

The Contributions of Smoothbeam™ to Our Skin Rejuvenation Practice

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Introduction

With over 20 state-of-the-art lasers on-site, the Advanced Laser and Anti-Aging Medical Group is one of the only facilities in the U.S. equipped with the latest laser technology available for the skin and the expertise in skin morphology and pathology required to maintain maximum results. The center has over 22 exam rooms, a full on-site lab, a consultation facility, a Medicare-approved surgery center with a recovery room and a staff of registered nurses and medical assistants.

Dr. Miller and Dr. Seltzer specialize in lasers, and are among the nation's leading trainers of laser procedures.

The Advanced Laser and Anti-Aging Medical Group was one of the first to routinely use Intense Pulse Light (IPL) as a part of a skin rejuvenation procedure as early as 1993. They have made recent and significant changes to their skin rejuvenation regimen, first with the addition of a Vbeam® pulsed dye laser from Candela, and, most recently, with the addition of Smoothbeam, a 1450 nm diode for the treatment of periorbital wrinkles and acne.* The practice has since fully integrated both Vbeam and Smoothbeam into their skin rejuvenation treatment. A more detailed overview of the benefits of Vbeam is contained in *Vbeam Clinical Bulletin No. 12*. The following is primarily a synopsis of their experience with Smoothbeam.



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Treatment

Our practice has been using IPL for nine to ten years, primarily for skin rejuvenation. We also use IPL for treating pigmentation of the skin, pore reduction, sun damage, and rosacea. Other applications for which we use IPL include mottle pigmentation and skin toning.

We began to use Vbeam in conjunction with IPL for the treatment of rhytides, and have since added a third treatment to our skin rejuvenation regimen, Smoothbeam.

We are a full laser clinic, with a wide array of lasers. We constantly use combinations of different lasers to improve our results. Prior to acquiring Smoothbeam, we used the ICN CoolTouch II for skin rejuvenation. While the 1320 nm wavelength of CoolTouch II penetrates a little deeper than the 1450 nm Smoothbeam wavelength, it is not as highly absorbed by water, the target chromophore.

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Our practice has found Smoothbeam is much easier to operate and at least as effective. Only a single pass is required for Smoothbeam, while three passes are required for CoolTouch II.

We use the Smoothbeam and Vbeam lasers to rejuvenate the skin on different levels. The Smoothbeam 1450 nm wavelength is absorbed at a more superficial level. This affects the collagen at the level of the papillary dermis. The Vbeam 595 nm wavelength penetrates deeper into the reticular dermis. The combination stimulates collagen at different levels to achieve a better overall response.

If a patient presents with photo damage, mottled pigment, redness, or fine lines, we use Vbeam to rejuvenate his or her skin. If he or she has deeper rhytides and mild laxity, we combine Vbeam treatment with Smoothbeam.

If a patient presents with fine lines, sun damage, redness, but no deep rhytides or laxity, we use Vbeam, but would not likely use Smoothbeam. For the patient with little redness or broken blood vessels, deeper rhytides, and some laxity, we use Smoothbeam, but likely no Vbeam treatment.

We use the combination of all three modalities for the patient with photo damage, mottling, laxity, redness, and deeper rhytides.

Microdermabrasion also has a role in our skin rejuvenation regimen. If a patient complains about coarseness or rough skin, we usually perform microdermabrasion either alone or in between rejuvenation treatments, typically at a three-to four-

week interval. Some patients can't afford all these treatments, however. Microdermabrasion alone benefits these patients. It provides a nice peel that is better than glycolic acid peels. Patients tell us that their skin feels softer and smoother. Microdermabrasion enhances their appearance through improved pigmentation, and is a nice adjunct to laser treatment; although the results are not as long lasting as laser treatment itself. It is used for patients whose epidermis feels rough prior to the laser treatment, if the skin is not too red.

Acne Treatment

We have begun using Smoothbeam to treat acne. It is particularly helpful in the patient with moderate acne. Active acne patients treated have reported significant improvement as soon as two weeks after their first treatment.

We have acne patients whom we have treated for years who have not responded to topicals, Accutane, or antibiotics. We have treated them with Smoothbeam. Our acne patients are astonished with the results. This is the best we have ever seen these patients.

Smoothbeam and Vbeam have proven indispensable as an adjunct to our original IPL treatments for skin rejuvenation. Practices that perform rejuvenation services need to combine laser treatments if they are committed to providing better results.

“FOR THE PATIENT WITH LITTLE REDNESS OR BROKEN BLOOD VESSELS, DEEPER RHYTIDES, AND SOME LAXITY, WE USE SMOOTHBEAM.”

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