



## Fotona V-shape Facial Lift with Erbium Douche Technique

Fernando Sperandeo de Macedo, Maria Cristina Arci Santos, Agnes Carvalho Andrade

### Introduction:

We present a novel technique called “Fotona V-shape lift with Erbium Douche technique”. We propose that the Erbium Douche technique be performed as a first step preceding the Fotona 4D® protocol for optimal results in facial rejuvenation.

The Erbium Douche technique consists of applying the non-ablative SMOOTH® mode in a continuous brushing movement of the handpiece to accumulate a high level of energy in the face and neck and achieve controlled heating of the dermis. This enables the practitioner to perform a non-ablative treatment that stimulates collagen synthesis and restores a “V-shape” to the aging face. The goal is to reduce laxity and sustain the upper face using anchorage areas with more passes than in the lower face.

Lasers	SP Dynamis Pro
Wavelength	2940 nm Er:YAG
Handpiece	PS01*
Spot size	10 mm
Pulse mode	SMOOTH
Fluence	3.75 J/cm <sup>2</sup>
Frequency	3.3 Hz
Total energy delivered	10,000 – 13,000 J

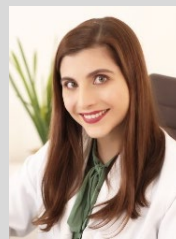
\*If using the PS02 tip we suggest the 12 mm spot size and 3.5 J/cm<sup>2</sup> fluence.



Dr. Fernando Sperandeo de Macedo is a board certified dermatologist graduated from UNIFESP (Federal University of Sao Paulo) in 1996, with further specialization in laser and technologies at Hôpital Saint Louis (Paris) in 1998. He worked as assistant dermatologist at the Aesthetic Dermatology department of UNIFESP from 1998 to 2013. In 2018, Dr. Macedo launched his course “Laser & Technologies”, both live and online versions. He is co-founder of Human Clinic in São Paulo (Brazil) and coordinator of lasers and technologies sector of the clinic. Dr. Macedo is one of the Brazilian scientific coordinators for the AMWC 2021. Since 2016, he has worked with Fotona technologies and has developed and applied the “Erbium Douche Technique” to over 1500 patients, as an important part of the “V-shape Lift” protocol.



Dr. Maria Cristina Arci Santos is a board-certified dermatologist. She received her medical degree from UNICAMP (State University of Campinas) and dermatology residency training from UNIFESP (Federal University of Sao Paulo). Since 2019, she has been involved with aesthetics and technologies, specially using Fotona laser systems, in her private practice in Brazil.



Dr. Agnes Carvalho Andrade is a board certified dermatologist. She received her medical degree at Federal University of Bahia and dermatology residency training from UNIFESP (Federal University of Sao Paulo). Since 2020, she has been involved with aesthetics and technologies, specially using Fotona laser systems, in her private practice in Brazil.

## CLINICAL CASE:

In the past 5 years we have performed the Erbium Douche technique in over 1500 patients with moderate to severe facial aging, both male and female, with satisfactory results and minimum side effects. Since the epidermis is unaffected, there was minimal downtime; most patients presented minimal facial erythema. The most common side effect was pain (hot skin sensation), which was addressed by local anesthesia. We applied local anesthesia with lidocaine cream to the face around 40 minutes prior to the beginning of the treatment. Also, the practitioner can decrease the patient's discomfort with the contact of the other hand immediately after the laser pulse. If the patient does not tolerate the treatment well, it can be performed faster than the standard speed mentioned, with less intensity in each laser pulse but with greater comfort. To compensate for this, a higher amount of total accumulated energy could be performed at each treated facial side. Figs. 1 and 2 show immediate results from just the Erbium douche technique step, attributed to skin contraction. The procedure was repeated after two to three months to ensure maximum results. In this period, no other facial procedure was performed. See Fig. 3 for results after the second session. The sustained lifting effect can be explained by the subject's enhanced production of collagen.

Fig 1: Immediate effect of the Erbium Douche technique on the left side of the face of three patients. Note the difference in eyebrow lift, less pronounced nasolabial folds and a more angulated face in the treated side (patients' left), in comparison to the untreated side (patients' right).



