

# Sciton's South Beach Peel

## Combines MicroLaserPeel and Broadband Light

By Bob Kronemyer, Associate Editor



Before Tx

After Tx

BBL: 515 nm filter; 12 J/cm<sup>2</sup>; 20 ms; 20° C; Single Pass  
MicroLaserPeel: 20 μm, 50% overlap, Single Pass

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According to Jenny Kim, M.D., Ph.D., an assistant professor of dermatology at the David Geffen School of Medicine, University of California, Los Angeles, the additive effects from combining a scanned erbium laser (MicroLaserPeel) and broadband light (BBL) for overall rejuvenation using the Profile laser from Sciton, Inc. (Palo Alto, Calif.) is quite impressive.

Dr. Kim and her colleagues created the combination therapy, known as the South Beach Peel. The ideal candidate is someone with mild-to-moderate sun damage. "We have used it on lightly pigmented skin and on Fitzpatrick skin types IV and V," Dr. Kim noted. "Although our patients are limited in these latter groups, we have not seen any side effects."



**Jenny Kim, M.D., Ph.D.**  
Assistant Professor of Dermatology  
David Geffen School of Medicine  
University of California, Los Angeles  
Los Angeles, CA

During the same session, patients are first treated with BBL followed by a MicroLaserPeel. "We see great improvement with just one treatment," Dr. Kim conveyed. "In some patients, there is a 90% reduction in brown spots and a 40% to 50% reduction in erythema. Overall, there is improvement of dyschromia and textural changes."

Dr. Kim first applies a topical numbing cream (typically 7% lidocaine and 7% tetracaine) and a cooling gel. With BBL, she normally treats at 12 J and with one pass. In skin types I, II, III and even IV, a 515 nm filter is used as the cut off energy level. "But

for a much darker patient, I might cut off that energy at 560 nm," Dr. Kim explained. Switching between wavelengths with BBL is easily done with a single handpiece by merely inserting a different wavelength cut off filter. Treatment with BBL takes about ten minutes for full-face and neck. It can also be performed off-face, such as on the hands.

Treated areas are then cleared completely of all gel because the 2940 nm erbium laser is absorbed by water. The laser can be set at a specific treatment depth level of 10, 20, 30 or up to 50 microns. "I start treatment at 20 microns at 50% overlap," Dr. Kim said. A single pass is performed and treatment takes about 15 minutes.

"The Profile system includes a computer generated scan, so you can adjust the pattern and size of the area where you are delivering the MicroLaserPeel. We normally use the large 5 x 5 scan size," explained Dr. Kim, chief of dermatology at the Greater Los Angeles Healthcare Systems Veterans Affairs.

Most patients peel for three to four days after treatment, and complete healing occurs within five to seven days. "Once the peeling stops, however, patients can apply makeup," Dr. Kim noted. "I consider this procedure a long weekend peel."

At Dr. Kim's practice, the combination protocol is extremely popular. "We are seeing good consistent results and total treatment time is less than one-half hour," she said. "There is improvement for at least six months. Patients are very happy."