

Sapphire 3 Photo Abrasion Elevates Microdermabrasion to a New Level

By Bob Kronemyer, Associate Editor



Kenneth Beer, M.D.
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Encompassing dry and wet abrasion, lymphatic drainage and LED light therapy, Sapphire 3 Photo Abrasion from RAJA Medical (West Palm Beach, Fla.) offers innovative technology that can easily distinguish a cosmetic practice as a leader over their competitors, according to users.

The three step skin rejuvenation program "is a nice bridge between laser treatment performed by a physician and a facial at a spa," said Kenneth Beer, M.D., a cosmetic dermatologist in private practice in West Palm Beach, Fla. "Ideal candidates are typically women or men between the ages of 30 and 65 that either seek to maintain physician based therapy or are looking to polish their skin by using a more advanced technology."

Unlike other systems, Sapphire 3 Photo Abrasion uses energy, in addition to physical dermabrasion. "Treatments are fairly safe and effective," Dr. Beer said. Similarly, in contrast to most traditional microdermabrasion systems, Sapphire 3 Photo Abrasion does not use any suction, but instead the sapphire tip generates vibration "for less trauma," Dr. Beer noted. It is also crystal-free. "You don't have stuff blowing all over the place," he said. "Furthermore, you do not need to clean the skin or risk inhaling crystals."

Dr. Beer recommends three to four treatment sessions, spaced two weeks apart. Treatment usually commences with the LED light therapy (both concentrated red monochromatic and blue). "The LED seems to provide collagen stimulation," said Dr. Beer, an instructor in dermatology at the University of Miami (Miami, Fla.). After a series, "normally we observe improvements in the texture of the skin. And for people with minimal sun damage, there is an improvement in fine lines."

Sapphire 3 Photo Abrasion is also a component of comprehensive aesthetic treatment. "After polishing the skin with this system, we can treat fine lines and volume loss with Botox and fillers," Dr. Beer explained. Overall, "this is a low risk, but high return procedure. I am not aware of any safety concerns. Moreover, this has been an easy procedure to integrate into our practice."

Stephanie Marschall, M.D., who practices cosmetic dermatology in Wheaton, Ill., appreciates that multiple modalities are incorporated into a single treatment session with Sapphire 3 Photo Abrasion. "I believe the two best indications for this procedure are the maintenance of healthy, radiant skin and to treat problem skin like acne, photodamage or pigmentation," Dr. Marschall said.

For addressing skin problems, Dr. Marschall suggests three to four sessions at two week intervals. For maintenance, annual treatments range from 2 to 12, depending on patient age and goals. "In any event, patients like the treatment," she said. "Patients also return and request the treatment because they like the way their skin feels and looks."

Sapphire 3 Photo Abrasion can also be modified. For instance, a teenage patient with acne may require only light microdermabrasion with blue LED therapy, whereas a rosacea patient might schedule lymphatic drainage with light microdermabrasion. "Although there are five modalities within the one unit, often one or two components are all that are necessary, which diminishes patient cost," Dr. Marschall said.

For customized treatment, the sapphire tip has three different head sizes: 100, 70 and 50 grit. This is an extremely effective treatment for pre- and post-surgical patients.