

## Combining Therapies to Achieve Optimal Results— Peels, Products, and Laser

a report by

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Jonathan T Wolfe, MD, is Assistant Professor of Dermatology at the University of Pennsylvania. He graduated with honors from Georgetown University Medical School and completed his internal medicine training at New York Hospital-Cornell Medical Center in New York City. Subsequently, he trained in dermatology at the Hospital of the University of Pennsylvania, where he served as Chief Resident, specializing in the field of skin cancer, including melanoma. Dr Wolfe continues to publish in dermatology journals.

With advances today in aesthetics, we have various options in treatment modalities. I combine lasers, peels, and skin care products to address a multitude of skin conditions.

Our practice has chosen the Galaxy Laser/Light system, now renamed 'E-Max', (Syneron Medical) for its multiple platform options. The Syneron technology incorporates electrical-optical synergy (ELOS), which we find, offers safe, predictable results. The versatility available on the Galaxy unit (two wavelengths of diode laser, pulsed light, infrared light, and bi-polar radio frequency) permits us to utilize the optimal tool for each indication. Our dermatology practice refers many patients to the aesthetic center for laser treatments. Among the most popular treatments include skin rejuvenation, leg veins, acne, acne scarring, skin tightening, pigmentation disorders, and actinic keratosis.

The NeoStrata product line was chosen to complement the laser/light treatments. We utilize Neostrata's SRS (skin rejuvenation system) peels and home care products. NeoStrata products are created by the originators of alpha hydroxy acids, as well as PHAs (patented technology polyhydroxy acids), and lactobionic acid. They are sold exclusively through physician's offices.

NeoStrata peels offer a wide range of peel depth (peel boosters, 20%, 35%, 50%, 70%, and high potency). NeoStrata also offers three different citriate peel boosters to address three specific skin conditions: 'clarifying' for acne (ten per cent citric acid, 20% mandelic acid with arginine), 'brightening' for pigmentation irregularities (30% citric with kojic acid, arbutin and aginine), and 'antioxidant' for fine lines and wrinkles (30% citric acid with argentine). These boosters serve several purposes in my practice. I use them with the peel system (their intended purpose), and also alone or in combination to prepare the skin prior to laser treatment. The ability to customize and tailor each treatment is important to me. The peels are an effective way to remove the stratum corneum, permitting the laser/light source to

penetrate more evenly and effectively. Peels also are an important part of our patient's maintenance program and serve to provide a large percentage of our aesthetic revenue.

NeoStrata offers effective home-care regimes that are extremely affordable. The most popular products in my office include skin care solutions for acne, sensitive skin, and anti-aging. Neostrata's continuing research and clinical experience has revealed that AHAs are not only beneficial in the treatment of dermatological conditions, but also effective in stimulating damaged skin to rejuvenate itself, resulting in younger looking radiant skin. With so many other skin care companies in the marketplace, NeoStrata maintains its position in the dermatologic market as the leaders in patented technology.

The following treatment protocols for home care programs, peels, and laser/light treatments have been developed by my aesthetic staff and myself.

### **Treatment Protocol for Acne**

Skin care chosen for acne include NeoStrata anti-bacterial cleanser, oil-free lotion SPF15, ultra-moisturizing face cream (adjunct products include spot treatment gel and acne pads with salicylic acid and a patented 'NeohydroxyComplex'). Depending on the severity of acne, combination therapy protocols may include peels before laser, oral and/or topical treatment, acne blue light therapy, and 'Levulan' photodynamic therapy.

### **Treatment Protocol for Photo-damaged Skin**

Skin care chosen for photo-damaged skin are Neostrata's foaming glycolic wash, ultra daytime smoothing cream SPF15, and ultra smoothing cream (fifteen AHA if acclimated). We would like patients to be on the above listed products a minimum of two weeks prior to any peel or laser/light treatment. Light treatment utilizing the Galaxy system's SR hand-piece

is then used for the treatment of pigmented lesions and facial telangiectasias. A light peel and/or booster is applied prior to these procedures to allow a more effective laser/light treatment

#### **Treatment Protocol for Sensitive Skin**

Skin care chosen for sensitive skin are Neostrata's facial cleanser, daytime protection cream SPF15, and bionic face cream. Patients are treated using Neostrata's 20% peels (minimum duration) and conservative laser settings for skin rejuvenation. Rosacea and

telangiectasias can be effectively treated with the Galaxy's SR or SRA hand-pieces.

Prior to any peels or laser treatments, patients are instructed to discontinue for 48 hours the following products: Retin-A, Retinols, AHAs and any topical treatments that can cause skin irritation. Any PHA or lactobionic acids can be used as a substitute pre- and post-procedure.

In conclusion, my practice combines various peels and products to compliment my laser treatments. We keep our protocols simple and effective so our patients can achieve optimal results. ■