

# Affirm Laser with Multiplex Technology Offers Tx Versatility

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"I think the Affirm is an ideal laser to incorporate into an aesthetic practice."

Practitioners can now treat with two wavelengths – practically simultaneously – thanks to the Multiplex technology of the Affirm Anti-Aging Workstation from Cynosure, Inc. (Westford, Mass.). "I almost exclusively use the Affirm in the Multiplex mode because I can treat with two lasers for tightening and resurfacing," said Ronald Moy, M.D., director of dermatology and cosmetic surgery at the California Health and Longevity Institute in Los Angeles, Calif.

The two laser wavelengths are 1440 nm and 1320 nm. "The 1440 wavelength is primarily for resurfacing," Dr. Moy explained. "And like fractional resurfacing, this wavelength produces 1,000 holes per square centimeter. The Fraxel laser creates either 125 or 250 holes per square centimeter. But I believe the efficacy of both systems is comparable," he added. In contrast, the 1320 nm wavelength creates bulk heating deeper into the skin, similar to the Thermage procedure, for a tightening effect.

Sun damaged patients in their thirties can benefit from treatment with the Affirm laser, as well as older patients who seek improvement in their skin. "We can treat a wide-range of patients," Dr. Moy said.

Patients typically schedule treatment once every two weeks, for a total of six or seven sessions. "The first thing you notice is tightening in the thin skin area, foremost around the eyes and the neck," Dr. Moy said. Improvement in other areas is slower. "You eventually see improvement in the brown spots and surface, then tightening begins to occur," he said. "Deeper lines also improve later on."

With a treatment time of 15 to 20 minutes, the Affirm laser "is much faster" than

other fractional lasers, according to Dr. Moy. In addition, only one pass is required with the Affirm, versus up to eight passes with other fractional systems.

According to Dr. Moy, since the Affirm laser is "much less painful" than some other competing technologies, anesthetic cream is not needed. "With other fractional lasers, lidocaine is required," he noted. In fact, last year Dr. Moy published a study in the *Archives of Dermatology* that showed toxicity and symptoms are possible with lidocaine.

Dr. Moy explained the reason the Affirm laser does not require a compounded aesthetic cream is because the holes created are only 300 microns deep versus over 1,000 microns deep with the gold standard. He also pointed out that the average dermabrasion or CO<sub>2</sub> laser penetrates about 200 microns only. "There is no need to target a depth of 1,000 microns," he noted.

More severe swelling and longer downtime is caused by the deeper penetration of competing fractional lasers. "Often, people will have several days of downtime, compared to usually only hours of redness with the Affirm laser," Dr. Moy said. Use of anesthetic cream also requires an hour of waiting time before treatment for it to take effect.

Dr. Moy and his colleagues are currently conducting three open studies of the Affirm laser on tightening of the neck, acne scars, and age spots and wrinkling of the hands, each comprising about 20 patients. "I think the Affirm is an ideal laser to incorporate into an aesthetic practice," Dr. Moy said. The Affirm can also be purchased with an intense pulsed light (IPL) system for even greater versatility.