

New Affirm Laser Offers Unique Anti-Aging Treatment

BY BOB KRONEMYER, ASSOCIATE EDITOR

The Affirm™ is a new laser system from Cynosure, Inc. (Westford, Mass.) that incorporates a 1440 nm Nd:YAG and a Xenon Pulsed Light (XPL) system for microthermal-rejuvenation and wrinkle reduction treatments. The company's exclusive Combined Apex Pulse™ (CAP) technology also allows for dual heating to provide a more complete treatment for improved results.

"The 1440 nm wavelength is emitted through a microlens array, which has an adjustable size," said Robert Weiss, M.D., an assistant professor of dermatology at Johns Hopkins University School of Medicine in



Robert Weiss, M.D.

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Baltimore. "You can deliver peaks of energy from 100 to 200 microns wide. This allows the 1440 nm to penetrate deeply without causing surface injury. It is a safer way to deliver energy and a more comfortable way to smooth out scars and wrinkles."

Dr. Weiss has observed that patient acceptance of the Affirm laser is higher than other light-based devices of similar wavelength. "Patients do not need topical anesthetic," he said. "Treatment is delivered together with air cooling (SmartCool™). There is no prep time and erythema lasts from several hours to one day. We

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have found the Affirm to be the most effective treatment in our office for fine lines around the eyes and fine lines on the upper lip, while also reducing pigmented lesions for comprehensive anti-aging capabilities. We can even successfully treat acne scars too."

According to Dr. Weiss, good results for collagen remodeling can be achieved in as few as three

sessions. "But the typical course is up to five or six sessions, usually at three to four week intervals," he said. "Compared to fractional resurfacing, the Affirm laser is faster and much less painful." A clinical study treated 20 patients three times at monthly intervals. "Most patients achieved upwards of 50% improvement in scars and wrinkles," reported Dr. Weiss, who was the principal investigator. "Patient feedback has been positive, especially among patients with acne scarring."

The dual heating of CAP technology not only heats the entire area, but also provides more intense heating within the area for collagen remodeling. "There are zones where the thermal damage penetrates several hundred microns," Dr. Weiss said. "Simultaneously, there is bulk heating of the skin. I believe the Affirm laser represents a significant advance in non-ablative technology."

The Affirm laser can also be used to treat veins and blush of rosacea, whereas the XPL portion of the system effectively eradicates dyschromia. "Most people



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believe the higher the wavelength, the better the collagen remodeling," said Michael Gold, M.D., a dermatologist in private practice in Nashville, Tenn. "The problem, though, is that other machines have been so painful. We now have a 1440 nm device that is effective without producing pain. Treatment is much faster than many other competing modalities. The Affirm is also more effective than what I have observed for skin tightening with other light-based devices in a similar range of wavelengths."

Dr. Gold pointed out that the Affirm laser has several potential applications. "It can do tightening and collagen remodeling," he stated. "To define all the parameters is the next step. Fortunately, the Affirm had about two years of study behind it. We don't have all the answers, but we have a lot of them." ■