

# Asia Embraces MedLite C6 Laser from HOYA ConBio

By Bob Kronemyer, Associate Editor

The popularity of the MedLite C6 laser (HOYA ConBio, Fremont, Calif.) continues to grow throughout Asia because of its effectiveness in treating common aesthetic skin conditions of the Asian population.

"In Asia, the major aesthetic problems are melasma and photo-induced pigmentation," noted Niwat Polnikorn, M.D., Ph.D., director of Kasemrad Aesthetic Center in Bangkok, Thailand. "The MedLite C6 is a high-energy, Q-switched Nd:YAG with a short pulse duration that we find effective in treating melasma in dark skin. We have also used the laser effectively in photorejuvenation."

HOYA ConBio introduced the original Q-switched Nd:YAG technology more than 15 years ago and the MedLite C6 is an evolution of that innovative technology. Dr. Polnikorn noted that other light-based systems, such as intense pulsed light (IPL), have not produced comparable results for some of these indications.

For treating pigmentation and melasma with the MedLite C6, Dr. Polnikorn schedules eight to ten sessions, once a week. "Improvement should be noticeable within the first two or three sessions," he said. "And by the eighth session, there is usually 80% to 90% clearing of pigmentation." Skin rejuvenation requires a session once every two weeks, for a total of four to six sessions. By the end of a series "there is significant improvement in wrinkles, pore size and skin laxity."

Rather than relying on photothermal energy, the MedLite C6 laser employs a combination of high peak power and

short pulse duration that generates a photomechanical or PhotoAcoustic action to deliver energy to the target molecule. "We are able to break down the melanin and spread the melanin in the cells to lighten the color immediately, without destroying the cells," Dr. Polnikorn said. "Cells are left intact."

Dr. Polnikorn also appreciates the flat-top beam profile of the MedLite C6 because it delivers high energy evenly over the skin's surface. "There are no hot spots, so epidermal injury is minimized," he said. "In dark skinned individuals, this is particularly important. We avoid post-inflammatory

hyperpigmentation by using a homogeneous flat-top configuration."

Over the past year, Dr. Polnikorn has treated more than 1,000 patients with the MedLite C6. "Results have been positive and consistent," he said.

"What separates the MedLite C6 apart from other Q-switched nanosecond devices is its unique ability to improve the texture of the skin in the most non-invasive and user-friendly manner," added Goh Seng Heng, M.D., a clinical dermatologist in private practice in Podium Tower, Singapore. Dr. Goh attributes this to the superior beam profile.

Dr. Goh has successfully used the MedLite C6 to treat acne, post-inflammatory hyperpigmentation, rosacea, eczema, scars, coarse complexion and many steroid-recalcitrant indications.

"In my experience, we can achieve repeatable and predictable success in clearing melasma and preventing its relapse by using the 1064 nm at regular intervals," said Dr. Goh. "A two minute treatment daily, or three times a week, for up to 10 to 30 treatments, is often needed for clearance. The frequency of treatments can then be reduced to a monthly maintenance over the next two to three years."

According to Dr. Goh, his treatment regime is not painful and produces no side effects. However, it requires diligent effort by the physician to implement the two minute polishing of the epidermis to establish "an equilibrium status of melanin production."

Photos courtesy of Niwat Polnikorn, M.D., Ph.D.



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