

# Cutera's Laser Genesis Creatively Uses 1064 nm Wavelength

BY BOB KRONEMYER, ASSOCIATE EDITOR

The unique parameters available with the 1064 nm wavelength component of the CoolGlide Vantage or Xeo platform from Cutera (Brisbane, Calif.) provides physicians effective, painless, no downtime treatment for a variety of popular skin rejuvenation and cosmetic indications through a procedure called Laser Genesis.

"Very few laser companies can turn a 1064 nm, long pulse duration laser into the microsecond pulse duration laser offered by Cutera," noted Eliot Battle, M.D., co-founder of Cultura Cosmetic Medical Spa in Washington, D.C., and assistant clinical professor of dermatology at Howard University. "In the Genesis mode, I treat at 0.3 milliseconds. By using a much shorter pulse duration, we can treat a smaller target. In addition, darker skinned individuals or tanned patients can be treated very safely because the 1064 nm wavelength is not being absorbed by melanin."

Dr. Battle uses Laser Genesis for both collagen enhancement (improvement of pores, texture and tone) and complexion blending (for either dark spots or rosacea). For collagen enhancement, patients initially schedule five sessions, spaced three weeks apart. "Patient satisfaction is extremely high and many



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patients end up completing a second series of five sessions, for a total of ten sessions. However, usually by the second treatment of the first series, patients notice that their pores become smaller and see an improvement in texture and tone."

For complexion blending, patients undergo the same series of treatments at two to three week intervals. Dr. Battle further stated that there is zero recovery time with the Laser Genesis. "We actually call it the Laser Facial because of the safety of the procedure and the ability to treat all skin types and colors. The Laser Genesis can also be performed as an adjunct to almost any other procedure on the same day for synergism."



Photos courtesy of David Goldberg, M.D.

"Laser Genesis is the most effective treatment with the least inconvenience of all the non-ablative treatments that I offer in my office," said Maritza Perez, M.D., an associate professor of dermatology at Columbia University in New York City. "Patients feel they are getting a sort of warm effect on their skin, without having any downtime or pain or erythema. Improvement is seen after a cumulative series of treatments."

Dr. Perez is the author of a study using the Laser Genesis alone to treat acne scarring that will appear in *Dermatologic Surgery*. Patients schedule six to eight sessions, spaced one week apart. "Patients can expect a 20% to 80% improvement, depending on the amount of scarring you are treating."

She also uses the procedure for scar remodeling, wrinkles, rosacea, poikiloderma and the management of keloids. For scar remodeling, there are three to six sessions at one week intervals. "Nearly 80% of my patients achieve a significant improvement of their scar after just three treatments."

A full-face treatment with Laser Genesis typically takes 30 to 45 minutes, whereas an average scar takes 15 minutes. For scarring, Dr. Perez uses high levels of energy (18 J/cm<sup>2</sup>) and 2,000 pulses per area at 5 Hz.

"Laser Genesis is a very easy procedure to market. Because patients are satisfied with the cosmetic results of their scars, they refer new patients to me. Laser Genesis is also one of the most cost-effective cosmetic procedures I perform." ■