



Fotona Skin Glow treatment with StarWalker® PQX pico laser

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Introduction:

Skin aging is a natural process that can be accelerated by multiple factors such as sunlight, stress, diet, physical activity, chemicals and sleep. Skin aging is also affected by numerous genetic and environmental factors that manifest as wrinkles, abnormal pigmentation, skin weakness, vascular lesions, loss of hydration and changes in collagen structure. Researchers are constantly looking for different ways to rejuvenate skin and provide a clinical solution that improves skin glow and texture.

To optimize results, treatments should target multiple factors that play a role in the body's aging process with a focus on skin improvement.

We propose a treatment with Fotona's StarWalker® PQX picosecond laser to address this concern.

Laser	StarWalker PQX	
	Step 1	Step 2
Wavelength	Nd:YAG 1064nm	Nd:YAG 1064nm
Pulse duration	300 ps	300 ps
Fluence	0.8 J/cm ²	3 mJ/px
Frequency	3.5 Hz	3 Hz
Handpiece	BLACK	F9
Spot size	9 mm	9 mm
Passes	4	4
Cooling	Optional	
Anesthesia	Optional	
Sessions	3 sessions, 1 every month	



Drs. Julio and Sebastian Velez are Colombian dermatologists graduated from Universidad del Bosque and University Foundation for Health Sciences respectively. They are committed to research and education, performing as adjunct professors at the Del Rosario University and the Universitaria Sanitas Foundation. They currently work with SP Dynamis Pro, StarWalker Q Switch and StarWalker P QX system in their private practice, Medical Art. They also provide pro bono services at the University Hospital Federico Lleras Acosta Dermatological Center.

CLINICAL CASE:

Pre-treatment

Skin preparation: Apply a soft skin cleanser, rich in antioxidants and free of known harmful chemicals. In the morning, follow this with an application of ascorbic acid 20%. Ten minutes later apply hyaluronic acid and niacinamide serum. In dry environments, we recommend combining this with a thermal water spray immediately after.

At night repeat the cleanser followed by hydration. This is followed by applying a peptide-based product that can promote collagen formation and other components of the extracellular matrix.

Treatment protocol

Use of skin cooling and anesthesia are optional and can produce a more pleasant patient experience.

For the first step we apply the 1064 wavelength with the Black handpiece using a 8mm spot size with a fluence of 0.8 J/cm² and 3.5 Hz., repeating a total of 4 passes in the treated area. This initial step is designed to target pigments and improve the reflection of light on the tissue.

With the second step we aim to create a deep laser induced optical breakdown (LIOB) to stimulate collagen production. To achieve this, we apply the same wavelength but switch to an F9 handpiece with a 9mm spot, 3 mJ/px and a 3 Hz. repetition rate. A total of 4 passes are also required.

Perform 2 to 3 sessions, once per month following the same parameters described above. We recommend using homogeneous passes with minimum overlap.

Combining the pre- and post-skin care treatment protocol with the proposed laser steps will provide a less pigmented, better hydrated, tighter skin, with enhanced skin glow and texture.

Total time per session is approximately 10 minutes.

Post-treatment

Patients may present a maximum of three days of erythema.

After the procedure, and only for three days, apply the hydration protocol 4 to 6 times per day, including a thermal water spray.

Protect the skin regularly with non-matting, non-greasy sunscreen.



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