

Abstracts

GD453 Abstract Session: New Advancements in Lasers and Other Light Technologies 11:18 AM – 11:24 AM

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Title: A Randomized, Comparative Study to Determine the Efficacy of the Intense Pulse Light Alone vs. the Intense Pulse Light Combined with Bipolar RF for SR

Purpose: IPL therapy has been traditionally used for skin rejuvenation, however, some vascular and pigmented lesions respond minimally. The purpose of our study was to determine the advantage of using RF energy to supplement the optical energy (elōs) in treatment of superficial benign vascular and pigmented lesion as well as in the improvement of skin texture with STA versus IPL alone with Starlux. This is the first blinded evaluation of two competing technologies for the purpose of skin rejuvenation. Many studies have been done of IPL and RF alone. However, no real unbiased comparisons of the technologies have been made. Providing an unbiased split face study was the only way to directly compare these technologies and the differences between safety and efficacy, relevant to the manufactures' claims.

Design: Fifteen patients skin types I-IV, with facial vascular and pigmented lesions were treated in a randomized, half face comparison, same day study with Starlux using 30-40 J/cm² and with RSRA using 18-28 J/cm² and 25 J/cm³. Patients received 3 treatments 2-3 weeks time apart. Clinical photography was obtained at baseline, after every treatment and 2 months after the final treatment. Both investigator and the patients assessed the result. A blinded panel, not involved in direct patient care assessed the comparison photography.

Summary: Clearly enhanced improvements were observed in 12 out of 15 patients with the SRA treatment as compared to Starlux treatments. Patient's satisfaction rates paralleled the panel's ratings. There were no adverse effects associated with the Aurora treatments.

Conclusion: This study determines the difference between these two treatment modalities. The benefits of treatment with the combination of IPL and RF can exceed the outcomes seen with conventional IPL technology.