



Acne Scar Treatment with Pico Laser in Asian Skin

Dr. Jia Xi Chong

Introduction:

In this study, a combination of 2 StarWalker PQX fractional handpieces (F9 & F5) was used to reduce acne scars. Four weeks after treatment, the patient was reviewed with clinical photographs to gauge improvements. We found effective reduction in acne scars with no adverse events.

Light-Induced Optical Breakdown (LIOB) is known to be useful to achieve acne scar reduction. The challenge is in finding the correct parameter and end point in Asian skin to reduce acne scars without causing Post-Inflammatory Hyperpigmentation.

Laser	StarWalker PQX		
	Step 1	Step 2	Step 3
Wavelength	1064 nm	1064 nm	1064 nm
Handpiece	F9	F9	F5
Fluence	0.5 mJ/px	3.0 mJ/cm ²	5.8 mJ/cm ²
Pulse duration	300 ps	300 ps	300 ps
Frequency	5 Hz	5 Hz	5 Hz
Passes	2	2	2
Spot size	9x9 mm	9x9 mm	5x5 mm
Stacking	No	Yes	Yes
Cooling	Yes	Yes	Yes
Sessions	1 session		



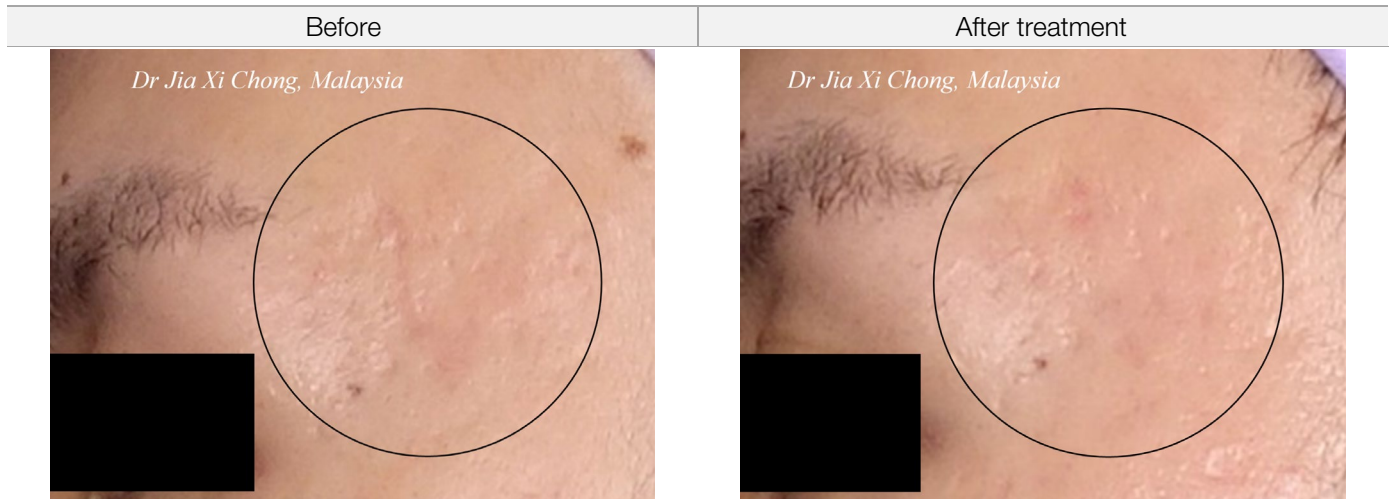
Dr. Jesse Jia Xi Chong is a medical aesthetic practitioner based in Penang island, Malaysia. He specializes in all types of aesthetic injections and is an expert user of the StarWalker PQX and SP Dynamis systems from Fotona. Dr. Chong is highly experienced at performing minimally invasive procedures such as double-eyelid creation and laser surgeries to improve aesthetic concerns for his patients. His aim is to have all his patients looking their best at every age, safely.

CLINICAL CASE:

StarWalker PQX fractional handpieces with settings as per the table were used on a patient of Fitzpatrick type III skin. The end point of the treatment was slight erythema of the skin. Post-treatment care included regular sunscreen and protection from sun exposure. 4 weeks after treatment, the patient was reviewed with clinical photographs to gauge improvements in terms of scar reduction.

Scar reduction was observed over 4 weeks. No complications developed from our laser treatment. However, the patient felt mild itchiness in treatment areas for up to 5 days. Patient satisfaction was good, as the downtime was minimal and highly tolerable.

LIOB is able to create pockets of injury and stimulate scar resurfacing with as little as 1 session of Pico laser in Asian skin types, with no adverse reaction. Some of the combinations we believe will be exciting to combine will be with Er:YAG laser as well as Long Pulse Nd:YAG to create even more significant results.



Published by the Laser and Health Academy. All rights reserved. © 2021

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.

