



醫學美容培訓班

日期 & 時間：10月13日 09:00 - 18:00

課程人數：40人

地點：澳門大醫院 525 室

課程完成後，學員將獲發澳門健康管理及促進學會培訓證書

- 課程是以面對面的形式進行，約 8 小時。
- 參加者必須年滿 18 歲，學員需於開始上課前至少 10 分鐘到達。

查詢電話 (853 2855 6207),
報名請於 10 月 10 日前把姓名、工作單位名稱及聯絡電話電郵
aizza.event.vivian@gmail.com
報名費：\$50/人(包括培訓器材及相關餐飲)
此培訓班由澳門基金會資助部份活動經費



支持單位：



澳門美容專業協會

課程內容

10月13日：

1. 老化及面部提升技術
2. 黃褐斑的治療發展
3. 彩光治療：雀斑、老年斑和紅斑
4. 黃褐斑：中醫治療方向
5. 手把手培訓班：
 - CaHA 填充劑注射操作技巧
 - 彩光治療技巧

授課語言：粵語和英語

講者/導師

黃天厚醫生 (香港)
林迪龍中醫師 (香港)
陳思遠醫生 (珠海)

技術人員

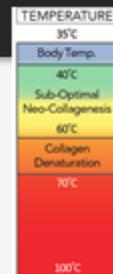
黃詠嫻醫療技術培訓師 (香港)
李江好醫療技術培訓師 (香港)
黎智醫療技術培訓師 (廣州)

Totally non-invasive

Energy Based Devices

Radiofrequency

- Monopolar
 - High energy
 - Deep penetration
- Bipolar and multipolar
 - Improved penetration with microneedle electrodes
 - With improved accuracy
- Increase temperature
 - 50-60°C → Neocollagenesis
 - 60-70°C → Collagen re-organization



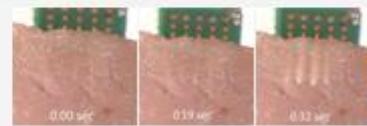
Monopolar RF

- Deeper RF penetration
- Bulk heating
- Newer generation:
 - Improved impedance calculation
 - Sector effect
 - Sector safety
 - Larger area of treatment
 - Better penetration
 - Better vibration system and DCO



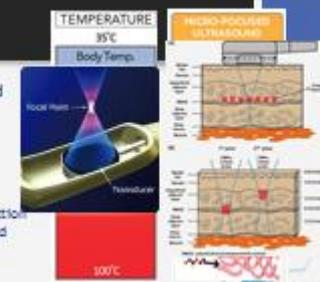
Bipolar Pulsed Microneedle RF

- Tip ionic concentration
- Tip droplet coagulation
- Direct tightening of respective layer of collagen
- Pulsed = Added energy effect benefit while avoiding continuous over heating Problem

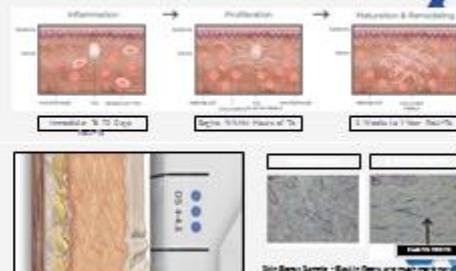


HIFU and MFU

- High-Intensity Focused Ultrasound
- Micro-Focusing Ultrasound
- High level of energy:
 - 50-70°C → Neocollagenesis and Collagen re-organization
- Low level of energy
 - Muscle action and reaction contraction
 - Temporary increase in SMAS related muscle tone → temp lifting



Dual Stage Lift – Sustained Lift Improves Over Time



Minimally invasive (only needle holes)

Injectables Botulinum Toxin, Filler, Biostimulator and Threads

Botulinum Toxin Type A

- Restore the balance of facial muscles
- Balance between positive lifting and negative down dragging groups
- Positive:
 - Frontalis, LLSAN, ILS, ZM, Zm
- Negative:
 - OO, Glabellar complex, Platysma



Filler

- Concept of holding capacity
 - Overfill will result in unnatural curve and down migration of the cohesive fillers with time
- Small volume injection
 - Obays the holding capacity rule
 - Gives a natural look
- Structural and problem-based approach
 - Get the right thing and amount into the right place and plane
 - Stoppage approach

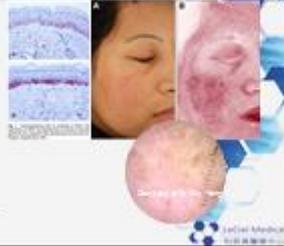


Facial Overfilled Syndrome



4. Vascular component

- Positive correlation for the number of vessels and epidermal pigmentation in melasma!
 - The expression of VEGF was significantly increased in melasma!
- Vessel provide nutrients for extra pigment production
 - Overtactive melanocyte prompts neovasularization



1. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.
 2. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.

