



## Benefits of Long Pulse Nd:YAG & Pico Laser Combination for Acneic Asian Skin

Dr Jia Xi Chong

In this study, a combination laser treatment with SP Dynamis and StarWalker PQX was used to reduce acne and PIH scars in darker Asian skin. Four weeks after treatment, the patient was reviewed with clinical photographs to gauge improvements. We found effective reduction in PIH and PIE and a reduction of active acne, with no adverse events.

Acne and post-inflammatory hyperpigmentation (PIH) or erythema (PIE) remain challenging treatments in Asian patients of darker skin types. The challenge is in adjusting to the correct parameter and end point to reduce pigmentation safely without causing a further darkening of the scars. In this case, the SP Dynamis & StarWalker PQX were used to safely reduce acne and PIH with scars.

Laser	SP Dynamis		StarWalker PQX	
	Step 1	Step 2	Step 3	Step 4
Handpiece	R33-T	F9	Black	Black
Wavelength	1064nm	1064 nm	1064 nm	1064 nm
Pulse duration	1.6 ms	300 ps	300 ps	300 ps
Spot size	6 mm	9X9 mm	8 mm	4 mm
Fluence / energy	15 J/cm <sup>2</sup>	0.5 mJ/px	0.6J/cm <sup>2</sup>	1.3J/cm <sup>2</sup>
Frequency	5 Hz	5 Hz	7 Hz	10 Hz
Passes	2	2	2	2
Stacking	no	no	yes	yes
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.

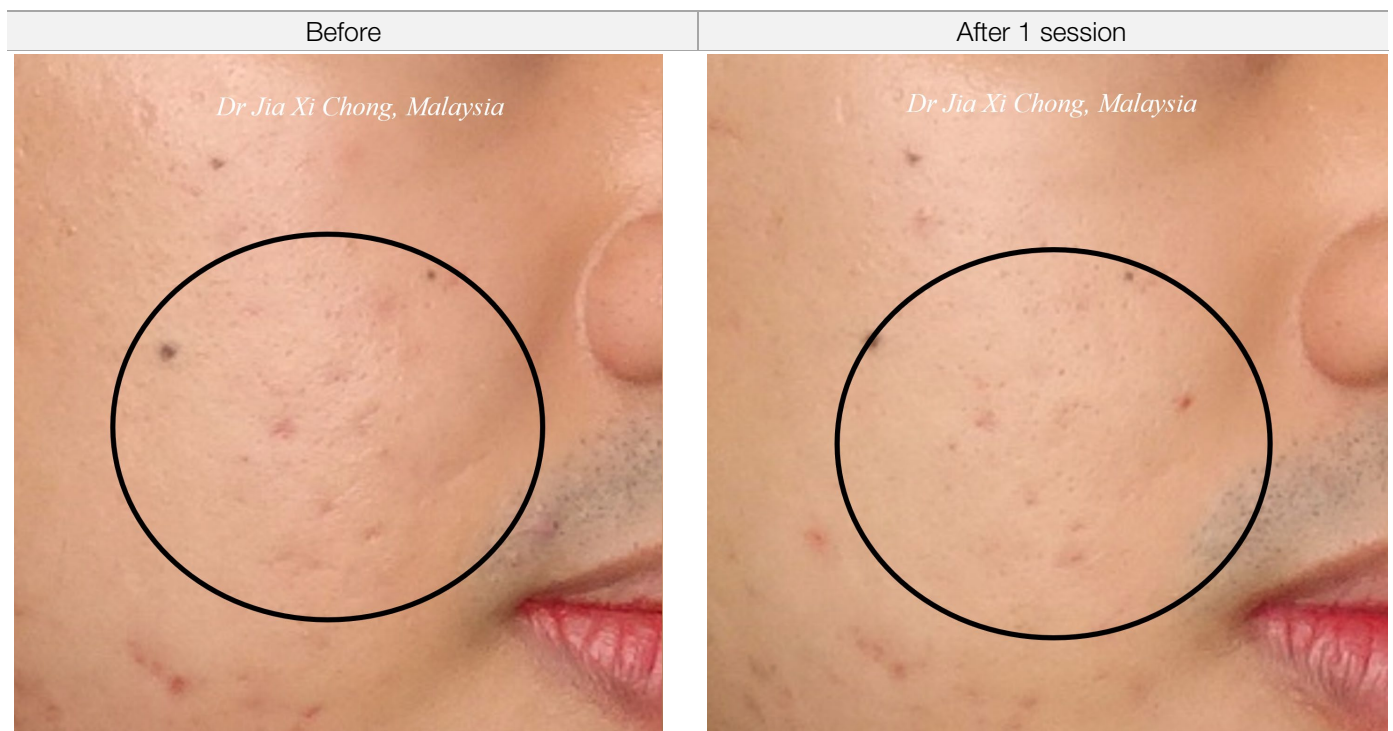
## CLINICAL CASE:

A combination of settings of 2 laser systems as per the table above was used to treat active acne and PIH and PIE scars in a single patient of Fitzpatrick type IV skin. The end point of the treatment was slight erythema of the skin, and mild darkening of pigmented areas and active acne. 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 PIH lightening, reduction of acne as well as reduction of scar depth.

General lightening of PIH and PIE (erythema) was seen, with a reduction of active pimples and scars observed over 4 weeks. No complications developed from our treatment. However, some new acne formed at non-treated areas. Patient satisfaction was good, as the downtime was minimal and highly tolerable, with mild erythema that lasted less than 24 hours.

Both the SP Dynamis and StarWalker PQX laser systems are able to work well together to effectively shrink active acne and reduce PIH, and to some degree PIE as well. These parameters appear to be safe in darker skin types, with no adverse reactions.

Combination laser treatment with SP Dynamis and StarWalker PQX is an effective and minimal-downtime treatment for acne and PIH/PIE reduction in darker Asian skin, with a low risk of adverse reactions and high patient tolerability.



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