

IRIDEX Develops Fractional Laser Handpiece

BY BOB KRONEMYER, ASSOCIATE EDITOR

A fractional approach to rejuvenation and laser facials is now possible with a new handpiece from IRIDEX (Mountain View, Calif.). The ScanLite^{XP} is a computer pattern generator (CPG) that rapidly delivers MicroSpot exposures with controlled spacing. This delivery system can be used with both the DioLite^{XP} and VariLiteTM laser systems.

“For general rejuvenation, you have the option of no patient downtime,” said Asad Shamma, M.D., FACS, a vascular surgeon from Beirut, Lebanon, who also performs cosmetic vein procedures. “When



Asad Shamma, M.D., FACS
Artery & Vein Institute
Beirut, Lebanon

using higher laser energies, you can induce microcrusting, which takes five to seven days to disappear. But when using the scanner at the lowest setting, there is absolutely zero downtime. The patient is able to immediately resume normal activities. The face does not need to be covered with even the slightest amount of makeup. And, yet, over the next four to six weeks, patients feel their skin has a firmer tone and is smoother. Furthermore, repeated sessions appear to achieve cumulative results.”

For low dose treatment, Dr. Shamma recommends an average of four sessions, spaced three to four weeks apart. “Treatment is very popular at my office because of the no downtime,” he said. “Patient discomfort is also minimal. By using the Zimmer air-cooling system, discomfort is negligible.”

Most of Dr. Shamma’s patients are initially treated for facial spider veins or for melasma and hyperpigmentation. “Many of these patients then choose to have low dose treatment with the new handpiece,” Dr. Shamma conveyed. “Patients feel their face glows for a few weeks.”

The ScanLite^{XP} delivers 700 micron exposures in a 2 cm² grid, at a rate of 50 Hz. At this rate, a full face rejuvenation treatment (approximately 300 cm²) requires ten minutes of laser on time, so a

typical session lasts 20 minutes. The untreated zones act as thermal dissipation volumes during treatment. This allows for higher energy densities in the treatment spots versus a large spot single exposure. Then, after treatment, the untreated zones become healing centers distributed throughout the treatment area.

“IRIDEX machines are very small, and are easy to move from room to room or from office to office,” said David Goldberg, M.D., a clinical professor of dermatology at Mount Sinai School of Medicine in New York City. “The scanner is also extremely small and very ergonomically friendly. In addition, the handpiece puts down consistent pulses. You can precisely control the spacing between pulses. This also is very consistent. The delivery system is very fast.”

Dr. Goldberg normally schedules three sessions of low dose general rejuvenation, about three to four weeks apart. He has achieved an expected improvement in red and brown colors because of the 532 nm wavelength. “But what I didn’t expect is the improvement in the quality of skin,” he noted. “Skin looks



softer and fine lines clearly improve. The overall hue to the skin also looks better. This can probably be attributed to the consistency of the pulses – spot after spot. Because the procedure has very little discomfort and the technology works, it is easy for a practice to succeed with the ScanLite^{XP}. ■