

Michelle Strickland, RN is a Jacksonville native. She graduated from nursing school in 1992, and began working at Baptist Medical Center as an ER nurse. In 1996, she transferred to Labor and Delivery. In 2002, she started performing laser hair removal treatments. Ms Strickland specializes in injectables and laser treatments and developing treatment plans with patients concerned with fine lines and wrinkles, veins, sagging skin, sun damage or unwanted hair.



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## Treatment of Striae Gravidarum and skin tightening of the abdomen

Michelle Strickland, RN

### Parameters (for treatments 1-5; every 2-3 weeks):

Laser Source	Nd:YAG, 1064 nm	Er:YAG, 2940 nm	Er:YAG, 2940 nm
Handpiece	L-Runner	PS03	FS01
Fluence	1.2 W/cm <sup>2</sup>	5 J/cm <sup>2</sup>	48 J
Pulse Duration	PIANO	SMOOTH	XLP, Turbo 3
Spot size	76 mm x 84 mm	7mm	
Frequency		3.3 Hz	

### Parameters (for treatments 6-8; every 2-3 weeks):

Laser Source	Nd:YAG, 1064 nm	Er:YAG, 2940 nm	Er:YAG, 2940 nm
Handpiece	L-Runner	PS03	FS01
Fluence	1.2 W/cm <sup>2</sup>	6.6 J/cm <sup>2</sup>	36 J
Pulse Duration	PIANO	SMOOTH	MSP, Turbo 3
Spot size	76 mm x 84 mm	5 mm	
Frequency		15 Hz	

### Treatment procedure:

The patient is a 31 year old woman, G4P3 (gravidity 4, parity 3), 8 months after delivery of twins. The patient complained of skin laxity and striae and wanted to have it improved. Before the treatment topical anesthetic cream (benzocaine 20%, lidocaine 6% and tetracaine 4%) was applied for 10-15 minutes. As a first step L-Runner was used to heat the abdomen up to 42 degrees Celsius for 9 minutes. This was followed by the above settings with the PS03 and FS01, at least 2 passes with each handpiece. There was very little fat left after 3 sessions so a different protocol was used. I decreased the deep heating time with L-Runner to 4 minutes for skin tightening only. PRP was applied topically every other session. The patient tolerated the procedure well with very little discomfort. Post care recommended was topical Stratamed and/or Aquaphor three times daily until the peeling is complete. The patient reported erythema and peeling for 3-5 days.

The patient has shown improvement in skin laxity, striae, fat reduction as well as a decrease in BMI from 21.6 to 19.2. She will continue treatments every 6 months until she reaches her desired goal.



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Before treatment

After treatments