

Nordlys®

Challenging Photorejuvenation: Light & Bright™ Treatment for Enhanced Skin Quality



IOANA PESCARU, MD
DERMAEXPERT CLINIC,
BUCHAREST, ROMANIA

Introduction

Improving skin quality has emerged as a significant trend in recent years, driven by the synergy between at-home skincare routines and diverse aesthetic procedures administered by medical professionals. With sun-induced skin damage manifesting early in life, there's a surging demand for photorejuvenation treatments across facial and non-facial regions. Patients primarily seek remedies for three key photoaging concerns: dyschromia, encompassing diffuse erythema with or without telangiectasia, pigment, whether diffuse or localized, and alterations in skin texture.

In today's information-rich landscape, achieving patient loyalty and satisfaction hinges on delivering visible results, ideally noticeable after the initial treatment session.¹ To comprehensively address the three concerns of the photoaging process, Candela Medical's patented Light & Bright™ treatment, powered by the Nordlys platform, offers a swift and reliable solution. This innovative approach combines two potent technologies: SWT® IPL and non-ablative fractional technology (Frax 1550). The SWT® IPL handpieces, PR 530 and VL 555, efficiently target redness and pigmentation simultaneously, thanks to their dual filters that block harmful wavelengths. This allows for treatments on photo-damaged skin with reduced fluence, fewer sessions, and no active cooling compared to

traditional broadband IPL technologies.¹ Meanwhile, the non-ablative fractional laser handpieces Frax 1550 and 1940 deliver controlled rejuvenation across the epidermis and superficial to deep dermis, effectively correcting textural irregularities.

The fractionated handpieces Frax 1550 and Frax 1940 offer an additional benefit: they facilitate enhanced absorption of cosmeceuticals post-procedure, as confirmed histologically.² This allows practitioners to amplify the effects on pigmentation and collagen stimulation by applying topical vitamin C, for instance, thereby combining multiple tools for improving skin quality. The Light & Bright™ treatment protocol, comprising three sessions of SWT® and Frax 1550™ at one-month intervals for both facial and non-facial areas, including the décolleté, has demonstrated excellent outcomes with minimal side effects and high patient satisfaction rates. In a study conducted by Dr. Patel Schallen, 95% of subjects reported either extreme satisfaction (60%) or satisfaction (35%) at the last follow-up visit one month after the third session.³ Given the frequent sun exposure and longer recovery times associated with décolleté treatments, the Light & Bright™ treatment emerges as a preferred solution for photorejuvenation due to its rapid and noticeable results coupled with minimal downtime.

Case 1

A 43-year-old patient with Fitzpatrick Skin Type III visited our clinic with a well-maintained facial skin quality but significant photodamage lesions on her décolleté, attributed to inadequate sun protection.

Urgently seeking improvement for an upcoming event, we tailored the Light & Bright™ protocol to address her specific concerns. Over three sessions spaced one month apart, we implemented a personalized approach. In the initial session, focused on pigment, we utilized the VL 555 handpiece (8.3J/cm², split pulse 2.5-10-2.5ms) followed by the Frax 1550 handpiece (10mm, 36mJ, 25%, 3 passes), with topical numbing cream applied beforehand. Additionally, we prescribed a 15% vitamin C serum for daily use post-procedure.

The recovery process was swift, with no reported side effects. As the hyperpigmented lesions faded and diffuse erythema became more pronounced in subsequent sessions, we adjusted the treatment accordingly. In the second session, we targeted redness and residual pigmentation using the PR 530 handpiece (6.4J/cm², split pulse), followed by the Frax 1550 handpiece (10mm, 36mJ, 25%, 3 passes). Topical vitamin C treatment continued at home.

The third session maintained focus on redness and pigment by using by using PR 530 handpiece (7J/cm², 2.5-10-2.5ms), with continued application of numbing cream and vitamin C post-treatment.

The patient experienced impressive results, rapid recovery, and overall improvement in the treated area's skin concerns.



Before

After

Photos Courtesy Ioana Pescaru, MD
All photos are unretouched. Individual results may vary.

Case 2

A 55-year-old patient with Fitzpatrick Skin Type III, showing extensive photodamage across multiple body areas sought treatment for her face and décolleté. Given her combination of erythema, pigmentation issues, thin skin, and active lifestyle with frequent travel, we opted for the Light & Bright™ treatment to minimize downtime and obtain the glow she was looking for.

In the initial session, we addressed the face and décolleté with the VL 555 handpiece (8.6J, split pulse) followed by the Frax 1550 nm handpiece (36mJ, 25%, 10mm, 3 passes), due to heavy pigmentation. Topical application of a 15% vitamin C serum at home complemented the décolleté treatment.

For the second session, we treated both areas using the VL 555 handpiece (split pulse, 9J on the face and 8.4J on the décolleté) followed by the Frax 1550 handpiece (10mm, 3 passes, 25% and 38mj on the face and 34mJ on the décolleté), enhancing results with topical application of PRP (Cellenis 2ml).

In the third session, we targeted diffuse erythema and residual pigment on both areas with the PR 530 handpiece (7J, 2.5-10-2.5ms on the face and 6.6J on the décolleté), followed by Frax 1550 (40mJ on the face and 36mJ on the décolleté, 25% coverage, 10mm width, 3 passes), again enhancing results with topical application of PRP.

Notably, the décolleté showed impressive improvement, while the face exhibited significant progress in pigmentation and redness, leading us to pursue additional Frax 1550 sessions to further enhance skin quality and texture. Despite being a smoker, the patient opted against injectable treatments, making Frax 1550 an ideal choice for improving skin quality with minimal downtime in an aging, active individual.



Before

After

Photos Courtesy Ioana Pescaru, MD
All photos are unretouched. Individual results may vary.

Conclusion

The patented Light & Bright™ treatment by Candela, utilizing the Nordlys platform, stands as a quick and practical solution for a range of conditions, including photorejuvenation across both facial and sensitive off-face areas that pose treatment challenges.

This innovative approach surpasses conventional laser procedures by simultaneously addressing redness, pigmentation issues, and stimulating collagen production in aging skin.

While the potential synergy of the 1550 fractional non-ablative handpiece with topical applications for enhanced absorption of active substances warrants further investigation, current clinical evidence holds promise for its efficacy.

References

1. Chan CS, Saedi N, Mickle C, Dover JS. Combined treatment for facial rejuvenation using an optimized pulsed light source followed by a fractional non-ablative laser. *Lasers Surg Med.* 2013 Sep;45(7):405-9. doi: 10.1002/lsm.22162. Epub 2013 Aug 7. PMID: 23922184.
2. Searle T, Ali FR, Al-Niaimi F. Lessons Learned from the First Decade of Laser-Assisted Drug Delivery. *Dermatol Ther (Heidelb).* 2021 Feb;11(1):93-104. doi: 10.1007/s13555-020-00478-5. Epub 2021 Jan 19. PMID: 33464473; PMCID: PMC7858718.
3. Schallen KP, Murphy M. Light and Bright™ treatment of photodamaged skin and textural irregularities with SWT and Frax 1550 handpieces. Candela, Data on File

*Nordlys, CE Mark; Nordlys U.S. FDA 510(k) clearance [K212492], Dec. 2021; Nordlys Health Canada Medical Device License (108788), January 2023; Nordlys Australian Register of Therapeutic Goods (ARTG) clearance (ARTG 359833), (ARTG 359833).

