

Dr. Tania Phillips graduated from Southampton University in the UK in 1994. She has been a practicing General Practitioner for 20 years and continues to work in General practice in addition to her own business in laser aesthetics. Dr. Phillips holds Certificates for Advanced Laser Aesthetics for face and body as well as for vaginal treatments (IntimaLase and IncontiLase) from the Laser & Health Academy. She is keen to run further trials looking at the efficacy of laser aesthetics.



#### Clinical Bulletin

J. LAHA, Vol. 2018, No. 1; p. CB06.

## SmoothEye – Periocular Rejuvenation with Er:YAG SMOOTH Mode

Dr. Tania Phillips

### Parameters:

Laser source:	Er:YAG, 2940 nm
Pulse duration:	SMOOTH mode
Fluence:	3-4 J/cm <sup>2</sup>
Frequency:	2 Hz
Handpiece:	PS03
Spot size:	7 mm

### Treatment procedure:

To reduce wrinkles and volume around the eyes in a non-invasive approach, the non-ablative Er:YAG SMOOTH mode was applied to stimulate collagen remodeling and contraction. Typically 3 treatments are applied every 6 weeks.

The patient was treated with Er:YAG SMOOTH mode using a PS03 handpiece with spot size of 7 mm and fluence of 3.5 J/cm<sup>2</sup> with 3-4 pulse trains per each spot. Two passes in 2 rows were applied above the eye, 3 passes below the eye and 3 passes lateral to the eye. The number of rows usually depends on the individual's anatomy and the area covered with topical anesthetic ointment (it is usually 2-3).

After 2 passes, gauze soaked in thermal water was placed over the eye area for a minute to cool the tissue before that last set of passes. This step is applied in about two out of three patients depending on the individual's tolerance.

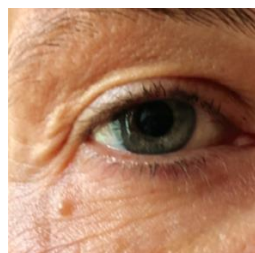
After treatment, cooling with thermal-water soaked gauze and mild air cooling for a minute was applied. For post-treatment care, Aquaphor and sunscreen factor 50 was used.



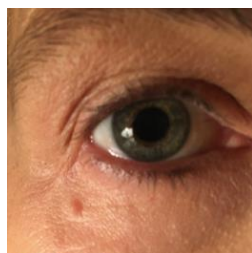
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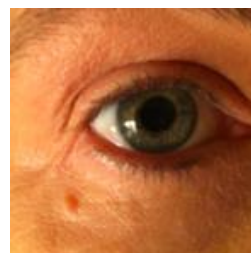
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Before SmoothEye treatment



6 weeks after 1st treatment



6 weeks after 2nd treatment



8 weeks after 3rd treatment