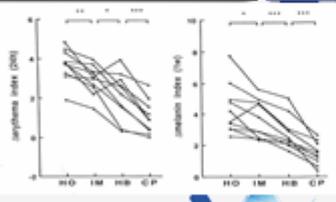
5. Inflammatory process

- CD4, IL-17, and CD4-2+
- PDG (IL-1, Endothelin-1, NO, VEGF)
- Perivascular lymphohistiocytic infiltrate!
- Melanocyte
- Inflammation (sun damage/irritation) increases melanocyte activity → increased in α-MSH and MC1-R epidermal level!
- Anything induces inflammation will worsen melasma

1. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.
 2. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.

Effect of inflammation

- Use of anti-inflammatory agents by Takiwaki et al 1994 to reduce melanin production:
 - NSAIDs,
 - Steroids,
 - Calcineurin inhibitors,
 - Vitamin E, Vit-B3/5/6
- Never too high a fluence when you use laser/irritation!!



1. Takiwaki M, et al. J Invest Dermatol. 1994;103:1005-1010.
 2. Takiwaki M, et al. J Invest Dermatol. 1994;103:1005-1010.

Categorization - Area of involvement

- Controlled: 55-55%**
 - Forehead
 - Inlar (20%),
 - Cheek,
 - Upper lip,
 - Nose
 - Chin
- Mandibular: 15%**
 - Sub-facial areas and forams, neckline, upper third of the dorsal area of the trunk and sides of the neck
- Epidermal:**
 - Enhanced by Wood's light
 - Sensitive to sun
 - Seasonal fluctuation
 - 70% of cases
- Dermal:**
 - Not enhanced by Wood's light
 - Ring-around-neckular
 - Role of melanocyte
- Mixed:**
 - Mixed pattern in Wood's light
 - Diffuse and ring-around-neckular
 - More common in Asian



1. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.
 2. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.

Categorization of Melasma - by pathogenesis

- Melanogenic instability
 - Hormonal
 - UVR
 - Inflammation
- Elimination insufficiency
 - Breakdown of the existing pigment
 - Lymphatic - disrupted skin architecture
 - Cell turn over
- Vasculopathy
- Basement membrane and skin structure disruption



1. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.
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Categorization of Melasma - Patterns

- Geographical Melasma
 - Isolated Island Melasma
 - Melasmaic Nevus
 - Complicated / Mixed Melasma
 - Edge concentrating / Ribbon Melasma / Melting
 - Mottled Melasma
- Useful for choosing different approach
 - Gentle toning
 - Isolated destruction
 - Use of MLA
 - Repair based

1. Koyanagi M, et al. J Invest Dermatol. 2004;123:1005-1010.
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Different patterns

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Different patterns

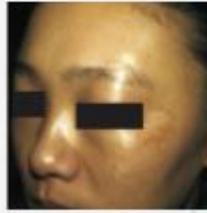
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Different patterns

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Different patterns

- Geographical Melasma
- Isolated Island Melasma
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What we need to know in Diagnosis?

1. Knowing the pattern → Spot Clinical diagnosis
2. Diagnosis by exclusion → Know other common confounding diagnosis

Diagnosis by exclusion

- Freckles and solar lentigines
 - Superficial over-production of melanin
 - Hyperplasia of melanocytes
 - No significant cutaneous structural damage
 - Easily treated by lasers
- Well treated by PICO laser, 2 treatments in this case



Treatment flow

- Make correct diagnosis
- Define underlying pathology and path
 - Melanogenic instability
 - Elimination insufficiency
 - Vasculopathy
 - Skin structural damage
- Geographical/Isolated/Island/Neve
- Simple and complex
- Stable and unstable
- General: Stability and elimination
- Specific: Vascular and structural treatment



Energy based treatment

- Laser
 - PICO & QS
 - Fractional
 - LP vascular
- RF
 - PDRF
- Break down
- Removal
- Stabilization
- Treatment of vascular component
- Repair



Elimination of pigment

Pigment break down
Pigment removal

Laser

- Primary Idea:
 - Selective Photo-Thermolysis (SPT) & Photo-mechanical Effect (PME)
 - destruction of melanin/melanosome
 - Stabilization of melanocyte
- A balance amongst
 - target (melanosome) destruction, removal
 - VS
 - epidermal melanin complication, irritation
- Irritation leads to **Inflammation** and rebound
- Over destruction leads to shortening of dendrite and hypo-functioning of the melanocyte*

Asian Melasma

- Prone to Inflammation
- Rebound and PIH
- More unstable melasma
- Mix of pigmentary problems on top of melasma
- We must develop Asian's own protocols!!!



