



Combination of Long-Pulse Nd:YAG & Picosecond Laser for Skin Tone, Scar & Pore Reduction in Asian Skin

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In this study, a combination treatment using the StarWalker PQX and SP Dynamis was performed to improve skin tone, texture, scar and pore size. Four weeks after treatment, the patient was reviewed with clinical photographs to gauge improvements. We found an effective overall skin texture and tone improvement, as well as scar reduction and pore reduction, with no adverse events.

Pico laser in combination with long-pulse Nd:YAG and Er:YAG can cover a broad range of skin issues pertaining to Asian Skin types. In this study, we have combined multiple settings to safely bring about significant improvement for a female Asian patient with Fitzpatrick type III skin.

Laser	SP Dynamis		StarWalker PQX		SP Dynamis		
	Step 1	Step 2	Step 3	Step 4	Step 6	Step 6	
Handpiece	Nd:YAG	F9	Black	Black	Er:YAG	Er:YAG	
Wavelength	FRAC3	1064 nm	1064 nm	1064 nm	2940 nm MSP	2940 nm	
Pulse duration	SP Turbo 2	300 ps			100 us	300 us	
Spot size	9 mm	9x9 mm	8 mm	4 mm	7 mm	2mm	
Fluence / energy	10 J/cm ²	0.6 mJ/px	0.7 J/cm ²	1.3 J/cm ²	1.5 J/cm ²	12 J/cm ²	
Frequency	5 Hz	10 Hz	7 Hz	10 Hz	20 Hz	2 Hz	
Passes	2	2	2-3 passes 1000 shots	2-3 passes 1000 shots	2	1	
Stacking	no	no	yes	yes	no	no	
Cooling	yes	yes	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:

SP Dynamis and StarWalker PQX settings were used as per the table. The end point of treatment was slight erythema of the skin and a mild darkening of pigmented areas. Step 1, 2 & 5 were done on the overall area, while steps 3 & 4 were on PIH and PIE areas, and Step 6 was focused on enlarged pores and icepick scars. 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, texture and pore size.

Skin texture improvement, which included scar reduction and pores reduction, was observed over 4 weeks. Skin tone improvement was also seen. No complications developed from the combination of multiple parameters. Patient satisfaction was high as the downtime was minimal and highly tolerable, with only mild erythema that lasted less than 24 hours.

A combination of the SP Dynamis and StarWalker PQX appears to be effective in stimulation of skin for tone enhancement, scar reduction and pores improvement with a single treatment. More importantly, these parameters appear to be safe in Asian skin types, with no adverse reactions such as PIH.

The combination of SP Dynamis and StarWalker PQX is an effective and minimal-downtime treatment to improve skin tone, texture, scar and pores reduction in Asian skin for overall rejuvenation with low risk of adverse reactions and high patient tolerability.



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