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Skin rejuvenation with picosecond technology

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Background: The optical breakdown caused by tightly focused near-infrared laser pulses in a small area of intradermal lesions leads to skin rejuvenation without affecting the epidermis. Recently with the new picosecond laser technology, it is possible to safely generate optical breakdown in tissue leading a new approach to facial rejuvenation with no pain, a little to no downtime and reduced risk of complications.

Method: 22 patients were treated with a Picosecond laser with two length-wave: 1064 nm and 532 nm. They received three sessions with one-month intervals between them for skin rejuvenation in face and neck to improve texture, dyschromia and fine wrinkles. We analyse different variables: age, gender, Fitzpatrick skin type, side effects and areas treated. To evaluate the effectiveness for skin rejuvenation histological investigation were performed three times with 3mm punch biopsy: before, immediately after (first 30 minutes) and 6 months after (three patients), 7 month (one patient) and 10 month (one patient). The Haematoxylin & Eosin stain were use. Also, Van Gieson-Elastin for collagen and elastin and Alcian Blue pH 2,5 and nuclear Fast Red to demonstrated hyaluronic acid.

Results: More of the patients treated were between 50 to 70 years old. There are more female (86%) than male (14%). The Fitzpatrick skin type more frequently was III (45%) and IV (41%). Other skin types (V and VI) have 5% each one. The histological results showed some intraepidermal vacuoles and also in papilar dermis with intact stratum corneum immediately after. New collagen, elastin and also hyaluronic acids were seen after 6 months of the procedure.

Conclusion: The skin rejuvenation with Picosecond laser is possible as a non -invasive treatment and without minimal or no downtime

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