Fig 2: Immediate effect of the full-face V-shape lift protocol using QuantifiCare® volumetric analysis. The green areas show reduction of volume whereas the yellow and red areas show enhancement of volume.

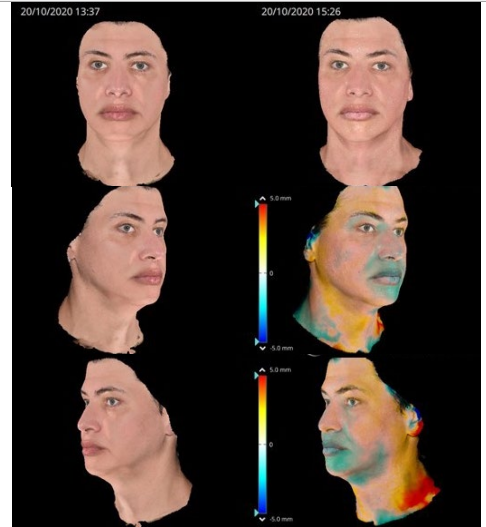
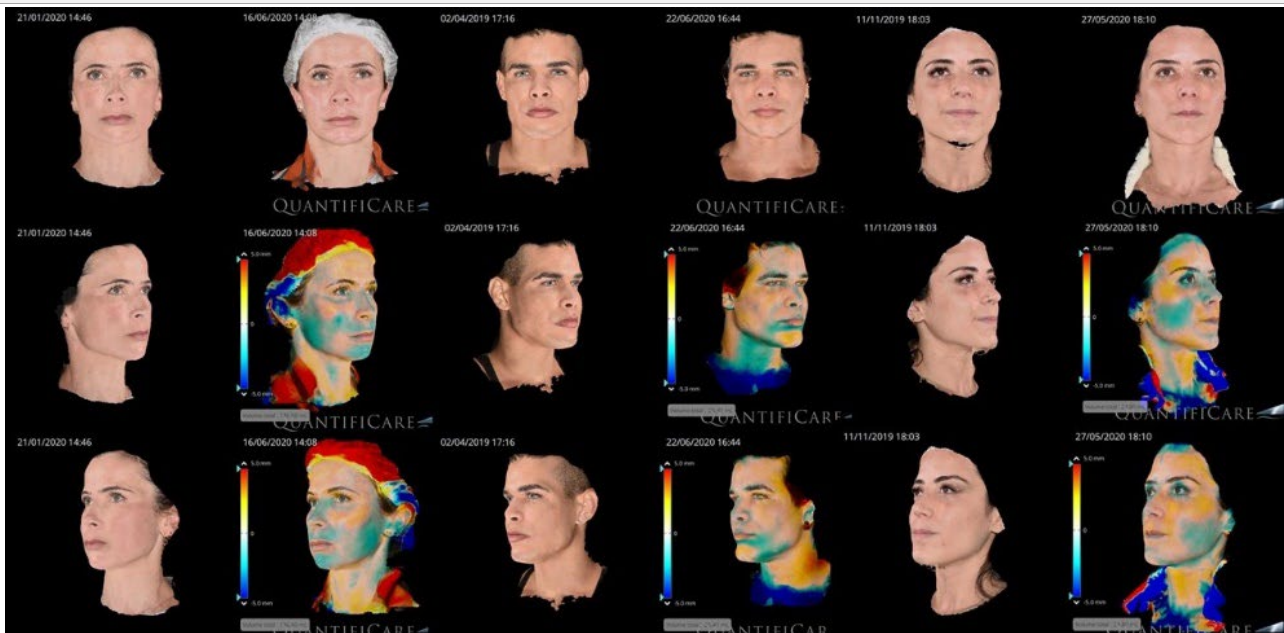


Fig 3: Comparison before and 3 months after the second session of Fotona 4D combined with the Erbium Douche technique using QuantifiCare® volumetric analysis. The green areas show reduction of volume whereas the yellow and red areas show enhancement of volume



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