



# Advanced SmoothEye® Protocol – Using PS03X Turbo Mode

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## Introduction:

Dermatochalasis is a frequent disorder that causes loosening of the skin on the eyelids, resulting in an appearance of additional skin on the patient's eyelids. It can appear as early as 35 years of age, and worsen over time due to gravity, decreased skin elasticity, and weakening of connective structures in the skin. Surgical therapies are available to address this issue, but there are few non-surgical options. In the author's opinion, surgical blepharoplasty should be reserved for more severe cases, where dermatochalasis and fat eyebags can be treated simultaneously. Our goal is to provide a less invasive and highly effective laser procedure that can be used to treat mild to moderate dermatochalasis cases, while postponing surgical treatments. The PSO3X Pixelated Turbo mode can be used for dermatochalasis and has the potential for a wide range of different applications and should not be underestimated. Additional research is needed to support its benefits.

| Laser      | Advanced SmoothEye® Protocol – Using PSO3X Turbo Mode |                                |                           |
|------------|-------------------------------------------------------|--------------------------------|---------------------------|
|            | Step 1<br>(SMOOTH® Stacking)                          | Step 2<br>(SMOOTH® Tightening) | Step 3<br>(Ablative)      |
| Wavelength | Er:YAG 2940 nm                                        | Er:YAG 2940 nm                 | Er:YAG 2940 nm            |
| Handpiece  | PS03X                                                 | PS03X                          | PS03X                     |
| Fluence    | 3 J/cm <sup>2</sup>                                   | 6.25 J/cm <sup>2</sup>         | 16.2–20 J/cm <sup>2</sup> |
| Mode       | SMOOTH®                                               | SMOOTH®                        | Turbo 3–4 /LP             |
| Frequency  | 1.6 Hz                                                | 3.3 Hz                         | 1.4 Hz                    |
| Passes     | 2–3–4 stacks /pass                                    | Brushing                       | 1 pass / spot             |
| Spot size  | 5–7 mm                                                | 7 mm                           | 3 mm                      |
| Endpoint   | Erythema                                              | Erythema                       | White frost               |
| Sessions   | 1–3 sessions (45 days)                                |                                |                           |



*Dr. Miguel Proença obtained his medical degree from Nova Medical School – Faculdade de Ciências Médicas de Lisboa in Portugal and currently specializes in skin allergy and cosmetic medicine. He is a contact dermatitis specialist in the Immunoallergology Department and additionally practices cosmetic and plastic surgery at the Baptista Fernandes Clinic, with an emphasis on aesthetic laser procedures. He has a strong interest in laser treatments and aims to apply cutting-edge technology, techniques, and procedures to his patients.*

CLINICAL CASE:

A 41-year-old woman presented with skin laxity in her upper eyelids and rhytids in her lower eyelids. The patient exhibited mild to moderate dermatochalasis and minimal eye bags. We used Fotona SMOOTH® and the PS03X pixelated turbo mode in a three-step protocol covering the entire peri-orbital area.

We began with a topical skin-cleansing solution. No anesthetic was used; the patient reported a pain level (VAS 0–10) of 3.

Step 1 used Fotona SMOOTH® mode (PS03X pixelated SMOOTH mode, 7 mm or 5 mm spot, 1.6 Hz, 3 J/cm²), placing two, three, and four stacks in the same location progressively until erythema emerged.

Step 2 involved a brushing technique (PS03X pixelated SMOOTH mode, 7 mm spot, 3.3 Hz, 6.25 J/cm²) for a total of 5–8 passes on both sides.

Step 3 (1 pass, PS03X, LP mode, Turbo 3–4, 3 mm spot, 1 Hz, 16.2 J/cm²) was a medium/deep resurfacing pixelated protocol applied to the orbital area: 1 cm above the upper ciliary margin to the brow, and 1 cm below the inferior ciliary margin including the crow's feet.

Downtime lasted 5–7 days until crusting resolved. An open dressing was applied, and the patient was instructed to begin using a CICA cream 48 hours later.

