



## X-Restart Treatment of Androgenetic Alopecia

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### Introduction:

Androgenetic alopecia (AGA) is the most common hair loss disorder, affecting up to 70% of the adult population worldwide, with prevalence increasing with age in both men and women. Many AGA patients seek alternatives to the standard pharmacological treatment, which can present a plateauing of the response and undesirable side effects. Non-invasive laser therapy is increasingly being used for stimulation of hair growth and prevention of hair loss.

Laser	Fotona SP Dynamis
Wavelength	2940 nm
Handpiece	X-Restart long
Fluence	1.9 – 2.3 J/cm <sup>2</sup>
Mode	SMOOTH
Frequency	1.6 Hz
Passes	4-5 passes
Spot size	7 mm
Sessions	8 sessions with 2-week intervals



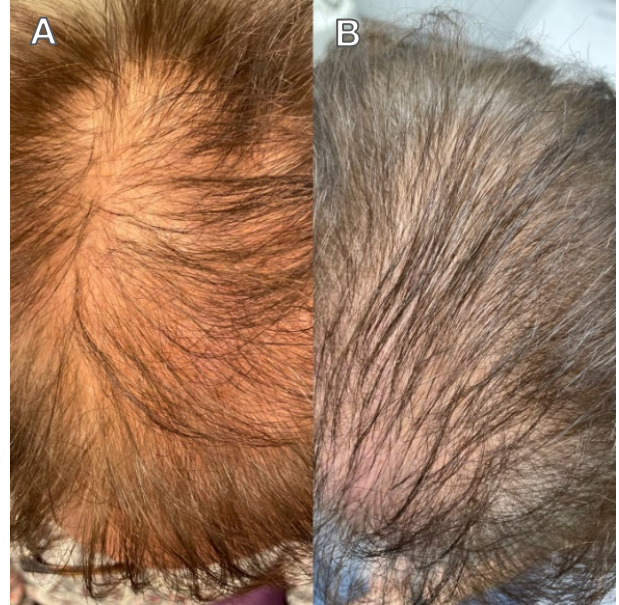
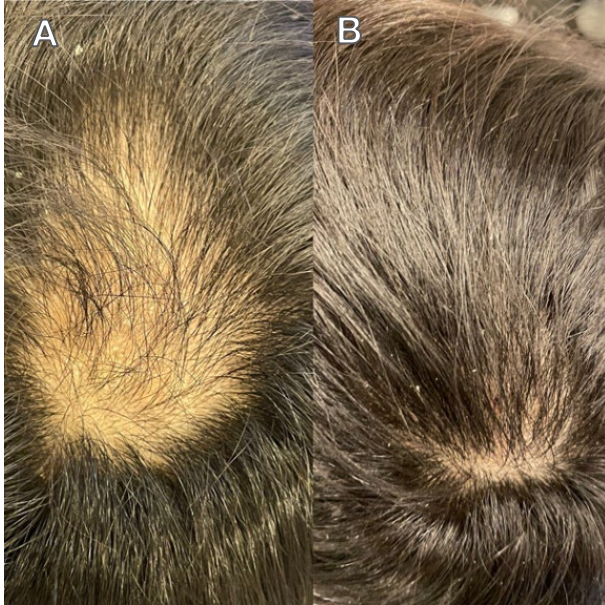
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## CLINICAL CASE:

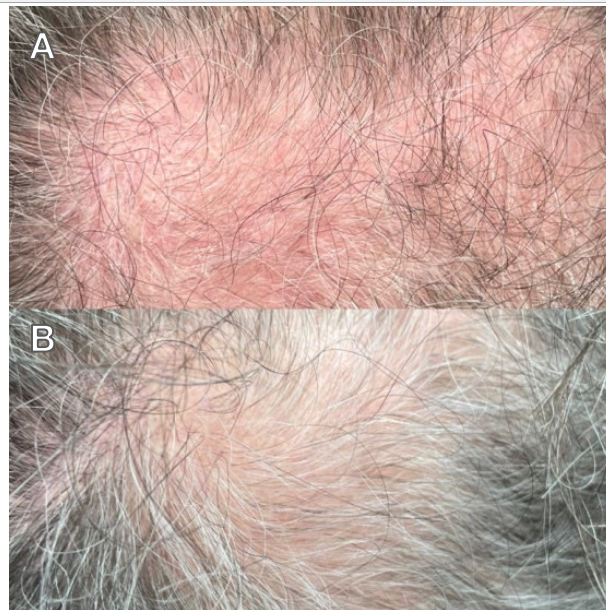
Two female and one male patient presented to the clinic with AGA conditions lasting for more than 2 years. All patients had already tried different non-laser treatments for hair regrowth but exhibited unsatisfactory results. Laser monotherapy was employed.

The patients received up to 8 sessions of laser treatment with non-ablative 2940 nm Er:YAG laser (SP Dynamis, Fotona, Slovenia) using a super-long-pulse modality (Fotona SMOOTH® mode) with an X-Restart handpiece. The X-Restart handpiece was moved in the direction of the lines, which are clearly marked on the top of the handpiece, from one position on the scalp to the next in 3-5 mm (10 mm maximum) segments. At each site one SMOOTH pulse was delivered. Several passes were performed to achieve treatment of the whole scalp. The laser sessions were administered with 2-week intervals using fixed parameters (Table 1). Each session lasted approximately 20 min, with 3000-3500 J of cumulative energy delivered.

Case 1: 30-year-old female. Global photograph of the crown area at A) baseline and B) after 8 sessions	Case 2: 50-year-old female. Global photograph of the crown area at A) baseline and B) after 5 sessions
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Case 3: 58-year-old male: Global photograph of the crown area at A) baseline and B) after 4 sessions
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