

# FDA Clears Lutronic's Nd:YAG-Based Spectra Device for Melasma Tx



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Melasma before Tx



Melasma after 12 Spectra treatments  
Photos courtesy of Melanie D. Palm, M.D.



Melasma before Tx



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By Amy Di Leo, Contributing Editor

Cleared by the FDA to treat melasma and a number of other aesthetic conditions, Lutronic's (Fremont, Calif.) dual-pulsed, Q-switched Spectra laser has a lot to offer to any busy practice seeking a way to treat melasma, tattoos and more. According to Melanie D. Palm, M.D., M.B.A., a board certified dermatologist in Solano Beach, Calif., who uses this device in her practice every day, "Spectra truly is the one laser that addresses the majority of my needs in day-to-day practice: pigment, vascular changes, non-ablative resurfacing, even tattoo removal."

As Dr. Palm further emphasized, "the Spectra laser is unique in the multitude of conditions that can be treated with a single device. This includes solar lentigines, seborrheic keratosis (SK), post-inflammatory hyperpigmentation (PIH), Nevus of Ota, erythematotelangiectatic rosacea, photodamage, acne, pore size, skin texture and a wide-range of tattoo ink colors."

There are four distinct Q-switched mode wavelengths available on the Spectra: 1064 nm, 532 nm, 585 nm and 650 nm. These multiple laser modes and power settings maximize treatment options, and allow treatment of large areas (up to 8 mm spot size).

"The 1064 nm setting at low fluence has been incredibly effective in treating melasma for skin types I – V, even in cases recalcitrant to topical therapies and other devices," Dr. Palm advised. This wavelength directly targets the melanosome by theory of selective photothermolysis, leaving healthy tissue untouched so there is much less collateral thermal damage to surrounding cells.

Dr. Palm also finds the quasi-long pulsed 'Spectra mode' particularly helpful

in achieving pore reduction and skin texture improvement non-ablatively. In addition, the 532 nm setting is extremely effective in treating sun spots and flat SK.

While each condition is different, Dr. Palm noted that treatments with Spectra take less time per session and fewer sessions. "Due to the gentle nature of the low fluence, melasma patients take the longest to treat (12 weekly treatments for ten minutes each). For rosacea, one to three monthly applications at 30 seconds each is sufficient."

Patients of Dr. Palm call the procedure very comfortable, and they're referring their friends and family because they love how their skin feels after. "The 1064 nm setting at lower fluence is extremely well tolerated and feels like the light patter of sand, while the Spectra setting feels gentle and warm. As well, the 532 nm requires no topical anesthesia on typical settings for pigimentary lesions."

Dr. Palm pointed out that there is little to no downtime for any of the Spectra settings except for laser tattoo removal, and patients often comment that they require less make-up and their skin appears smoother and looks airbrushed.

Moreover, the Spectra device is not only comfortable for patients; it was created with the physician in mind, said Dr. Palm. "I have found the Spectra laser extremely intuitive. Fluence, wavelength, and herz are controlled on an easy-to-operate touch screen. Adjusting the spot size is controlled at the hand-piece by rotating and simply clicking it into place. I find the treatment arm easy to rotate and the laser enables easy movement across the convexities and concavities of the face."