

**Dr. Leonardo Marini, MD**

Dr. Marini is the Director of the "The Skin Doctors' Centre" in Trieste (Italy). He is a former President of the ESLD and ESCAD, and Vice-Chairman of the EADV Task Force for Laser Dermatology. Dr. Marini has conducted numerous studies and published various papers on the application of light-based technologies in dermatology. He is a frequent lecturer and speaker on high-profile industry events. He is also a frequently Invited Lecturer at the Laser and Health Academy.



**SPF-RR with VSP ER:YAG Laser and Scanner-Assisted Nd:YAG Laser**  
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Numerous light-based treatment modalities claim clinical efficacy and unique advantages in skin rejuvenation. Yet every modality has inherent disadvantages especially considering that all three components (vascular, pigment and collagen) of skin alterations need to be addressed while balancing patient acceptability parameters (downtime, intra/post-operative discomfort) and clinical results. In this respect combination techniques have always proven to be more effective than single treatment modality techniques.

Sequential Photo-Thermal Fractional Resurfacing and Remodeling, or SPF-RR, can be used as a full face skin rejuvenation technique that combines Fotona's Nd:YAG and Er:YAG lasers. In a single treatment session patient skin is sequentially exposed to two wavelengths and, four energy packing and delivery modalities (respectively FRAC3 and T3 with Nd:YAG, and fractional ablation with Er:YAG 1, 2).

SPF-RR requires regional nerve block anesthesia combined with local lateral anesthesia in the cheek area. The use of corneal eye-shields allows unrestricted full face treatment, including the treatment of both the upper and lower eyelids. The following parameters are recommended for the sequential passes.

	1 <sup>st</sup> Pass	2 <sup>nd</sup> Pass	3 <sup>rd</sup> and 4 <sup>th</sup> Pass
Laser source:	Nd:YAG	Nd:YAG	Er:YAG
Pulsewidth:	0.3 ms	35.0 ms	LP mode
Fluence:	35.0 J/cm <sup>2</sup>	50.0 J/cm <sup>2</sup>	3.9 J/cm <sup>2</sup>
Frequency:	26.0 Hz	7.0 Hz	5.0 Hz
Handpiece/scanner:	S-11	S-11	PS02
Spotsize:	3 mm	3 mm	7 mm
Scanning mode:	OP	OP	n/a

Immediately after the treatment the skin is rehydrated with a chilled thermal spring water spray. Then cooling with chilled ice-packs is performed for 5-10 minutes. Patients report a burning sensation immediately after the treatment. During the post-operative recovery period erythema, dryness, moderate tenderness, periocular oedema, superficial pinpoint micro-crusting and moderate itching are the most common adverse effects and generally disappear within 7-10 days after the treatment. Patients are prescribed a post-operative anti-viral and anti-bacterial medication regime and are instructed on a sun protection program with broad-spectrum sunscreens and a post-operative skin care program.



Before

Immediately after

5 days after

30 days after

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SPF-RR is well accepted by patients, with substantial to excellent results reported within 30 days post-op and lasting for prolonged periods of time. The procedure can be repeated at regular intervals to effectively and credibly control skin aging as part of a more holistic anti-aging program.