

# Sciton's Strata Offers Effective Combination Tx for Facial Rejuvenation

By Bob Kronemyer, Associate Editor



**Michael Kaminer, M.D.**  
Partner at Skin Care  
Physicians of Chestnut Hill  
Chestnut Hill, MA

"With the Strata, we now have the ability to achieve results that previously required more aggressive surgery. We are getting terrific results, with a terrific safety record and minimal downtime."

Sciton, Inc. (Palo Alto, Calif.) has combined three separate modules in their Strata laser to target skin laxity, pigmentation and wrinkling. When used in a single session, the SkinTyte broadband light (BBL) accessory; MicroLaserPeel (MLP), for shallow-depth erbium laser resurfacing; and the ProFractional scanned erbium:YAG fractional laser offer a potent combination treatment.

"I know of no other single platform that offers as impressive of results," noted Michael Kaminer, M.D., a partner at Skin Care Physicians of Chestnut Hill (Chestnut Hill, Mass.). "Patients are delighted. They are also surprised. Patients tell me they, and their friends, notice an improvement very quickly after only one session, whereas many other combination treatments may take weeks, or even months, to see a benefit."

Ideal candidates for Sciton's Strata are those with a mild-to-moderate amount of pigmentation (lentigines, freckles), fine-to-medium depth wrinkling and some skin laxity. Patients schedule between two to four sessions, spaced six to eight weeks apart. "After a single treatment, most patients notice that their skin feels smoother and looks a bit more even in color," Dr. Kaminer conveyed. Then, after at least one additional session, "patients feel they achieve some tightening of their skin and their color becomes more uniform and even. Some of the fine lines and even medium-deep wrinkles start to improve, thanks to the fractional technology of the ProFractional laser."

A full-face session lasts about one hour for most patients. Prior to beginning, topical 30% lidocaine cream is applied for 45 minutes. First up is the SkinTyte BBL accessory, which takes about 30 minutes. "Treatment is very comfortable," Dr. Kaminer said. "On a one to ten scale, we ask the patient to be at a four or five for comfort. This setting provides plenty of

heat for tightening, but not enough heat to put the patient at risk."

After SkinTyte, the topical anesthetic is removed and the MLP is employed for 15 to 20 minutes. "With the MLP, we usually do between a 20 and 40 micron peel, which is why healing is so quick," Dr. Kaminer said.

ProFractional resurfacing is performed last and penetrates to a depth of 100 to 200 microns, covering between 8% and 11% of the skin's surface. This final step takes 10 to 15 minutes. "But you don't need to treat the entire face with the ProFractional for a nice benefit. You can sort of cherry pick, in particular around the mouth," Dr. Kaminer noted.

After treatment, Aquaphor (Eucerin, Beiersdorf Inc., Lindenhurst, N.Y.) healing ointment is applied, and patients are instructed to use ice and cool water compresses during the day. Maximum downtime for the combination therapy is five to six days.

The same steps are repeated for all treatment sessions. "We always give antiviral medications to prevent against oral herpes infections afterwards," said Dr. Kaminer, an assistant professor of dermatology at Yale Medical School (New Haven, Conn.). "It is also important to be careful when treating patients with very deep wrinkling. These patients often require more aggressive therapy."

Dr. Kaminer pointed out that the net result of the synergy created by combining the three separate modalities "is slightly greater than you might predict from just the sum of the parts. We now have the ability to achieve results that previously required more aggressive surgery. We are getting terrific results, with a terrific safety record and minimal downtime. Sciton is helping us push the envelope as to how much we can accomplish in a single visit."