



SmoothPeel™ 2940 Erbium: YAG Laser

**ACHIEVE THE BENEFITS
OF A CHEMICAL PEEL
WITHOUT THE CHEMICALS**

By Mitchell Chasin, M.D.

Chemical peels are one of the most frequently performed aesthetic procedures, accounting for over half a million treatments last year alone. Successful outcomes of this treatment depend greatly on the skill and instinct of the practitioner. During the procedure it is often difficult to determine the amount and depth of tissue destruction and the ideal contact time for the chemical agent. This leads to inconsistent results and a host of undesirable complications. Is there a way to achieve the beneficial effects of a chemical peel without the chemicals?

Enter the recently FDA approved SmoothPeel™ laser from Candela, a low power 2940 nm Er:YAG laser

which offers predictability and versatility in treating patients with a variety of differing aesthetic needs, and a wonderful alternative to a chemical peel. The SmoothPeel is used to treat fine lines, solar lentigines, generalized dyschromia and photodamage, as well as for general skin rejuvenation.

Pre-existing Er:Yag lasers have been used successfully to treat photoaging, but the need for regional or general anesthesia with the treatment and the significant post-operative recovery time limited their

use. With a chromophore of water, the 2940 Er:Yag laser has the benefit of delivering precise tissue ablation with only very superficial thermal injury.

SPECIFICATIONS

The specifications of the new SmoothPeel Er:Yag laser enable the practitioner to be able to perform a

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light, refreshing no downtime peel (~10 micron ablation depth) or a deeper treatment (~22-28 microns)

similar to a mid-level chemical peel requiring only a few days of downtime. This is in contrast to microdermabrasion where the depth of ablation is only one or two microns, limited only to the stratum corneum.

TABLE 1: SmoothPeel Specifications

Wavelength	2940 nm
Max Energy	750 mj
Repetition Rate	2-6 Hz
Spot Size	5 & 9 mm (both collimated)
Input Power	P100-240 VAC 50/60 Hz
Dimensions	11.5" x 18" x 10.5"
Weight	40 lbs., Tabletop Design

SmoothPeel features a compact design, a 110-220VAC power source and a maximum energy of 750mj. In contrast to other comparable devices, it has dual spot sizes of 5mm and 9mm and is fully collimated at both spots. This minimizes the negative effect of handpiece-to-skin distance variability, thereby improving safety and efficacy. The large spot size and repetition rate of 2-6 Hz. translates into rapid treatment times. The SmoothPeel laser has an ergonomically designed handpiece and does not use an

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articulated arm as seen on other devices. Treatment parameters are set with a simple two-button control interface, minimizing the risk of input errors.

Historically, erbium laser treatments were confined to the face. The SmoothPeel can be used at low fluences to treat other areas of the body such as the neck, chest, or hands.

PROCEDURE

We have the patients remove their makeup and wash with soap and water. No alcohol is used to cleanse the face. We obtain a series of preoperative photos using the Canfield Visia Computerized Imaging system to establish a baseline. Depending on the depth of treatment planned, topical anesthetic such as Elamax or BLT (Betacaine, Lidocaine, and

Tetracaine) may be utilized. No pre- or post-operative analgesics are required. The surface of the skin must be free of water during treatment, and a smoke evacuator must be utilized.

We use antiviral prophylaxis for all patients with a history of Herpes Simplex and for those patients undergoing deeper peels. We do not routinely use preventative antibiotics. Topical retinoid therapy is discontinued 3-4 days prior to treatment.

Choice of energy setting and number of passes is in part determined by the patient's ability for downtime. For light peels we use the 9 mm spot and provide two passes at the high energy setting. For a medium depth peel we suggest one pass with the





Before (left) and After (right) a 25 Micron Peel by the SmoothPeel. Photos Courtesy Dr. Jason Myers.

5 mm spot at the medium or high setting. We recommend against removing the detritus between passes.

The Zimmer air chiller is used during treatment to further enhance patient comfort. Typical treatment time is 20 minutes. Post treatment, the detritus is removed with iced saline and gauze, and the patients use a cooling mask for approximately 10 minutes. Before discharge, a thin layer of either Eucerin or Aquaphor is applied to the face. No bandages are required. For practitioners who also have an LED system, this may help to reduce post-operative erythema.

Patients leave the office with the feeling of mild sunburn, and the redness fades over the next few days. They experience flaking and peeling from 1-3 days post treatment, depending on the energy utilized. Patients transition back to their pre-existing skin care regimen

encouraged post treatment.


For maximum results we advise 3 treatments at two- to four-week intervals. Patients routinely see improvement after the first procedure. Patients report smoother, more vibrant skin and a more even complexion as a result of the SmoothPeel treatments. The satisfaction rate is very high.

COMBINATION THERAPIES

We routinely combine aesthetic treatments for their synergistic benefits. Botox® Cosmetic is used in conjunction with the SmoothPeel to treat dynamic rhytids, and fillers work wonderfully to correct volume defects in the face. Skin tightening lasers may also be utilized concurrently. Because tangible results are seen so quickly and reliably with the SmoothPeel, it motivates patients to develop a long-term strategy for facial rejuvenation which includes other minimally

invasive therapies, topical skin remedies, and a commitment to sun avoidance.

The SmoothPeel will become a very popular procedure. It fits well into a medical spa environment as well as in a dermatology or plastic surgery office. Some patients prefer the precision and high tech nature of a laser as opposed to chemicals and report the treatment to be fast and comfortable. Additionally, the 'device' aspect of the procedure fosters a greater perceived value by the patient and should yield greater revenue for the practitioner.

With increasing demand for results-oriented treatments and tangible outcomes, patients are looking beyond conservative therapies like facials and microdermabrasion. But with today's hectic lifestyle, downtime must be minimal. With the introduction of SmoothPeel to the market, patients can now achieve both of these goals and very satisfying outcomes. 



Dr. Mitchell Chasin is the Medical Director of Reflections Center for Skin and Body in Livingston and Bridgewater, New

Jersey. He is a nationally recognized speaker and is frequently seen in the media. Dr. Chasin has had the opportunity to work with several erbium lasers in clinical practice and is very excited about the introduction of the SmoothPeel to the aesthetic market, both for the physicians who will acquire the technology and for the patients who will benefit from treatments.