The results described here, for the combined approach with Restylane Skinboosters and Laser, involve 30 patients, aged between 17 and 54 years. Of these, 20 were treated for acne scars and 10 for moderate to severe photoaging. Exclusion criteria for both indications were: serious systemic disease, pregnancy, breastfeeding, weakened patients, and concomitant sun exposure (summer time). The laser treatment for both indications involved the use of the ResurFX™, a fractional non-ablative 1565 nm Erbium-glass laser; 4-5 sessions were performed, at 1-month intervals. Recovery time was 3-4 days. The Skinboosters treatment called for the use of Restylane Vital Light (NASHA gel 12 mg/ml), the formulation of preference on account of its boosting hydrating power. The NASHA gel was injected as micro-droplets (approximately 10µl per injection, at a distance of approximately 1 cm from each other), for a total of approximately 1 ml distributed across the face. In the case of acne scarring, subcision of the fibrous adhesions with a needle preceded the infiltration.

**Patients with acne scarring**, included in the treatment presented with Grade 3B and 4B Goodman classification scars, phototype II and III, resolved acne for at least 6 months, without any acne medication treatment. Specific exclusion criteria for the treatment were: boxcar scars, rolling scars and retinoid treatment in the last 6-9 months.

**Patients treated for skin rejuvenation** were over 35 years of age, with grade I to IV signs of aging.

In the combined approach, for both clinical indications, 2 or 3 sessions of Restylane Vital Light preceded the laser treatment. Subsequently, once the erythema had subsided and the post-laser recovery time had passed, a new session of Skinboosters was performed, based on 2 sessions at 1-month interval (Table 2).

### Table 2. Combined Skinboosters – Non-Ablative Laser Protocol (acne scars and skin rejuvenation)

<table>
<thead>
<tr>
<th>Baseline Visit (Time 0)</th>
<th>Visit 1 (after 15 days)</th>
<th>Visit 2 (after 15 days)</th>
<th>Visit 3-5 (after 15 days)</th>
<th>Visit 6 (20 days after the last Laser session)</th>
<th>Visit 7 (after 15 days)</th>
<th>Visit 8 (after 20 days)</th>
<th>Visit 9 (after 15 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical evaluation/ history/ Informed Consent/ Treatment Plan</td>
<td>Restylane Vital Light</td>
<td>Restylane Vital Light</td>
<td>ResurFX (3 sessions, 1 per month)</td>
<td>Restylane Vital Light</td>
<td>ResurFX</td>
<td>Restylane Vital Light</td>
<td>ResurFX (An additional Skinbooster session is permissible after 20 days)</td>
</tr>
</tbody>
</table>

**Results and conclusions:**

The photographic clinical assessment showed noticeable evidence of acne scar reduction by at least 1 grade, based on the Goodman classification. In the skin rejuvenation group, overall improvement of skin quality, particularly in terms of skin texture, colour, and firmness, was observed. The side effects observed were those commonly associated with single (not combined) procedures. The benefits observed, despite longer treatment periods and significantly greater costs than for mono-therapy, promoted patient loyalty. Indeed, all the patients expressed a higher level of satisfaction and returned to the clinic for the additional procedures. Acne scarring patients expressed a significant improvement in their psychological state following the procedure.
Bibliographic references

8. Landau M. Hyaluronic Acid “Skinboosters” and Use of blunt injection microcannulas”. J Drugs Dermatol 2012; 11 (suppl 3); s41-43

For safety use, indications and contraindications, refer to the operator manuals and instructions for use of Lumenis laser system and accessories and other cosmeceuticals or drugs used.

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