

# Studies Find Vbeam Perfecta Reduces Post-Procedure Bruising

By Bob Kronemyer, Associate Editor

Due to its effectiveness in dissipating red blood cells and hemoglobin, the 595 nm Vbeam Perfecta pulsed dye laser from Candela Corporation (Wayland, Mass.) has established a new indication: treatment of ecchymoses after cosmetic procedures.

"This laser is typically used for port-wine stains and vascular entities, such as spider veins and angiomas," noted Edwin Williams, III, M.D., F.A.C.S., a clinical professor of surgery at Albany Medical College in Albany, N.Y., who has been using the Vbeam since the mid-1990s. About two years ago, though, Dr. Williams and some of his colleagues wanted to find out if the laser would treat bruises since it was so effective at breaking up hemoglobin in red blood cells. "We tried the laser on the arms of a few patients who had bruising from intravenous (I.V.) therapy and it worked," he recalled.



**Edwin Williams, III, M.D., F.A.C.S.**  
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Dr. Williams then treated a series of face-lift patients at various days post treatment (days three, five and six) to determine which day the laser would most lighten the bruise. "We found that day six provided the most effective treatment," he said. These patients were also part of a double-blind prospective study of 20 patients that appeared in the March/April edition of *Archives of Facial Plastic Surgery*. This study found a 63% mean improvement in ecchymoses scores within 48 to 72 hours after laser treatment.

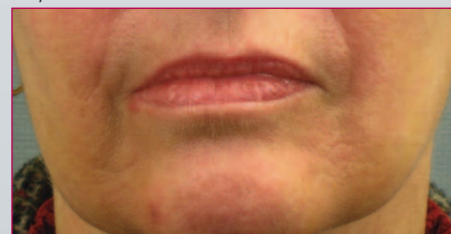
With a single session of the Vbeam Perfecta, "bruising only lasts seven or eight days versus two to three weeks without the laser treatment," Dr. Williams said. "Now every patient who undergoes a face-lift, brow lift or blepharoplasty routinely has a Vbeam treatment at day six. Frankly, I'm surprised no one has thought of this sooner. It really helps with the recovery period." Dr. Williams also applies the Vbeam at day six to patients who have had neurotoxin and/or facial dermal filler injections.

"We have a simple solution for a very common problem," stated Roy Geronemus, M.D., director of the Laser and Skin Surgery Center of New York (New York City, N.Y.). Improvement in bruising can occur as soon as several hours after the treatment. "You often see some immediate lightening and the improvement can continue for up to 24 hours."

Dr. Geronemus was a co-investigator of a ten patient study that treated



Ecchymosis



Ecchymosis after Vbeam Perfecta Tx



**Roy Geronemus, M.D.**

Director  
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ecchymosis – caused from cosmetic procedures or traumatic injury – with one treatment of the Vbeam Perfecta. The study, which was an abstract at the 2009 meeting of the *American Society for Laser Medicine and Surgery (ASLMS)*, concluded that 24 hours after laser treatment, the average improvement in bruising was 62%, compared to only 13% in untreated bruises. "There are certain bruises from surgery that are present for months," Dr. Geronemus said. "Often, we can reduce the life of these bruises to a number of hours."

According to Dr. Geronemus, the laser can be applied as soon as two days after a procedure. "My ideal time is 48 hours," he said. "Since the study, I think our results have even become better. It's not exactly clear why the Vbeam is effective for bruising, but it must have some effect on the red blood cells that are present in the context of bruising."

The Vbeam Perfecta is particularly popular in patients who have had injectable dermal fillers. "We tell these patients at the time of the procedure to come back in 48 hours if they bruise and we will treat it," Dr. Geronemus said. "Although we don't charge the patient, it increases their satisfaction for the procedure. Furthermore, the laser treatment takes only seconds to perform. Nevertheless, we carefully outline the parameters to find the best approach."