Combining blepharoplasty and skin resurfacing with a portable 300 µsec Er:YAG laser

James Gordon, MD, White Plains, NY, and Khalil Khatri MD

Introduction

The use of a portable 300 microsecond Erbium:YAG 2940nm laser for skin resurfacing, immediately following both bilateral upper and four eyelid blepharoplasty, was evaluated. This study was performed to assess the safety and effectiveness of this combined procedure.

Methods

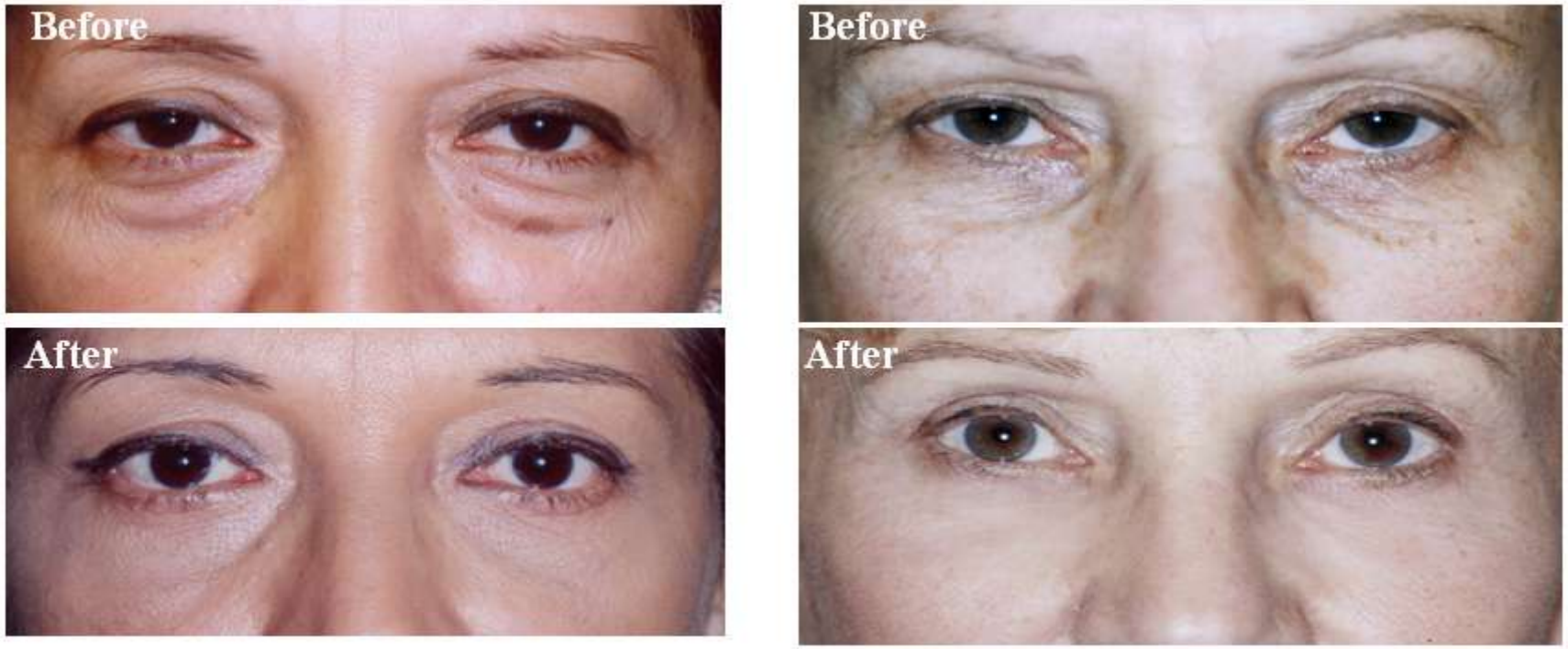
Sixteen patients between the ages of 28 and 74 were treated for varying degrees of dermatochalasis and photo-damaged skin (uneven pigmentation and fine rhytids) in the periorbital region. Eleven females and five males with Fitzpatrick Skin Types I-III were treated. Three to six passes at 5-6 J/cm^2 were performed with a new portable Erbium:YAG laser. Local anesthesia was administered on all patients without sedation.

Results

All patients demonstrated dramatic improvement in the appearance of 'hoods', 'bags' and photo-damaged skin. Patients recovered from ecchymosis and erythema within 14 days. Other than the pain from administration of local anesthesia, patients reported minimal procedural discomfort and very high satisfaction with the outcomes. No patient developed any ectropion or any other complications following the procedures.

Conclusion

The combination of blepharoplasty and skin resurfacing with a portable 300 microsecond Erbium:YAG laser appears to be a highly effective, patient-satisfying and safe modality to treat dermatochalasis and photo-damage. The additional 10-20 minutes of surgical time required for the skin resurfacing substantially enhances the outcome of the blepharoplasty.



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