



Multimodal Laser Treatment for Nasal Reshaping with Nd:YAG and Er:YAG Laser

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Introduction:

This case presents a group of patients aged from 25 to 65 years old, both male and female, with a history of an enlarged nose. Patients were not interested in plastic surgery, as they did not want to have scars or suffer from downtime, or due to personal reasons.

All patients reported that they were very unhappy with the shape and length of their nose, hence they decided to try the non-surgical & non-invasive way.

At the time of the treatment, patients were not using any oral medication and were only using topical derma-cosmetic products.

Laser	Fotona EBD		
	Step 1	Step 2	Step 3
Wavelength	1064 nm	2940 nm	2940 nm
Handpiece	R33-T	PS03X	R11
Fluence	10 J/cm ²	3.5 J/cm ²	3.5 J/cm ²
Mode	FRAC3	FotonaSMOOTH®	FotonaSMOOTH®
Frequency	4 Hz	1.5 Hz	1.5 Hz
Stacks	/	2-3	2-3
Passes	8-10	4	4
Spot size	9 mm	5 mm	5 mm
Cooling	Low, 2 out of 10	No	No
Sessions	1-3 sessions every 6-8 weeks		



Dr. Gabriela Mercik has over 20 years' experience as a trainer, innovator, and international speaker, specialising in non-surgical and non-invasive treatments.

Working together with Grzegorz Gabriel Mercik, the partners are committed to pioneering new areas of laser procedures to help patients achieve the best results naturally without the need for surgery.

They currently work with the SP Dynamis and StarWalker MaQX systems in their private clinics in London, UK and Poland.

CLINICAL CASE:

The procedure was performed with an SP Dynamis laser without any anesthesia. During the procedure a cooler was used (set to level 2) over the treated area (the nose). The treatment consisted of 3 steps.

In the first step, 8-10 passes were performed over the nose area, without stacking, to promote rejuvenation of the skin. The application should be homogeneous without stacking or overlap, with either a horizontal, vertical, or crisscross application.

The second step consisted of 2-3 stacks at each point (A=2, B=2, C=3) in-between the cartilages, on the soft tissues, inside the nose, on each side. Additionally, 4 passes at each point should be done. The total number of laser applications for the points on each side of the nose should be as follows: A=8, B=8, C=12. In the third step, we repeated the same steps as per step two, with a different handpiece.

The fluence of step one is dependent on the skin tone, and lower fluence is advised for phototypes of III and higher. Steps two and three are not dependent on the skin type.

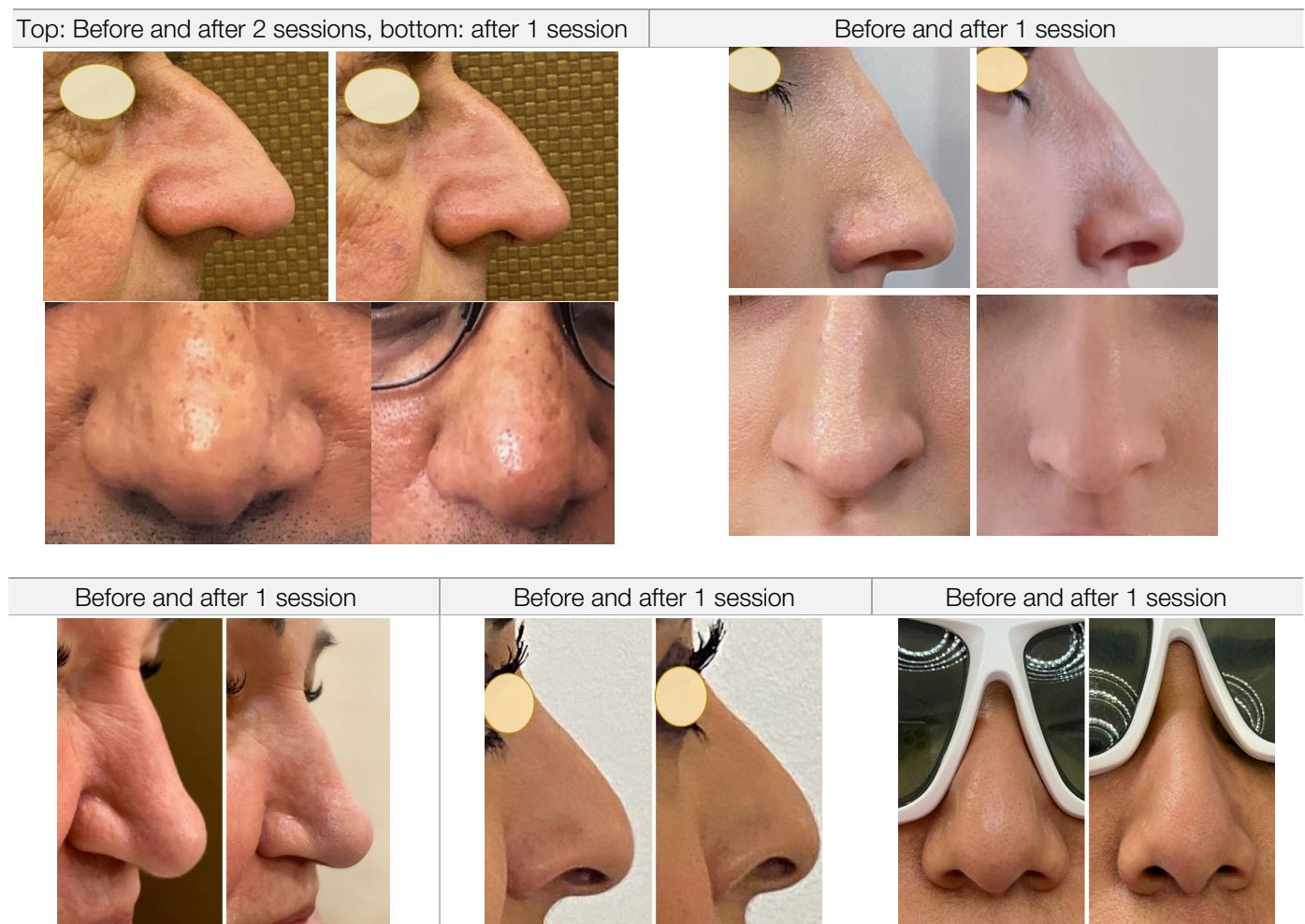
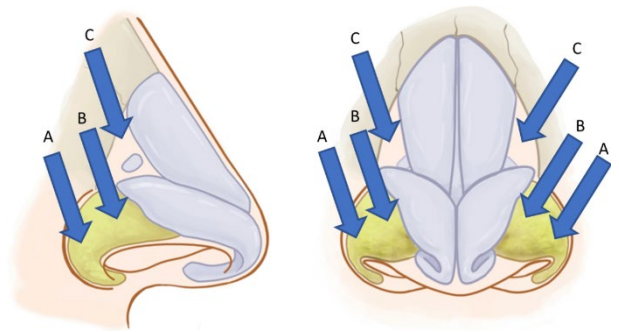
There was no downtime observed and patients were able to continue their daily routines without any obstructions. Topical hydration was advised over the treated area. We applied our own after-laser spray and serum to promote hydration and regeneration of the skin.

1-3 sessions every 6-8 weeks are required to see the best results, which will show after 3 months from the date of the last treatment.

The after pictures were taken immediately after the treatments.

The whole group of patients, who have had from 1 to 3 sessions, were asked to give feedback on the treatment on a scale from 1 to 10, and 100% of them reported the top (10) satisfaction mark.

All pictures courtesy of Merimed Ltd t/a Dr. Gabriela Clinic.



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