

Skin Rejuvenation with Pore Size Reduction

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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	VSP	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)



Fig. Cases 1 Before (A) and After (B)

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The three step procedure given in the table above has been successfully used in a number of different clinical contexts to effect skin rejuvenation: fine line and pore size reduction, acne treatment, and improvement of discoloration. Experience suggests that by performing these steps in a sequence of treatments greater efficacy can be achieved than if the entire procedure is done with one set of parameters. The case presented was performed on patients with skin types III-IV, both of the patients had mild skin discolorations and enlarged pores. The three step protocol above was done in one treatment session according to the steps presented in the table above. No complications were observed. The patients healed well, the figure shows the treatment area before and shortly after treatment. The tightness of the skin usually continues to improve for a few days after treatment as the body continues naturally remodeling the collagen in response to the LP mode passes performed in step 3.