



LASERS

## PHOTOFRACTIONAL ON THE DÉCOLLETAGE: OUR APPROACH

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**Background:** Décolletage aging is a very common problem, epidermis and dermis become very thin and the skin is characterized by skin laxity, lines/wrinkles, hyperpigmentation, erythema, tactile roughness, atrophy, and telangiectasia. Many approaches have been proposed (injectables, PDT, chemical peels, energy-based procedures) to these issues but while aggressive ablative laser procedures have a high risk of adverse events, less aggressive approaches alone do not achieve outstanding outcomes. This study evaluates a combined same-day sequential use of IPL and non-ablative fractional resurfacing on the signs of aging of the décolletage.

**Design:** In this single center, prospective, open-label, intra-individual controlled study, the full décolletage area of 22 adults has been treated for 4 times at 4 weeks intervals first by IPL immediately followed by non-ablative fractional. Five variables (fine lines, mottled pigmentation, telangiectasia, sallow complexion and tactile roughness) as well as a global score were scored at baseline and 6 months after the last session of treatment with a five-point scale and the results were compared to evaluate the improvement. Immediate responses as well as adverse events were monitored throughout the study period.

**Results:** Significant improvements from baseline to follow-up visit were noted on all variables. Mottled pigmentations, tactile roughness and fine lines showed an improvement higher than 1,5 points in the 5-point scale. Treatments were well tolerated. Post treatment swelling remained visible up to 2 hours after the procedure. The erythema faded away in up to 3 days and the post-op dark/grey scabs spontaneously disappeared in an average of 5,2 days. No long-lasting adverse events were noted.

**Conclusions:** To our knowledge, this is the first report of the combination of IPL and 1565 nm non-ablative fractional for the rejuvenation of the décolletage. This same-day combined IPL-NAFL approach is safe and effective determining a significant skin rejuvenating effect of the décolletage.

