



5D Rejuvenation with Pigmentation Removal

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Introduction:

A patient visited our clinic and complained about facial pigmentary changes and also felt that his wrinkles were worsening and getting deeper. After an initial consultation we started with a week of Vitamin C-based clearing cream. In the second visit we started with a laser procedure.

Laser	SP Dynamis		
	Step 1	Step 2	Step 3
Wavelength	1064 (Nd:YAG)	2940 (Er:YAG)	2940 (Er:YAG)
Handpiece	R33	R04	R04
Fluence	35 J/cm ²	2 J/cm ²	0.8 J/cm ²
Mode	FRAC3	MSP	SP
Frequency	1 Hz	3 Hz	4 Hz
Pulse duration	1.6 ms	/	/
Spot size	4 mm	5 mm	10 mm



Clive Watson McLean graduated in Medicine and Surgery from Universidad de Iberoamerico in Costa Rica in 2010. He specialised in Aesthetics medicine in 2017 at Univesidad de Buenos Aires in Argentina. He founded WMC Medical Clinic in 2016 where he focuses on aesthetic medicine, Fotona laser treatments, fillers and liposuction.

CLINICAL CASE:

In the first step, each of the stains was targeted with the above-mentioned parameters. Only one pass over the stains was done. Full-face resurfacing using the parameters shown above was done in the second step. Two passes were completed, after which the skin was cleared with a wet gauze in between the passes. For the final step, a slightly lower parameter was used with only one pass until the skin turned bright and shiny – that is when you know it's time to finish.

After the treatment the patient was advised to use 2 different topical creams. The first one contained vitamin A plus lidocaine and silver sulfadiazine (called PLATSUL-A) and was applied three times per day for 2 weeks. The patient was also encouraged to use the Vitamin C-based cream at night starting from the third day after the laser procedure. Avoiding sun exposure and the use of sun-block cream was also recommended.



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