

Aesthetic Practitioner News

World News Source For Treatment, Trends & Technology

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Lidocaine-Containing HA Gel Enlarges Lips

AAD 67TH ANNUAL MEETING, SAN FRANCISCO

Patients remained satisfied with their appearance 12 months after injections

BY C.J. ALLEN

A new lidocaine-containing hyaluronic acid (HA) dermal gel effectively enlarges 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 diepoxyoctane cross-linked nonanimal derived HA-based dermal filler formulated with 3 mg/mL lidocaine for lip augmentation (DEO-NADGL). The study enrolled 78 patients (mean age 44 years, 96 percent female, 96 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 (lips rated as 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

LIDOCAINE, see page 14

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Short Pulse Laser Is Effective for Hair Removal

Hair removal with a 0.65 ms 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

Portable device reduces hair counts without the need for cooling or anesthesia

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 = 50 to 75 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

SHORT PULSE, see page 17

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Study: Fractional 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.

Divya 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, dermabrasion, and laser resurfacing are associated with post-inflammatory 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 microscopic thermal coagulation and leaves uninjured 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

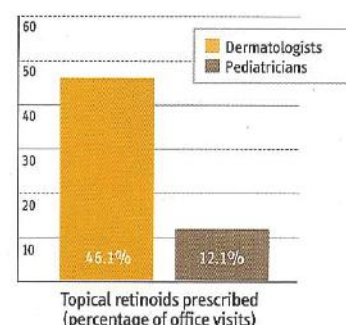
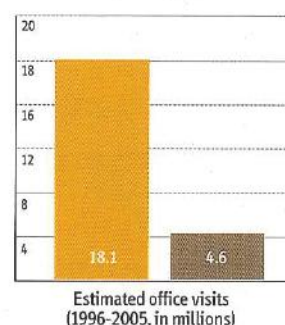
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BY THE NUMBERS

Acne: Dermatologists vs. Pediatricians

From 1996 to 2005, dermatologists had more than four times the number of office visits for acne vulgaris compared with pediatricians and they prescribed topical retinoids much more frequently, according to an analysis of National Ambulatory Medical Care Survey data.

Source: Yentzer BA, Irby CE, Fleischer AB Jr, Feldman SR. Differences in acne treatment prescribing patterns of pediatricians and dermatologists: an analysis of nationally representative data. *Pediatr Dermatol.* 2008;25:535-539.



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 turnabout 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 9.3 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.

>> **COSMETIC** continued from previous

MEN MATTER

The survey also showed that men accounted for about 16 percent of all surgical and non-surgical facial plastic surgery consultations and treatments, as well as 21 percent of all patients seen for multiple procedures at the same time or during the same year. Multiple procedures may be attributed to regular cosmetic injections, Botox, and laser rejuvenation.

In 2008, more than 40 percent of facial plastic surgeons treated patients who experienced complications from surgeries performed abroad. Seventy-four percent of facial plastic surgeons were aware of medical directors of medispas who were not performing onsite or even overseeing treatments.

More than half of all surgeons surveyed reported that advertising associated with specific injectable fillers, lasers, and/or other cosmetic treatments to be deceptive. The AAFPRS said it urges patients to exhibit caution before proceeding with any significantly discounted cosmetic procedures.

"Even though the economy is in dire straits, and everyone is looking for the best 'deal,' patients need to be well-informed consumers who prefer quality over quantity when researching facial procedures, invasive and non-invasive alike," Dr. Chatham said in an AAFPRS press release.

"The emphasis must be on selecting a qualified plastic surgeon with expertise in the face, head and neck areas, rather than who is offering the best deals in your area. For facial procedures, it is crucial to trust your face to a facial plastic surgeon."

Short Pulse Laser Is Effective for Hair Removal

>> continued from page 1

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 (50 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 decreased from 114 to 28 (76 percent reduction) in the high-fluence treatment sites and from 135 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 diffusion 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 is easy to move from office to office or room to room because of its small size."

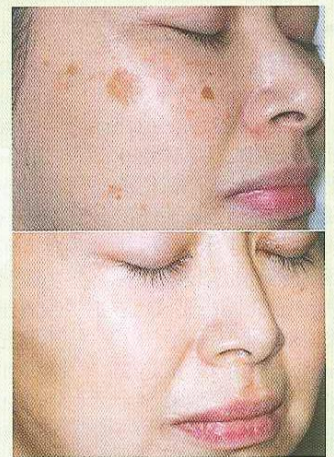
How would you achieve these results in just ONE treatment?

Learn how by visiting IRIDEX Booth #318 at the AAD and talk with the experts.*

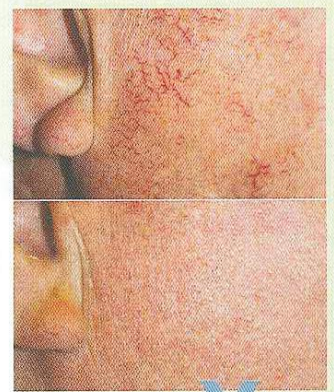


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*Talk with the experts:

You are invited to an informal gathering of IRIDEX customers who have extensive experience in the use of our laser system in their practice. Visit IRIDEX booth #318 at the American Academy of Dermatology to talk with the experts.

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



"Patients are really surprised how little discomfort there is and how little time the treatment takes. The Gemini® is the most popular laser in my practice. I would recommend it to anyone who desires to provide top notch clinical results."

William Baugh, M.D.
Dermatologist
Fullerton, CA

"The VariLite™ 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."

Diana D. Parnell, M.D.
Dermatologist
Greenbrae, CA