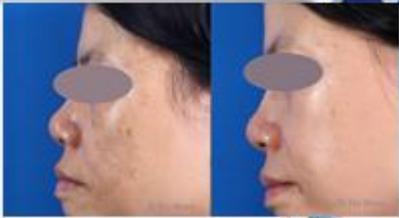
PICO treatment - the right treatment

- Less Irritating More effective (LIME) procedure
 - More Peak power BUT Less total energy
 - Less erythema and inflammatory response
 - Less PIH or rebound



Melasma - malar-facial

- Pico toning
 - 1064/730/0.6-0.8/7/10
 - 3000-5000c
 - 4 treatments of plain toning



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Selected entity: Stable Epidermal Melasma

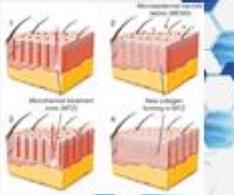
- Only for therapeutic treatment
- Can use 532/670



LeCoat Medical

Fractional laser

- FDA approved
- Micro-Thermal treatment Zone (MTZ)
- Microscopic Epidermal Necrotic Debris (MENDs)
- No open wound, SC intact
- 1550 & 1927nm
- Low fluence approach

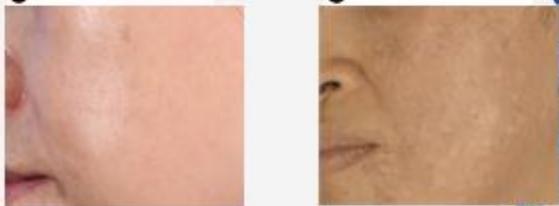


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Manufacturer	Name of device	Wavelength (nm)	Spot size (mm)	Depth of penetration (mm)	Energy density (J/cm²)	Frequency (Hz)	Mode	Indications	Contraindications	Pre-treatment	Post-treatment	Notes
Sciton	CareStation	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis II	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis III	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis IV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis V	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis VI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis VII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis VIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis IX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis X	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XIV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XVI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XVII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XVIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XIX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXIV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXVI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXVII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXVIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXIX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks

LeCoat Medical

Homogeneous beam and non-homogeneous beam Garbage-in-Garbage-out



LeCoat Medical

Pulsed Needle Radiofrequency PNRF

- Specialized Bipolar Microneedle RF
 - In a micro-pulsed emission
- Selective ElectroMagnetic Tissue Reaction (SEMTR)- depending on tissue impedance
 - Direct denature of Melanosome
 - Induction of vaso-regression
 - Strengthening of Basement membrane
 - Destroy and re-organize of the skin Infrastructure



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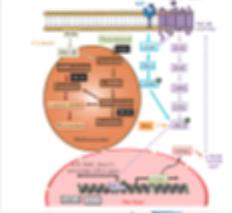
Functional and Integrative Medicine

An essential part in treating melasma

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Inhibition of Tyrosine

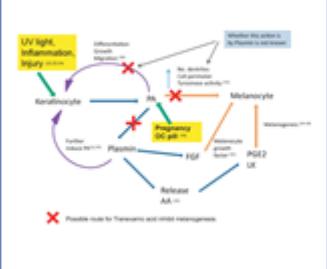
- Inhibiting the tyrosinase, tyrosine hydroxylase and DOPA-oxidase activities
 - Hydroquinone 3-alk: reversibly inhibits tyrosinase activity
 - arbutin: natural existing Beta-D-glucopyranoside of Hydroquinone
 - Kojic acid: present in the fungus Aspergillus Oryzae
 - Licorice extract (licoridin): inhibits tyrosinase activity, anti-inflammatory effect by inhibiting superoxide anion
 - Asiatic Acid: inhibits tyrosinase to prevent over-production of melanin
- Inhibition of transcription
 - o-IRK Inhibitor: Undecylenyl phenylalanine
- Inhibition of melanin transfer
 - Soy extract: prevents keratinocytes from loaded with melanin as transferred from melanocyte
 - Madecasin



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Tranexamic acid

- Prevents plasmin from binding to keratinocytes which in turn reduces prostaglandin production and Plasminogen activator
- Decrease FGF and endothelin add add
- Decrease melanocyte tyrosinase activity
- Decrease growth differentiation, gene and migration



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Sciton	Genesis	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis II	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis III	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis IV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis V	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis VI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis VII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis VIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis IX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis X	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XIV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XVI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XVII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XVIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XIX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXIV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXV	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXVI	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXVII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXVIII	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXIX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks
Sciton	Genesis XXX	1550	10-12	0.5-1.0	10-15	1-2	Non-ablative	Acne, wrinkles, scars, melasma, skin laxity	None	None	Redness, swelling	1-2 weeks

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