

Dr. Dovšak is a specialist surgeon in maxillofacial surgery. He is the founder of the AMOK surgery and dentistry clinic, and an Expert Clinical Lecturer for the Laser and Health Academy.

Dr. Dovšak has been using a variety of Fotona dental laser systems in his practice for over a decade.



## Xanthelasma Treatment Using Er:YAG – A Case Study

**Dr. David Dovšak, M.D., Specialist Surgeon in Maxillofacial Surgery**

The patient had been referred to our maxillofacial surgery for an apiectomy procedure, which we successfully completed. The patient expressed some aesthetic concerns about the xanthelasmata. Her GP had provided blepharoplasty as the only treatment option. Given the invasiveness, down-time and expense of the procedure the patient had not considered aesthetic treatment any further. Having explained that no cutting and suturing is involved in the laser treatment the patient elected to have the xanthelasmata removed from both eyelids.

The procedure was conducted under local anesthesia without additional cooling during the treatment. Xanthelasmata are cholesterol deposits underneath the skin. SP mode, Er:YAG pulses were used to plane down the lesions until the deposits were completely removed. Longer pulsewidth, LP mode pulses were then used to continue ablation. The longer pulses of LP mode introduce a thermal element to the otherwise cold ablation, providing coagulation. The entire procedure was performed in approximately 10 minutes.

Laser source:	Er:YAG (2940 nm)
VSP Mode:	SP and LP
Fluence:	7.5 J/cm <sup>2</sup>
Frequency:	5 Hz
Handpiece:	R11*
Spotsize:	4 mm
Water/Air Spray Setting:	None

\* available in AT Fidelis Aesthetic Upgrade package

No further post-operative care was required. The patient was released immediately after the procedure and instructed to apply a hydrating cream over the scab until it releases. The main advantage for the patient was the significantly lower invasiveness compared to the provided alternative therapy. The elimination of cutting from the treatment and subsequent suturing improve post-operative comfort for the patient. Recovery after the removal of xanthelasmata using Er:YAG laser is generally faster than with conventional methods.



Before



1 week after



6 months after

### Discover AT Fidelis!



Clinical Bulletin 09/6-3.0 – Published by the Laser and Health Academy. All rights reserved. Order No. 85197 Disclaimer: The intent of this Laser and Health Academy publication is to facilitate an exchange of information on the views, research results, and clinical experiences within the medical laser community. The contents of this publication are the sole responsibility of the authors and may not in any circumstances be regarded as official product information by the medical equipment manufacturers. When in doubt please check with the manufacturers whether a specific product or application has been approved or cleared to be marketed and sold in your country.