Transcript Details
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Multimodal Energy-Based Treatments for Redness, Vascular Lesions, and Acne Scarring

Hi, my name's Dr. Renita Ahluwalia. I'm a dermatologist in Toronto, Canada, and I have a clinic called the Canadian Plastic Surgery Center. Before that, we had one called Canadian Dermatology Center, but we've sold that and we're no longer part of that. And then we have a new venture coming up soon in January. It's called Advanced Dermatology. It's in the same plaza. And we're really dedicated to doing a lot of research and bringing in the newest innovative technologies to help our patients achieve the results that they want.

So I have a bunch of different cases that I can discuss with you guys today. One of the things that I always see in patients that is very challenging is patients who come in with diffuse redness and inflammation in the skin. And often these are fairer skin types who have done a lot of lasers by the time they've come to see me, but they've never been able to get the results that they want or have long-term sustainability of the results.

So in one of the cases that I wanted to discuss, we have this woman who comes in and she has a lot of erythema on her cheeks. It's worse in social situations. She has a lot of flushing and she's very embarrassed by it. And she'd tried a lot of lasers. Actually, she had tried some IPL in the past and she had tried even a CO2 laser, which unfortunately is not always the right choice when someone has a lot of redness. And that had made a little bit of her erythema worse, although it did improve some of her texture. So we had a long conversation with her about her expectations. I diagnosed her actually with a form of rosacea called erythrotelangiectatic rosacea, and we made a treatment plan for her. And what that treatment plan involved is multi-modalities. We used a vascular laser. We used CUTERA's excel V+. We also used the xeo+.

And we did a combination of treatments for her. We used IPL to treat the superficial vessels and to clean up some of the brown spots that she had. And then we did deeper treatments by stacking Green Genesis and Laser Genesis. So she did have a little bit of swelling post procedure, but even after one treatment, she noticed that the quality of her skin was much improved. And I found that it's important to do that Genesis stacking with those patients because then they're getting an impact on the deeper layers of the skin in the collagen to actually see a more long-term result in terms of the redness coming back. You're strengthening those vessels underneath the surface and improving. And after a series of six treatments, her baseline erythema was gone, and in social situations, she noted that her flushing was less.

And we were very careful with counseling with her to also show this is a chronic condition, you will need other treatments in the future, but this is a good baseline way to maintain those results. And now actually she just comes in periodically for Laser Genesis treatments and a few cleanups of a few blood vessels on her skin and has been very happy with her overall results. So now I'll tell you about another case. So this is another woman who actually was born with a vascular birthmark, a port wine stain on the center of her forehead. And as she got older, this became darker and she had kind of given up. She didn't think there were really any options for her. She started wearing a lot of bangs and we were actually able to treat it using our excel V+. And through a series of sessions, she had a significant reduction in her erythema. So it's a nice example.

Again, because it is a vascular lesion and some of those vessels are deeper than we were able to target over time, she did get a little bit of recurrence and then she comes in periodically for treatments for it. So the third case, these are actually my favorite patients to treat. And this is a patient that I treated using radiofrequency microneedling and CO2 energy together. It's a young patient. And you can see when you look at the before picture, this person is sad. They don't have confidence in their eyes. They have a lot of acne and a lot of scarring. So to treat the acne, they were unable to do Accutane because of depression. So instead we were able to do the AviClear, which is a laser that targets the sebaceous glands and can put the acne into a remission.

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And along with the medical grade and prescription skincare, this patient did really well, but he still had significant scarring. So what we were able to do was radiofrequency microneedling and then CO2 laser over top. And the results in the scarring were phenomenal. And you can see in the after picture that this patient now has their confidence restored and is super happy with the results. And we've seen, the patient comes to us, the family comes to us, the trajectory of this person's life has changed for the better.

So I hope you found these three cases informative. Through using a variety of different technologies targeting patient specific concerns, we're able to finally achieve the results that give our patients long-lasting results that can really improve the quality of their lives.

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