



Asian Skin Rejuvenation with Pico Laser

Dr. Jia Xi Chong

Introduction:

In this study, a combination setting of StarWalker PQX was used to improve skin tone and stubborn freckles. Four weeks after treatment, the patient was reviewed with clinical photographs to gauge improvements. We found effective overall skin-tone improvement and minimal lightening of freckles, with no adverse events.

Pico lasers have many useful indications when it comes to pigment-related issues. We have conducted a clinical photograph comparison of an Asian female with Fitzpatrick Skin Type III who had uneven skin tone over her forehead and freckles on her cheeks.

Laser	StarWalker PQX			
	Step 1	Step 2	Step 3	Step 4
Wavelength	1064 nm	1064 nm	1064 nm	1064 nm
Handpiece	F9	Black	Black	Black
Fluence	0.6 mJ/px	0.7J/cm ²	1.3J/cm ²	0.5J/cm ²
Pulse duration	300 ps	300 ps	300 ps	300 ps
Frequency	5 Hz	7 Hz	10 Hz	2 Hz
Passes	2	2-3 passes 1000 shots	2-3 passes 1000 shots	1
Spot size	9x9 mm	8 mm	4 mm	3 mm
Stacking	No	Yes	Yes	No
Cooling	Yes	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:

Fotona PDX fractional-beam and full-beam handpieces were used as per the table. The end point of the treatment was slight erythema of the skin and mild darkening of pigmented areas. For 532 nm, gentle frosting was taken as the endpoint. Post-treatment care included regular sunscreen and protection from sun exposure. Four weeks after treatment, the patient was reviewed with clinical photographs to gauge improvements in terms of skin tone and freckles.

Skin tone & freckles lightening was observed over 4 weeks, and overall skin-tone improvement and brightening was achieved. No complications developed from our laser treatment. Patient satisfaction was good, as the downtime was minimal and highly tolerable, with mild erythema that lasted less than 24 hours.

Both the fractional and Black 1064 nm handpieces were effective in improving overall skin tone. 532 nm in this case has gently lightened the freckles, and more sessions may be required. More importantly, these parameters appear to be safe in darker skin types, with no adverse reactions such as PIH.



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