

## New Rejuvenation of the Lips with Erbium:YAG and Nd:YAG laser

**Natasa Teovska Mitrevska**  
*Dermatology department, Remedika hospital, Skopje  
Macedonia*

### SUMMARY

It has been reported that lip augmentation is one of the most popular and requested aesthetic procedures. Lip augmentation has become progressively popular in recent years, reflecting cultural trends in youth and beauty. Research suggests that the 'ideal lip' should have the following characteristics: fullness and volume, correct balance between the upper and lower lips, and a well-defined vermilion border.

We present the case report of a 33-year-old female, Fitzpatrick Skin Type I, who wanted non-invasive treatment for fullness and color enhancement of her lips. We prepared the patient with extraoral anesthetic cream for 30 min before starting the procedure.

The settings of the laser were 2940 nm Erbium:YAG laser, 4 – 6 passes of intra oral smooth (spot size: 7 mm, energy: 9 J/cm<sup>2</sup>, 1.6 Hz), and 4 passes extra oral, and then 1064 nm Nd:YAG (spot size: 15 mm, energy: 90 J/cm<sup>2</sup>, 0.35 Hz) extra oral piano tightening to reach the temperature of 42 C, and then 3 minutes again with local cooling. We monitored the patient with photo documentation before and 90 days after the whole procedure. For at-home therapy we prescribed sun screen protection for the next 3 months and moisturizing lotion.

LipLase enhances the lips to give a fuller, more natural appearance through the use of laser energy. This is done through the process of collagen regeneration. This is a non-surgical, non-invasive treatment, with no cutting or puncturing of the skin and with minimal discomfort and minimal risk of change in skin or lumpiness in one area. It may be used for all skin types with no downtime and is a better option for patients who are needle-phobic.

LipLase rejuvenates, fills, and plumps lips as well as defines the shape. Similar to injected fillers, the results last approximately 4-6 months.

## Treatment of Rhinophyma with Erbium:YAG

**Natasa Teovska Mitrevska**  
*Dermatology department, Remedika hospital, Skopje  
Macedonia*

### SUMMARY

Rhinophyma is characterized by a progressive thickening of nasal skin, which produces a disfiguring soft-tissue hypertrophy of the nose. It is a benign dermatological disease of the nose affecting primarily men in their fifth to seventh decades of life. The main reasons why patients seek help are due to plastic cosmetic and functional impairments such as nasal obstruction.

We present our results with the application of Erbium:YAG laser in the treatment of Rhinophyma in a 72-year-old male patient. After administering short-term IV anesthesia, we performed 2940 nm Erbium:YAG laser therapy (spot size: 3 mm/5 mm, energy: 8 J/cm<sup>2</sup>, speed 10 Hz) to treat the patient's lesion.

We started with laser ablation following the previous markings of the whole nose, while using intra operative local cooling and compression with a local solution of adrenalin the whole time. Immediately after the operation we used a compressive bandage and perioral antibiotics and mild analgesia. After laser ablation the skin started spontaneous re-epithelization of the surface without scarring. We monitored the patient with photo documentation before and 60 days after the procedure. For at-home therapy we prescribed sun screen protection for the next 3 months and moisturizing lotion.

In our report Rhinophyma of the nose responded well to Erbium:YAG laser treatment.

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 medical equipment manufacturers. When in doubt, please check with the manufacturers about whether a specific product or application has been approved or cleared to be marketed and sold in your country.