

MedLite C6 and RevLite Clinically Proven to Treat Acne Scars

By Bob Kronemyer, Associate Editor

Studies have confirmed that Q-switched Nd:YAG lasers such as the MedLite C6 and RevLite from HOYA ConBio (Fremont, Calif.), have demonstrated effective treatment of acne scars. The nanosecond pulse delivery of these two multi-wavelength lasers causes a remodeling and building of collagen with no downtime and minimal risk of side effects.

A study several years ago found, "that treating acne with the 1064 nm wavelength also resulted in a significant improvement in acne scars," reported study co-author Emil Tanghetti, M.D., a dermatologist in private practice in Sacramento, Calif. "Although ice-pick acne scars are tougher to treat, the laser causes collagen remodeling as a rejuvenative technique for photodamage. Scar remodeling also occurs from heating the dermis with a relatively non-ablative modality. The 1064 nm wavelength penetrates deeply without overheating, and multiple passes can be performed."



Emil Tanghetti, M.D.
Dermatologist
Sacramento, CA

For treating acne scars with the MedLite C6 laser, patients schedule treatments twice a week for six weeks, at settings of between 3 J/cm² and 4 J/cm². Multiple passes and a large spot size are used. "Patients should notice a 25% to 30% improvement in their acne scars and no anesthesia is needed," Dr. Tanghetti advised.

According to Bruce Saal, M.D., a dermatologist in private practice in Los Gatos, Calif., the RevLite is an appealing laser to treat acne scars because "it is basically painless. Treatment sessions are extremely quick and can be performed on almost any skin type, even when patients have active acne. Significant changes can occur without any downtime."



Bruce Saal, M.D.
Dermatologist
Los Gatos, CA

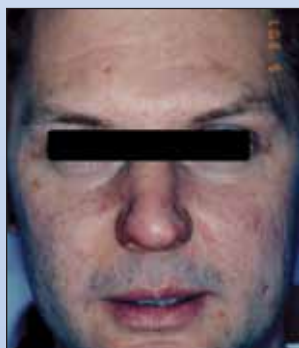
Dr. Saal's treatment protocol is six to ten sessions total, initially spaced two weeks apart, then once a month. "Patients typically achieve at least a 50% improvement," he said, noting that atrophic, open-dish scarring responds best to non-ablative laser treatment.

Combining a topical with laser treatment also enhances results. "I find Retin-A to be very important," Dr. Saal advised. "I also like to use some kind of topical antibiotic that acts as a topical anti-inflammatory." At times Dr. Saal also adds topical vitamin C, or for darker skinned patients, hydroquinone.

Beyond reducing acne scars, the RevLite "improves acne and reduces some of the aging and some of the wrinkling from photodamage; thus, the texture is smoother and the skin has better translucency," noted Dr. Saal, who also treats active acne with the RevLite, using the same protocol. "The periodic reheating of the tissue and the low grade vibration you obtain in comedones helps remove them, liquefies some of the sebum, destroys micro-organisms on the skin's surface and increases epidermal turnover, thereby helping to unplug sebaceous glands and improve acne."

Both the MedLite C6 and RevLite feature a flat-top beam profile to ensure accurate and precise delivery of energy. "The beam profile also allows you to use a large spot (6 mm or 8 mm) with adequate fluence, and provides minimal risk of punctate bleeding or purpura, so the patient does not have any downtime," Dr. Saal explained. In addition, the brief pulse width of PhotoAcoustic treatment "prevents any non-specific thermal injury."

An advantage of the RevLite is that it can produce double the number of pulses (per second) to deliver substantially more energy to the tissue. "The higher the power, the larger the spot you can use, thus achieving deeper laser penetration and treating the surface more quickly. You also run less risk of causing purpura or petechiae," Dr. Saal said. "Twice as many pulses achieves a slightly better response in the collagen."



Acne scars before Tx



Acne scars after Tx
Photos courtesy of Bruce Saal, M.D.



Acne scars before Tx



Acne scars after Tx
Photos courtesy of Bruce Saal, M.D.

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more than one type of skin.



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