Effective Atrophic Scars Treatment with Picosecond Nd:YAG laser

Wong Yeut Sun, MD

Introduction:

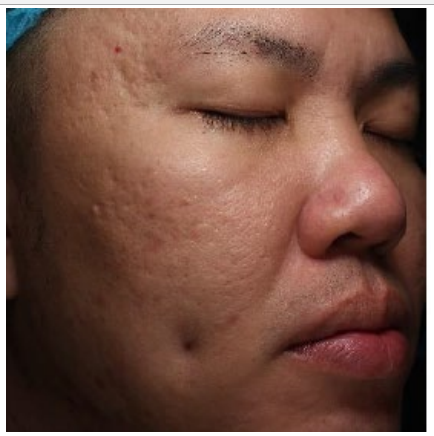
This is a 29-year-old male came to the clinic with history of dimple creation surgery done 1 year ago, looking for treatment for his dimple and acne scars. After the surgery, he was left with a rather deep, unnatural depression on his bilateral buccal region as a result. In this case, we used Fotona StarWalker PQX to help him with his scars.

Laser	StarWalker PQX	
	Step 1	**Step 2**
Wavelength	1064 nm	1064 nm
Handpiece	Black	Black F5
Intensity	1.8 J/cm^2	8 mJ/px
Mode	PICO	PICO
Frequency	7 Hz	5 Hz
Passes	Multiple passes	2–3 passes
Endpoint	–	Erythematous, petechiae
Spot size	4 mm	5x5 px
Anaesthesia	Numbing cream	Numbing cream
Target	Whole face	Scars area
Sessions	3 sessions, one month apart	

Dr. Wong Yeut Sun completed his medical training at the National Defense Medical Center in Taipei, Taiwan in 2011. From 2011 to 2013 he performed internships in the Dermatology Department of Tainan ChiMei Hospital and the Plastic Surgery Dept. of Taipei Veteran General Hospital. After working as a Medical Officer at the Sungai Buloh and Tawau hospitals, he began his current position in 2017 as an aesthetic physician in the Davinci Clinic at the National Taiwan University Hospital in Taipei.

CLINICAL CASE:

EMLA cream was applied for 40 minutes on interest area prior to the treatment. The first step is to target the whole face with picosecond laser to do some skin toning, using BLACK handpiece, spot size 4mm, fluence 1.8 J/cm2. Multiple passes were done without any discomfort reported by the patient. The second step is to target the scar area with BLACK F5 handpiece, intensity of 8 mJ/px, frequency 5Hz and 2-3 passes were done on the scars area only. The endpoint of this step is erythematous changes and petechiae noted right after the procedure. Pain was tolerable however patient reported that the sound is a bit loud during step 2. Moisturizer and sunscreen were applied to patient after treatment. Advice for patient was to avoid long period, extreme sun exposure. According to the patient, the associated downtime of the laser is erythematous and petechiae for 10 days that subsided itself without intervention. The above before and after pictures are the results of 3 sessions of picosecond laser treatment with 1-month interval. Patient came back for follow-up was satisfied with the result. No complication was observed.

Before laser treatment	Before laser treatment	Before laser treatment
		
After laser treatment	**After laser treatment**	**After laser treatment**