



Combining Nd:YAG and Er:YAG Laser in Different Modalities for Skin Tightening

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Introduction:

A 56-year old woman came to the clinic complaining of loose skin on her face and neck. A modified 5D protocol and skin tightening procedure was proposed. One session with the parameters shown was done for the neck and two sessions for the face with a one month interval. No anesthesia was needed. The neck area was heated to reach 42 °C on the surface, and the temperature was maintained for 4 minutes with Frac3 and 15 minutes with Piano mode. In the last step (step 6), two passes were made with overlapping of the fractional part, with a rotation of 90 degrees compared to the first position on the face and neck. Post-procedure care consisted of Epidermal Repair cream after 24 hours for the next 7 days and sunscreen. Figures 1, 2 and 3 are pictures taken before treatment. Figures 4, 5 and 6, were taken 3 months after the second procedure.

Laser	SP Dynamis					
	Step 1 (Face only)	Step 2	Step 3	Step 4	Step 5	Step 6
Wavelength	2940 nm	1064 nm	1064 nm	2940 nm	2940 nm	2940 nm
Handpiece	PS03X	R34	R34	PS03X	R11	FS01
Fluence	9 J/cm ²	10 J/cm ²	280 J/cm ²	5 J/cm ²	2 J/cm ²	50 J/cm ² Neck 30 J/cm ² Face
Pulse duration		1.6 ms	11 s			
Mode	SMOOTH	FRAC3	PIANO	SMOOTH	SP	LP
Frequency	3.3 Hz	2 Hz			5 Hz	
Passes	6 passes	4 min	15 min	5	1	2
Stack	6	-	-	1	-	Turbo 6
Spot size	7 mm	20 mm	20 mm	7 mm	7 mm	NA
Sessions	3 sessions					



Norway. She received Pharmacology degrees from the TUMS / Tehran university of medical science in Tehran, Iran in the year 2000, as well as from Oslo University in Norway in 2001. Dr. Zadehkabir also completed training as an International Laser Therapist at ITEC, Birmingham in the UK in 2016. She is currently the CEO of Sandnes Hudklinikk in Norway (since 2018) and CEO/owner of Nortec Pharmed in Tehran (since 2014).

Clinical Case:



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