Clinical Bulletin 18/09



Chao-Hong Liu is specialist in Cosmetic Dermatology. He has performed skin rejuvenation treatments with a wide range of different laser types, as well as with intense pulsed light, radiofrequency, and by chemical methods. He works at the Department of Dermatology, at Yuan General Hospital in Kaohsiung Taiwan.



Facial Skin Rejuvenation

Recommended Parameters:

| Laser source: | Er:YAG (2940 nm), PS01 Handpiece | | |
|---------------|----------------------------------|--|--|
| Frequency: | 5 Hz | | |
| Anesthesia: | None needed | | |
| Spot Size: | 10 mm | | |

| Step | Purpose | Mode | Energy | Pixel Level | Passes | End Point |
|------|--|------|--------|-----------------|--------|---------------------------------|
| 1 | Polish skin: Remove old or dead keratin | MSP | 500 mJ | Pixels not used | 1 | Light Skin Immediately |
| 2 | Smooth Skin /Base Pass: heat skin, stimulate collagen rejuvenation | SP | 500 mJ | 2 | 2 | Warmth and Slight Redness |
| 3 | Smooth and Enhance Pass: Shrink pore size and fine wrinkles | LP | 800 mJ | 2 | 1 | Warmth and Redness |

(Courtesy of Dr. Chao-Hong Liu)









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The minimally ablative treatment protocol outlined in the table above has been used successfully to treat patients presenting with a number of different skin rejuvenation indications: wrinkles, fine lines, sun damaged skin, etc. The case pictured on the right is an example of general facial rejuvenation. During the first step, 1 pass is made across the full face in MSP Mode to cause minimal ablation. The slight ablation removes the old keratin from the skin and lightens the skin immediately. The second step of treatment was comprised of 2 passes of fractionated, short pulse (SP) passes to stimulate collagen rejuvenation: these passes were performed across the cheeks and nose. In step three, 1 further higher-energy, fractionated long pulse (LP) pass was used to rejuvenate and increase thermal effect directly around the nose and under the eyes. The size of this patients' pores was reduced in one treatment, usually patients need four or five treatments to achieve full pore reduction.

