

Cutera's 3D Skin Rejuvenation Process Targets Three Layers of Skin

BY BOB KRONEMYER, ASSOCIATE EDITOR

By combining three different technologies from Cutera (Brisbane, Calif.), physicians are able to effectively treat the superficial, middle and deep layers of skin, all within one session.

The Cutera three-dimensional (3D) skin rejuvenation process employs infrared (IR) technology for skin laxity with the Titan, the 1064 nm Nd:YAG Laser Genesis to reduce pore size, blood vessels and texture, and a 560 nm pulsed light handpiece for superficial dyschromia.

"I get as much of a kick out of it as my patients. You always end up with a good effect. In fact, women will say 'even my husband noticed a difference,'" said Richard Foxx, M.D., a cosmetic specialist in private practice in Indian Wells, Calif. "The Cutera 3D has become my signature treatment in the office."

A typical treatment protocol for Dr. Foxx is three sessions, one for each of the three technologies (in sequential order: Titan, Laser Genesis and pulsed light), spaced about four weeks apart. A full 3D facial combining all treatments takes approximately 2 to 2-1/2 hours. "There is no patient discomfort associated with the treatment and I have yet to encounter any adverse events," Dr. Foxx observed. "Results continue to improve after three treatments. I think the peak is reached about four months after the last session." He also recommends one touch-up session after one year.

Three years ago, Dr. Foxx opened a medical spa at the luxurious Hyatt Grand Champions Resort, in Indian Wells near Palm Springs. "Being in the desert, particularly where we are, everyone has sun damage,"

he said. "It is very unusual to see someone with just lax skin and no sun damage. The Cutera 3D process not only has the capability to tighten lax skin, but also improves skin quality, improves superficial collagen, and gets rid of tiny spider veins and brown spots. Results are amazing. For example, I recently treated a woman in her early seventies. Her skin is very clear compared to when we started."

Dr. Foxx reported he has had 100% patient satisfaction with the Cutera 3D. "3D gives you the flexibility to customize every treatment for different photodamaged conditions, ages and skin types," he noted. "In addition, Titan is a very technique-dependent treatment – the more you do, the better you get. However, none of these technologies exist in a vacuum. You need to talk to patients about other things that will make their collagen healthy and enhance the 3D benefit. This includes diet, vitamins, avoiding the sun and always using sunscreen."



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Barry DiBernardo, M.D., a plastic surgeon in private practice in Montclair, N.J., typically schedules five treatment sessions each of pulsed light and Laser Genesis, while the number of Titan treatments ranges from two to three. Sessions are spaced two to four weeks apart. "Results are quite excellent," Dr. DiBernardo said. "For the first layer of skin, you should see quick clearing of brown pigmentation and red blood vessels. For the second layer, there should be an evening out of textural pores, wrinkles and acne scars. For the deep layer, Titan achieves a mild-to-moderate tightening of skin."

Although the Cutera 3D process is fairly new, it has rapidly become popular at Dr. DiBernardo's office and in his teaching curriculum as a clinical associate professor of plastic surgery at the University of Medicine & Dentistry of New Jersey. "This is what we are teaching the students this year and next," he said. "By following the protocol, you should have happy patients with very good non-surgical, non-ablative results."

