

## The Expanding Role of Vbeam® in Our Skin Rejuvenation Practice

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### Introduction

With over 20 state-of-the-art lasers on-site, the Advanced Laser and Anti-Aging Medical Group is one of the few facilities equipped with the latest laser technology available for the skin and the expertise in skin morphology and pathology required to maintain maximum results. The center has over 22 exam rooms, a full on-site lab, a consultation facility, a Medicare-approved surgery center with a recovery room and a staff of registered nurses and medical assistants.

Dr. Miller and Dr. Seltzer specialize in lasers, and are among the nation's leading trainers of laser procedures.

The Advanced Laser and Anti-Aging Medical Group began in 1993 to first routinely use Intense Pulse Light (IPL) as a part of a skin rejuvenation procedure. They have made recent and significant changes to their skin rejuvenation regimen with the addition of the Vbeam pulsed dye laser from Candela. Vbeam has not only proved effective in treating vascular lesions, but also has substantially improved skin rejuvenation treatment results. The following is a synopsis of their clinical experience.

### Method

Our practice has been using IPL for nine to ten years, primarily for skin rejuvenation. We also use IPL for treating pigmentation of the skin, pore reduction, sun damage, and rosacea. Other applications for which we use IPL include mottle pigmentation and skin toning.



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While we have used IPL for treatment of fine facial lines, we have found much greater improvement in rhytides when IPL is coupled with Vbeam treatment. The benefits of combining these two therapies are greater than treatment with only a single source.

Now that Vbeam is an integral component of our rejuvenation treatments, our patients typically experience a reduction in fine lines approaching 50%, over IPL treatment alone. Our patients are quite pleased with our combination therapeutic approach that includes Vbeam.

We started using Vbeam three years ago, primarily for the treatment of rosacea. The 595 nm wavelength is ideal for absorption of oxyhemoglobin. We have found Vbeam is superior to IPL for the treatment of fine blood vessels. Vbeam remains the treatment of choice for port wine stains.

“BASED ON OUR INITIAL SUCCESS WITH VBEAM, WE NO LONGER SOLELY USE IPL FOR SKIN REJUVENATION.”

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This laser can treat almost any vascular lesion laser without purpura.

Based on our initial success with Vbeam, we no longer solely use IPL for skin rejuvenation. We combine IPL with Vbeam on virtually all our skin rejuvenation patients.

### Conclusion

Our experience indicates that combination therapy is far more effective, with one application actually optimizing the other.

This conclusion is borne out by the comments we hear from other practices. Those that solely use IPL for photorejuvenation do not get the results we do with combination therapy using Vbeam. The combined approach appears to cause comparatively greater collagen stimulation.

Vbeam is also effective for the treatment of hypertrophic scars that result from the removal of moles. Vbeam flattens these scars, eliminates the red, and reduces the symptoms of pain and itching. We see many patients in consultation who have had larger surgeries, like liposuction, "tummy tucks," or even thoracotomy scars that are painful and that greatly benefit from treatment.

We routinely perform two to four treatments to improve their appearance.

The prevalence of vascular lesions in our patient population made it essential that our practice operate a vascular laser that did not cause purpura. With extended pulse durations on Vbeam, purpura on even the most difficult blood vessels is mild and very transient. Patients will no longer tolerate an

extended period with sustained purpura. Because there is no purpura, you can use higher power for a better result compared to the older, classic pulsed dye lasers.

We treated so much rosacea, port wine stains and other vascular lesions that we soon began to intersperse Vbeam treatment with IPL for skin rejuvenation. Our results continued to improve to a point where we integrated Vbeam into our standard rejuvenation treatment.

Vbeam is a great laser, and is the ideal adjunct to IPL for any skin rejuvenation practice. We now use Vbeam exclusively to treat some conditions where we previously used IPL. For example, Vbeam eliminates telangiectasia in far fewer treatments.

Vbeam also is better than the older 585 nm pulsed dye lasers in port wine stains where treatment results have reached a plateau. With Vbeam, these stains continue to improve.

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TO IPL FOR ANY SKIN  
REJUVENATION PRACTICE."

*Robert B. Seltzer, M.D.*

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