

Oksana Naumova graduated in dermatology from NMU Bogomolets in 1997. She has been the owner of the Laser Cosmetology Clinic since 2003 and started working with Fotona laser systems in 2010. She specializes in aesthetic laser procedures with erbium and neodymium.

Full Face Resurfacing in One Procedure

Dr. Oksana Naumova

Parameters:

	Along the wrinkle	Perpendicular to the wrinkle	Entire face	Lower third of the face		
Laser source:	Er:YAG, 2940 nm					
Pulse mode:	SP	SP	SP	LP	VLP	XLP
Fluence:	4.2 J/cm ²	3.2 J/cm ²	3.8-4 J/cm ²	2.8 J/cm ²	1.8 J/cm ²	1.2 J/cm ²
Frequency:	12 Hz					
Spot size:	2 mm	3 mm	7 mm	6 mm	6 mm	6 mm
Handpiece:	R11					
Passes	2-3	3-4	4	3	4	3



Treatment procedure:

A 72 year old female patient came to our clinic wanting to improve her appearance. Clinical examination revealed signs of chronological aging such as ptosis of the upper eyelid of moderate degree, an abundance of small and medium-deep wrinkles all over the face, skin dyschromia, multiple keratomas and hyperkeratosis, pronounced nasolabial folds and general skin sagging.

Upon consulting and presenting the options, the patient decided to undergo a laser resurfacing procedure according to our protocol. We used the Fotona Spectro laser system and the parameters shown in the table. The patient's skin was anesthetized with anesthetic cream (EMLA) that was applied 45 minutes before the treatment. During the entire procedure a Zimmer cooler (grade 3) and smoke evacuator were used. The patient didn't report any discomfort during the treatment.

After the procedure we applied antibacterial cream and dressing on the patient's face. The patient was advised to apply wet dressings (chlorhexidine) twice daily and Bepanthen for eight days (up to 6 times daily) and SPF 50 cream additionally. The recovery period consisted of edema and an itching feeling for the first 3 days. Crusts that formed peeled off completely by day 8. General redness persisted for up to 3 weeks and on certain areas for up to 12 weeks.

As a result of the procedure, we observed a pronounced lifting of the upper and lower eyelids, the skin became lighter in color, smoother and more elastic, and much of the wrinkles disappeared. All of the hyperkeratosis was removed and the overall effect is a younger looking face.

Clinical Bulletin

J. LAHA, Vol. 2019, No. 1; p. CB11.



Published by the Laser and Health Academy. All rights reserved. © 2019

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.



Before treatment



12 days after treatment



8 months after treatment