



LASERS

SAFETY AND EFFICACY OF LASERS AND ENERGY BASED DEVICES IN REJUVENATION OF THE PERIORBITAL AREA

Bijal Mehta⁽¹⁾

Minal Specialised Clinic Dermatology, Dermatology, Sharjah, United Arab Emirates⁽¹⁾

Introduction: Facial beauty, specifically of the periorbital area, is an important component of physical attractiveness and reflects chronological aging. These properties have made rejuvenation of the periorbital area highly desirable. Common concerns related to this area seen in dermatologic practice are periorbital hypermelanosis or dark circles, tear trough deformity, superficial and deep rhytides and infraorbital hypertrophic orbicularis oculi.

In the past, options for periorbital rejuvenation were limited and results modest. Over the last few decades, advances in cosmeceuticals and non-invasive procedures have increased the therapeutic options in this area. Topical therapies and minimally invasive procedures, which include botulinum toxin, dermal filler injections, chemical peels, laser skin resurfacing, microdermabrasion, intense pulsed light and photorejuvenation have become available. One procedure or technique alone is usually insufficient and a combination of techniques may be required.

Objective: To study the safety and efficacy lasers and energy based devices in rejuvenation of the periorbital area

Methods and results: We present our experience in treating the concerns in periorbital area with different modalities in Fitzpatrick skin types III-V. These include non-ablative erbium-glass fractional laser, Q-switched Nd:Yag laser and radiofrequency with satisfactory outcomes. Patient satisfaction was recorded on a linear analogue scale (1= not at all satisfied; 10 = extremely satisfied). Adverse effects observed were transient erythema, purpura and bruising. No scarring and long-term adverse effects were seen. Understanding of the pathophysiology of periorbital conditions and technical advancements in nonsurgical techniques has enabled us to achieve better and more acceptable improvement in our patients.

