A RANDOMIZED, INVESTIGATOR-BLINDED TRIAL OF ALASTIN TOPICAL HEALING REGIMEN FOLLOWING IPL AND/OR PDL WITH Q-SWITCH-ALEXANDRITE AND FRACTIONATED CO₂ LASER RESURFACING OF THE FACE

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Introduction

Though modern fractional ablative CO₂ lasers have decreased healing time and cause less pain, erythema, and dysepigmentation than traditional fully ablative lasers, the recovery time required after laser resurfacing remains a primary patient concern.

A novel Procedure Enhancement System (PES) combining pre and post-procedure topical anhydrous gel, ointment, and creams containing TriHex Technology™ was designed to promote extracellular matrix (ECM) remodeling before and after procedures, improving skin responsiveness to treatment and minimizing post-procedure adverse effects. The PES also exhibits antioxidant properties to decrease inflammation and irritation to promote an accelerated epidermal healing process.1-4.

Objectives

To evaluate efficacy of healing and subject satisfaction with use of the PES following IPL and/or PDL with Q-switch-alexandrite and fractionated CO₂ laser resurfacing compared to standard of care.

Methods and Materials

Methods:

• Investigator blinded, randomized study, 15 female subjects aged 45-70 years underwent laser resurfacing of the face.

• Subjects were randomized to use of the PES (n=10) or a bland dimethicone-based ointment and petrolatum-based cream (n=5) for 3 weeks pre- and 12 weeks post-procedure.

• A blinded investigator graded erythema, exudation and the percentage of surface area healed, as well as relative healing on post-procedure days 1, 3, 4, 7, 28, and 84.

• Patient feedback (daily diary) on symptomatology (burning, stinging, tender skin) was assessed at the same intervals.

• Subject self-assessment questionnaires were completed at days 28 and 84.

• All subjects underwent treatment with an IPL and/or PDL for erythema, as well as a QS-alexandrite laser to individual lentigines, immediately followed by a fractionated CO₂ laser resurfacing to the entire face (Fraxel; Solta Medical Inc., Hayward, CA, USA) plus or minus the 2940-nm erbium laser (Fraxel; Solta Medical Inc., Hayward, CA, USA) periocularly.

Materials:

• PES regimen comprised of (Regenerating Skin Nectar™ with TriHex Technology™), a healing ointment (Soothe + Protect Recovery Balm), a moisturizer (Ultra Nourishing Moisturizer with TriHex Technology™), sunblock (Alastin Broad Spectrum SPF 30+) and a gentle cleanser (Alastin Gentle Cleanser)

• Standard of care regimen is comprised of dimethicone-based ointment (Vaniply™ and Vanicream™) and a petrolatum-based cream (Alastin Gentle Cleanser)

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Results

The PES group demonstrated less erythema and exudation during the first post-procedure week, reaching statistical significance at Day 3 (p=0.02 and 0.01, respectively Figure 2). Subjects using PES also reported less skin tenderness and burning/stinging, reaching significance on Day 3 (p=0.02 and 0.03, respectively Figure 3).

At Day 84, subjects using PES reported significantly higher satisfaction (p=0.03). They were also more likely to state “I would continue using this regimen” (p=0.03) (Figure 5), “I would recommend this treatment to others” (p=0.03) (Figure 6), and that the product “Made me feel more confident in the way my skin looks” (p=0.02) (Figure 4).

Conclusion

In this study, PES was a safe post-procedure topical regimen that improved healing after facial resurfacing. Application of this system may produce improved skin quality and patient experience following laser resurfacing of the face.

REFERENCES