

# Plastic Surgeon Observes Enhanced Healing with GentleWaves

By Bob Kronemyer, Associate Editor

Split face study demonstrates the value of using GentleWaves post cosmetic procedures



Photo courtesy of Mitch Goldman, M.D.

IPL plus GentleWaves

IPL alone

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Light BioScience's (Virginia Beach, Va.), GentleWaves light-emitting diode (LED) Photomodulation System is finding growing acceptance among plastic surgeons for both aesthetic and other procedures. "When I was first introduced to GentleWaves several years ago, I thought it was like 'The Emperor's New Clothes.' I did not think it would work," said Kenneth Rothaus, M.D., an assistant clinical professor of plastic surgery at New York Presbyterian Hospital-Weill Cornell Medical Center, in New York City, N.Y. "But once I saw the science behind the technology, I was convinced!"

Although Dr. Rothaus is a board certified plastic surgeon, he performs numerous laser procedures. "I apply GentleWaves to mostly all of my patients," he said. "I find treatment with this device results in less erythema and empirically, less patient discomfort, swelling and redness."

Today, Dr. Rothaus performs one session of GentleWaves on every patient immediately following a laser procedure, whether it is erbium and/or fractionated resurfacing or even post plasma treatment. "For some of these procedures, however, the desired effect is somewhat of an inflammatory response for increased efficacy," Dr. Rothaus explained. "With GentleWaves, I am not wiping out all the inflammation, but just taking the peak inflammation down, so it is past the threshold of harm."

Dr. Rothaus is also evaluating GentleWaves in conjunction with swelling after face-lifts. He is hopeful that he can soon begin hospital studies of GentleWaves for all types of surgery. "Anytime you are having surgery where you expect some swelling from the post-operative changes, this device may in fact play a role in minimizing

edema," Dr. Rothaus said. "By reducing inflammation, edema will also lessen."

Apart from the anti-inflammatory benefits, GentleWaves stimulates collagen production while decreasing collagenase activity. In a study of treatment, once or twice a week for eight weeks, and documented with photographs, "skin was much clearer among my patients," Dr. Rothaus conveyed. "The browns and reds decreased and lines looked better. Best of all, treatment with GentleWaves generally takes less than a minute and patient acceptance is high, thus bringing them back for more."

Dr. Rothaus believes that GentleWaves is no longer the domain of dermatologists. "Once plastic surgeons see how much it contributes to the safety of a procedure by decreasing complications, they will likely be impressed," he said.

"GentleWaves' range of possibilities is enormous. The company is actively researching other applications, including treatment protocols for the control of radiation dermatitis, sunburn, acne and other skin disorders, thinning hair and cellulite," Dr. Rothaus noted.

Meanwhile, nearly every procedure undertaken by Dr. Rothaus is followed with a GentleWaves treatment. "I am uncomfortable when the device is not available, because my nurses and I have seen such a significant difference in how patients appear after this adjunctive therapy," he said. "You can literally see the redness go down, seconds after. Patients also tell you they feel better and like how their skin looks. Furthermore, GentleWaves makes me feel more secure by providing improved patient safety."