



LASERS

## PUNCTUAL PULSE CO<sub>2</sub> NON SURGICAL BLEPHAROPLASTY: A BRAZILIAN TECHNIQUE

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Background: Fractional ultrapulse CO<sub>2</sub> laser has been effective and safe for skin resurfacing by ablation of damaged tissue with subsequent regeneration/remodeling of collagen. A novel Brazilian technique called "Laser Escultura Genital"/ LEG, meaning Genital Laser Sculpture) was replicated in this study for flaccid eyelids.

Observations: 92 patients were enrolled for this treatment: 10% of phototypes IV+, 29% phototypes I and II, and 61% of phototype III. Metrics and a pull test were made to measure asymmetry and flaccidity. All were suppressed from any concurrent hormonal, collagen or aesthetic treatment. Patients of phototypes III and above made a pre-treatment with local depigmenting agents 20 days prior to the procedure, and restarted it 7 days afterwards. Asepsis and anesthetic blocks were made. Deka Smartxide2 ultrapulse Laser was used (no conflict of interest) in continuous mode, with 2mm or 4mm surgical tip (2-4W), according skin flaccidity. Thermal punctures were performed in both eyelids, overlapping in the saggiest areas. Only one session was performed in all studied subjects, with satisfactory results. Simple post-laser skincare associated with NSAIDS were enough to prevent complications. 5 patients (5.43%) had angioedema-like periorcular edema that subsided 48h later with the use of 40 mg Prednisone a day. 11 patients evolved with post-inflammatory hyperpigmentation, which subsided with oral pycnogenol, tranexamic acid and topical tranexamic acid associated with thioglycolic acid. Pictures and reassessment after 3 months, with satisfactory results in all cases.

Key Points: This study demonstrates that LEG technique may be adapted to any flaccid skin without surgery. Great results have been found with only one session, with little adverse outcomes. The exposed results demonstrated successful treatment for dermatochalasis and improvement of eyebrow positioning, of distance between medial eye cantus and of fatigue expression were also noted in most patients, without any additional aesthetic treatment.

