Patients remained satisfied with their appearance 12 months after injections

BY C.J. ALLEN

A new lidocaine-containing hyaluronic acid (HA) dermal gel effectivly enalges lips with a high degree of patient satisfaction, researchers conclude.

In a prospective study, William P. Coleman, M.D., of Tulane University Health Sciences Center in New Orleans, and colleagues examined the effectiveness of a dispoxycyanate cross-linked nonanimal derived HA-based dermal filler formulated with 3 mg/ml lidocaine for lip augmentation (DEO-NADG). The study enrolled 78 patients (mean age 44 years, 96 percent female, 92 percent white).

Their initial treatment was 1 ml or less per lip, with touch up allowed at the day 14 follow-up visit. Independent reviewers and the investigators performed effectiveness assessments at various time points using a three-point categorical rating scale (1 points for larger, no different, or smaller compared with baseline photographs). The primary efficacy end point was the change from pretreatment in the independent reviewers' determination of whether lip size increased.

At day 14, 65 of 68 upper lips (96 percent) and 66 of 72 lower lips showed improvement.

LIDOCAINE, see page 14.

Short Pulse Laser Is Effective for Hair Removal

Hair removal with a 0.65 mm pulsed portable 1.064 nm Nd:YAG laser is safe and effective, according to researchers.

Khalil A. Khatri, M.D., of the Skin & Laser Surgery Center of New England in Nashua, NH, and his colleagues tested the laser (LightPod Neo, Aerolase) in six women. One half of each axilla was treated and the other half was monitored as a control. One axilla received a fluence of 21 J/cm² and the other axilla received a fluence of 36 J/cm². Investigators and subjects graded hair removal using a 1-5 scale (1 = no reduction, 2 = less than 25 percent, 3 = 25 to 50 percent, 4 = 75 to 100 percent, and 5 = 75 to 100 percent). Investigators manually counted hairs before treatment at each follow-up visit. Clinicians used no cooling gel or lotion.

Hair: Photothermolysis Eases Acne Scars in Darker Skin

BY JILL STEIN

SAN FRANCISCO — Fractional photothermolysis appears to be effective and safe for the treatment of facial atrophic acne scars in patients with darker skin types, a small study suggests.

Deva Srivastava, M.D., of Henry Ford Health System in Detroit, and colleagues tested the modality in 15 patients, including 12 African Americans, with Fitzpatrick skin types IV to VI and atrophic facial acne scars.

"Standard acne treatments such as chemical peels, dermarollation, and laser resurfacing are associated with post-inflamatory hyperpigmentation in darker skin types," Dr. Srivastava noted.

Fractional photothermolysis has become an accepted technology for treating acne scars, particularly rolling type scars, he added. It produces columns of microscopical thermal coagulation and leaves unjured tissue around it to allow for rapid epithelialization and dermal collagen remodeling.

While studies have shown that the fractional laser is effective for atrophic acne scars with minimal adverse effects, there has been limited testing of the technology in darker skin types, especially African Americans.

In the present trial, patients underwent five monthly treatments with an erbium-doped 1550 nm fractional laser and were randomized to receive fluences of 10 or 40 mJ.

FRACTIONAL, see page 19.
Cosmetic Procedures Decreased in 2008

More than 10.2 million cosmetic surgical and nonsurgical procedures were performed in the United States in 2008, according to statistics reported by the American Society for Aesthetic Plastic Surgery (ASAPS). Botox was the most frequently performed nonsurgical procedure and breast augmentation was the most popular surgical procedure. Society President Alan Gold, M.D., said that for the first time in 12 years since these statistics have been collected, liposuction is a runner up in popularity to breast augmentation, according to an ASAPS press release. "There is no doubt that this turnaround will generate discussions in the medical community and the public at large," Dr. Gold stated.

Women had almost 92 percent of cosmetic procedures, ASAPS said. More than 3.3 million surgical and nonsurgical procedures were performed on women in 2008, a decrease of more than 11 percent from the previous year. Surgical procedures decreased by 15 percent and nonsurgical procedures decreased by 11 percent.

Short Pulse Laser Is Effective for Hair Removal

before, during, or after treatment.

Four months following four monthly treatments, investigators and individuals graded hair reduction a 5 (75 to 100 percent reduction) on the high fluence side and four on the low fluence side (30 to 75 percent reduction), Dr. Khatri’s group reported in the Journal of Cosmetic and Laser Therapy (2009;11:19-24). The average hair count four months after scale testing 114 to 28 (75 percent reduction) in the high-fluence treatment sites and from 155 to 38 (72 percent reduction) in the low-fluence treated areas. Some reduction occurred on the control sides as well, and the authors attributed this to the build-up of energy from treatment side to control sides as they were close to each other.

“This device has the advantage of being small and portable, and can be used without cooling and/or anesthetics,” the authors concluded. "It is relatively inexpensive, affordable and easy to move from office to office or room to room because of its small size.”

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To see the schedule and a list of who our experts are, visit www.iridex.com.

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William Baugh, M.D.
Dermatologist
Fulton, GA

"The Gemini® is a significant addition to our extensive laser practice. It is easy to operate and provides the staff and patients with instant gratification as almost all of the larger vessels disappear immediately and permanently."

Debra D. Panell, M.D.
Dermatologist
Greenbrae, CA

*Images courtesy of Dr. William Baugh and Dr. Joe Khatri.