LASERS

FACE AND NECK LIFTING WITH ENDOLIFT TECHNIQUE USING A 1470NM DIODE LASER AND A 300MICRONS FTF OPTIC FIBRE.

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Background: Author describes his experience and results with endolift technique for face and neck rejuvenation. Endolift allows delivering laser energy directly to the dermis using a very thin optic fibre inserted under the skin. The aim of this technique is to achieve a lipolysis reaction, skin tightening, skin contraction and collagen stimulation. Indication for this technique is mid-face and lower face skin laxity and lower lid treatment.

Materials and methods: A 1470nm diode laser is in use. A 300 microns optic fibre has been used for face and neck, whereas a 200microns fibre is preferred for upper and lower lid. There's no needs to use any kind of anaesthesia that results completely office based. Fibre is directly inserted under the skin and up to five introduction points are used to treat the mid face. For face treatment, the range energy delivered is between 1000 joules and 1500 joules. In the last two years 288 patients underwent to this procedure: 72% female – 28% male, age between 38 and 72 y.o., 36% have been treated for mid and lower face skin laxity, 12% lower rid and 26% neck, 26% lower face (jawline).

Results: In one year follow-up 31% of patients asked for another treatment in a different area. Side effects reported are minimal such as redness (99%), swelling (92%), bruising (62%), paraesthesia (21%), nerve stupor (0,35%). All side effects resolve within 2-7 days. Patient's rate global satisfaction was 94%. 12 out of 17 patients were re-treated with a 300 microns fibre and a major amount of total energy.

Conclusion: Endolift is an effective minimally invasive interstitial laser lifting treatment well accepted by patients with good results that are steady over a two-years follow-up. This technique has been significantly simplified from the beginning.