



MAXIMIZING THE EFFICACY OF FRACTIONAL RADIOFREQUENCY FOR TREATING ACNE SCARS

Stephen Eubanks, MD – National Director of Medical and Cosmetic Lasers
Advanced Dermatology & Cosmetic Surgery

Facial skin rejuvenation is one of the more popular procedures requested in my clinic. I regularly have patients present with various skin conditions such as fine lines, wrinkles, and acne scarring who are looking to return their skin to a smoother and more youthful appearance. Patients are concerned with a number of factors including treatment discomfort, social downtime, and any possible side effects of the treatment. I have found the Venus Viva™ to have the desired balance between providing a complete treatment capable of resurfacing the skin and remodeling deep acne scars while also reducing the downtime for my patients.

I choose the Venus Viva™ NanoFractional RF™ device in my clinic due to the versatility of the device. I can safely treat patients of all Fitzpatrick Skin Types with minimal downtime. I have treated darker skin types on higher parameters with no post-inflammatory hyperpigmentation (PIH) or any other significant adverse effects. The treatment itself is quite straight forward, the Venus Viva™ applicator tip is compact and ergonomic, and the device is very quiet.

On average, a full-face treatment may range from 20-25 minutes. If treatment sensation is a challenge, I use a topical numbing cream to manage any discomfort. Here, in the humid Florida climate, we have not experienced any issues that are often a challenge for other treatment options, requiring the skin to be dry to achieve effective pulses.

Another reason I find the Venus Viva™ to be a great option for skin rejuvenation is the ability to manipulate the treatment parameters independently. I prefer having control over the voltage and pulse-width in order to tailor the treatment, and achieve the desired ablation and coagulation.

Acne scars have proven to be a challenge for many treatment modalities, and I have found Venus Viva™ to produce some wonderful results. With the thick tissue present in acne scars, I like to see more ablation and an increased depth of energy introduced into the tissue.

To maximize the efficacy of my treatments with NanoFractional RF™ for acne scars, I find parameters at higher voltages (240-270 V) and moderate pulse-width (20-25 ms) to be optimal. I tend to assess patient response to the initial treatment and gradually increase parameters with subsequent treatments dependent on patient tolerance and treatment response. I have been able to confidently increase the parameters fairly high with no PIH or adverse effects.

Additionally, multiple passes over the treatment area with the applicator are an important aspect of the treatment, combined with an overlap of 10%-20% of the applicator area. This helps to increase the density of the treated zones and confirm total coverage of the treatment area. For my patients with moderate or deeper acne scars, I have found that 3-4 treatments four weeks apart are ideal, and we tend to see optimal results roughly 10-12 weeks post final treatment.

I am very pleased with the results, the feedback from all of my Venus Viva™ patients has been very positive, and many of them return for treatments beyond the initial treatment plan. Fast treatment time, flexible parameter ranges, and optimal results have established the Venus Viva™ device as a staple in my clinic.

– Steve Eubanks, MD