



DERMATOLOGICAL SURGERY

THE COMBINED ABLATION OF THE PERIOCCULAR REGION USING RADIOFREQUENCY: A NEW PROTOCOL TO IMPROVE THE SKIN TIGHTENING

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Introduction: Radiofrequency tightens and firms the skin by stimulating the body's collagen renewal processes. The ablative one creates a fractional skin resurfacing and remodeling combining a partial ablation of the epidermis with heat delivery to the dermis to achieve collagen formation.

Objective: A combined treatment with fractional resurfacing and microneedles remodeling is generally performed in 4 alternating sessions every 3 weeks.

The objective of this study was to evaluate a new protocol of double ablation at the same session for the periocular region. Treatments were repeated every month for 3 times.

Materials and Methods: Twenty female patients, 55 to 70 yo, who had indicated with periocular skin ageing and had never submitted to blepharoplasty were enrolled in the study. 25 spots followed by additional 25 for each side of microneedles (1,5mm depth) and fractional radiofrequency (80 pulse width) were administered in a row using a device with 6 independent phase-controlled RF generators.

Results: No significant adverse events have been reported. Only mild clinical effects as painful skin, edema lasting up to 24 hours and small scabs that appear after using ablative radiofrequency that fell off within 2 days were observed. After 3 months patients showed a good improvement in skin quality, 25 to 75% in skin texture, according to the Global Aesthetic Improvement Scale.

Conclusions: Double ablation performed in the same session instead of delayed, allows to achieve a synergic effect due to skin resurfacing and collagen remodeling of the periocular region. Side effects are not more relevant than in the alternating sessions protocol. Concerning the level of energy to be released we noticed that patients with deeper marks of ageing could be treated using high power starting from the first session.

