

Single Bridge Therapy Treatment Delivers Dramatic Results with Minimal Downtime

By Bob Kronemyer, Associate Editor

Bridge Therapy is a comprehensive family of fractional CO₂ skin resurfacing treatments that delivers dramatic outcomes with minimal patient downtime. Founded on the success of ActiveFX, Bridge Therapy recently expanded its applications to deliver PigmentFX, DeepFX and TotalFX therapies. Such an expansive portfolio allows practitioners the unique ability to deliver dramatic and long lasting results in a single treatment and also allows practitioners the unique ability to artistically and skillfully combine therapies in order to address each patient's distinct features, contours and cosmetic desires.

Apart from its highly customized treatment approach, Bridge Therapy delivers optimal depth and density of laser energy, allowing patients to enjoy dramatic results almost immediately and sustain those results over a long period of time.

Bridge Therapy differs from other fractional aesthetic procedures because it uses CO₂ laser energy. Each Bridge Therapy procedure incorporates a fractional treatment technique that delivers non-sequential energy to the skin's surface, leaving areas of untouched skin that bridge together, which triggers a natural healing response and promotes regeneration of new collagen. This results in a dramatic improvement in wrinkles, texture and tone with minimal recovery time.

Bridge Therapy's expansion from a single treatment offering to a family of therapies signals a shift in the business of laser skin resurfacing. Patients expect dramatic results and demand short recovery time. Historically, these requirements have been at odds, but with Bridge Therapy, practitioners can achieve both in a single treatment. More significantly, they can deliver a range of dramatic effects based on an

acceptable recovery time determined by the patient.

David Goldberg, M.D., a clinical professor of dermatology at Mount Sinai School of Medicine in New York City, N.Y., has researched DeepFX, the new micro-spot Bridge Therapy treatment. Dr. Goldberg and his colleagues discovered that DeepFX's smaller spot size and greater penetration depth offer neocollagenesis and collagen remodeling equal to or superior to that of ActiveFX treatment, but with even less downtime. The combined effect of DeepFX and ActiveFX treatments are more significant, offering the best overall improvement in dyschromias and wrinkles with minimal recovery time.

"Carbon dioxide lasers have long been the gold standard for dramatic cosmetic effects; however, the long recovery period pushed patients and practitioners towards non-ablative techniques which failed to produce the same significant results," Dr. Goldberg explained. "When fractional CO₂ laser treatments emerged, the market shifted back to CO₂ lasers but was never quite satisfied with the multiple treatment requirements. With Bridge Therapy, we are able to deliver dramatic and long lasting cosmetic effects in a single treatment and offer minimal downtime."

Robert Weiss, M.D., an associate professor of dermatology at Johns Hopkins University School of Medicine in Baltimore, Md., is researching TotalFX, a new combination Bridge Therapy treatment that layers DeepFX and ActiveFX treatments to achieve the most dramatic outcomes yet.

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Before Tx



Four months after ActiveFX Tx

Photos courtesy of Glenn DeBias, D.O.

remodeling of scars and wrinkles, but also greater skin contraction,” said Dr. Weiss. “Perioral wrinkles, those located on the upper lip, are particularly challenging to address. We have had great success using the deeper scanner and smaller spot size of DeepFX, followed by the superficial scanner and wider spot size of ActiveFX in order to achieve optimum results in a single treatment. Early results are very promising.”

TotalFX allows for the most comprehensive treatment by using superficial and deep penetrating CO₂ energy. “Although ActiveFX and DeepFX both play a role in fractional CO₂ treatments, the ultimate improvement in wrinkles, brown spots and skin tightening can be seen when these treatments are combined to create TotalFX,” Dr. Goldberg said. “TotalFX is clearly the wave of the future for these indications.”

Dr. Goldberg also believes TotalFX has already changed the rejuvenation market. “It is very clear that people have substantial improvement after only one treatment,” he said. “This approach fulfills the promise that has been made about fractional technology for years.”

Even as new research is underway, existing research on ActiveFX continues to show results that approach traditional CO₂ resurfacing. According to a study of women between the ages of 35 and 65 with various signs of photodamaged skin (lentigines, dyschromia, wrinkles and laxity of skin) patients saw improvement in three areas: brown spots (80% to 100% improvement), fine wrinkles (about 75% improvement) and tightening of skin (30% to 50% improvement). “Patients attained optimal results between two and six months,” Dr. Goldberg conveyed.

Study patients were given one ActiveFX treatment, at settings between 80 and 150 millijoules, 50 Hz, a low density scanner and a spot size of 1.25 mm. Follow-up was daily during the first week, once a week for two months, and at six months.

“Downtime with this treatment generally lasts three to four days, which makes it a weekend type procedure,” said Dr. Goldberg, who conducted the study last year. “This amount of downtime is in contrast to 7 to 21 days with traditional CO₂ resurfacing, a recovery period that is just unacceptable for the majority of my active patients.”

Dr. Goldberg noted that skin tightening is rare with other fractional technologies. “For example, the Fraxel Laser (Reliant Technologies, Mountain View, Calif.) is a very good laser. However, people require multiple treatments and they generally do not achieve skin tightening,” he said. “ActiveFX requires only one treatment session and still delivers skin tightening.”

“It is a very simple approach,” Dr. Goldberg stated. An entire face takes about 10 to 15 minutes. Furthermore, “previous laser resurfacing required sedation,” he said. “ActiveFX only requires topical anesthetic cream. Patient discomfort is also dramatically less – both during and after treatment. Everyone has been happy with the results at six months and there have been no complications to date.”

Bridge Therapy “has allowed us to come full circle with the gold standard of CO₂ lasers, but with technological advancements that allow for the same great results, without the problems and long recovery time,” Dr. Goldberg concluded. “I believe this innovation will help practices bridge the gap between high patient expectation and clinical results.”