatments depends on the patient's age, the amount and depth of wrinkles, and the degree of eyelid laxity.

It is recommended to perform 2-3 SmoothEye® treatments every 4-6 weeks.

For younger individuals (under 30 years) or those with mild wrinkles, 2 treatments may suffice. For individuals over 30 or patients with deeper wrinkles, 3 treatments are advised.

The final results typically become apparent approximately 1-4 months after the last treatment, with initial effects visible within the first week due to the denaturation of old collagen.

We recommend 1-2 maintenance treatments each year to sustain the results.

7. Skin Reactions After Procedure

A normal skin reaction includes mild skin scaling and redness, which can last for a few days after the procedure. Some individuals may not develop redness at all.

After 2-3 days, the skin often becomes very dry and may start to peel slightly, a process that can continue for several days.

Some patients may also experience swelling in the eye area following the SmoothEye® treatment. In such cases, we recommend cold compresses and/or gentle manual lymphatic drainage, which patients can perform at home themselves.

8. Post-Treatment Care

After the procedure, apply a neutral moisturizing cream or gel to the treated area. The patient should continue using an ointment or a neutral moisturizing cream or gel for the next few days. Until any peeling that may occur post-treatment subsides, avoid the use of aggressive cosmetic products.

As the skin may become dry for a couple of weeks following treatment, application of a gentle hyaluronic acid serum several times per day is recommended.

If the patient experiences swelling in the eye area, cold compresses are recommended.

Following the SmoothEye® procedure, advise the patient to use UVA/B 50+ sunscreen for optimal sun protection.
