

Management of Ageing in Brown Skin by Lasers

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SUMMARY

Ageing in brown skin is a complex interplay of different manifestations and aetiological factors. The manifestations are modified by the presence of melanin and also the tropical environment. Pigmentation is an important part of ageing by wrinkling and sagging of skin often appear late. Compounding these factors is the altered response to lasers, which are more likely to result in pigmentary changes.

Any management of brown skin needs to take these factors in to account so that treatments are done effectively and safely. Fortunately, over the last decade technologies have developed that can address these concerns.

Over the past 5 years we have worked with a combination of the following lasers to devise a scheme for this purpose:

1. Q-s Nd:YAG laser toning to treat pigmentation. This is often the first treatment to be done and is repeated 2-3 times at 2-4 week intervals. This not only removes the pigmentation but also helps to prevent inflammation-induced pigmentation.
2. Short-pulse Nd:YAG laser-induced rejuvenation to produce collagen synthesis in the papillary dermis and treat fine lines. It may also help in reducing pigmentation.
3. Er:YAG laser to induce laser peeling, reduce epidermal thickening and induce collagen synthesis in the upper and mid dermis, though its fractionated and long pulse modes.
4. Very long pulse Nd:YAG laser to induce tightening of skin deep in the dermis.

These wavelengths are safe for brown skin and effect changes at different levels in the skin to produce satisfactory changes without significant side effects.

Details of this scheme will be presented.

TwinLight Applications in Facial Rejuvenation

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SUMMARY

There is this saying that everyone wants to get old but no one wants to be old or look old. I can confirm this through my personal experience as the number of patients consulting me for aesthetic concerns is increasing steadily. The crucial point to achieve good, reproducible results in performing facial rejuvenation – and thus generating perfectly satisfied clients – is to diligently choose the method most suitable for a given patient's needs and expectations.

Fotona4D® and SmoothEye are powerful protocols offering a wide range of possibilities in facial rejuvenation, thus ensuring good, natural-looking and reproducible results with no or very short downtime. In my office, we mainly stick to the preset protocol (which grants reliable results) but also adjust the settings depending on the given client's needs and focus – and, of course, on the allowed downtime.

In my presentation I show selected cases of 4D and SmoothEye treatments and talk about my approach to facial rejuvenation.

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