



longpulse

longpulse

# TREATMENT GUIDELINES



ETHEREA-MX<sup>®</sup>  
LONGPULSE<sup>®</sup>

VERSION 1.2 - NOVEMBER 2017



**vydence**  
medical

An Adavium  
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**Content Drafting and Review**

André Tanaka  
Antonio Olivatto  
Giovana Milani

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**FACTORY AND BRAZILIAN R&D: VYDENCE Medical**  
Rua Aldo Germano Klein, 359. CEAT 13573-470 – São Carlos, SP - Brazil  
Phone +55-16 3306 5050.

**VYDENCE® MEDICAL - USA Office**  
3340 Hillview Avenue,  
Palo Alto, CA.

get connected at [www.vydence.com](http://www.vydence.com)



# TREATMENT GUIDELINES



ETHEREA-MX®  
**LONGPULSE®**

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# IMPORTANT WARNINGS

- Practical training offered by the company is critical for understanding the device and the technique. However, this does not supercede any other medical qualification required for its correct use.
- Before handling and/or operating the device, reading the relevant Instruction Manual is required.
- The ETHEREA® device and its respective LONGPULSE® handpiece should only be operated by qualified professionals. User qualifications, as well as installation and support requirements to carry out procedures, vary from country to country, so professionals should refer to the relevant local regulating agencies for information.
- This document is not intended to be a complete and absolute guide for using the equipment and is offered as a response to the referenced indications. It is implied that the operator of the device in question has all training and the necessary qualifications to properly perform the procedures proposed herein.
- The parameters suggested here are not absolute in clinical practice. Operators should understand how the treatment interacts with the target tissue and be guided by their own clinical experience and professional judgment.
- It is advisable to have a pre-treatment questionnaire prepared, with instructions for patients, explaining the anticipated effects pre- and post-treatment, medical history, patient consent, and any other documents that may be considered critical and compliant with local laws and regulations. Purely for illustration and exemplification purposes, VYDENCE® provides templates of these forms along with this manual.
- Always proceed with photographic documentation of all treatment stages. Talk to your patient and explain all risks that the procedure involves, as well as the potential results and their limitations.
- Carefully follow the recommendations provided under PRECAUTIONS, CONTRAINDICATIONS and SIDE EFFECTS.
- ETHEREA® LONGPULSE® is electro-medical equipment that can pose a safety hazard to the operator and/or the patient under certain circumstances, especially in cases of improper installation, use, operation and maintenance.
- Always check the integrity and cleanliness of the nozzle lenses before each procedure. Never use the nozzle if the lens has any visible damage. If cleaning is required, perform the procedure according to the product's Instructions Manual.



# IMPORTANT WARNINGS

- Goggles should be worn by everyone present in the procedure room during operation. Never wear goggles that do not meet the requirements specified by the manufacturer. Also, even when wearing proper goggles, never look directly at the emitted light beam.
- LASER Nd:Yag 1064 must be handled with extreme care regarding accidental eye exposure. This wavelength has a high penetration and focal distance of up to 40 km. There is an extremely high risk of permanent eye damage. EVERYONE IN THE PROCEDURE ROOM IS REQUIRED TO WEAR SUITABLE GOGGLES.
- Considering the risk of accidental eye exposure to the beam, never use the LASER in places with reflective surfaces.



WHENEVER THE LASER IS IN USE, it is extremely important to properly protect the beam's outlet either by using the respective nozzle or the protective cover. This procedure prevents the ingress of solid particles into the LASER cavity, which could lead to permanent damage to the product.

# 1. USAGE INDICATIONS

LONGPULSE® is a procedure indicated for a population of healthy patients. The LONGPULSE® handpiece is indicated for coagulation and hemostasis in vascular and epidermal tissue lesions, including the treatment of telangiectasia, superficial varicosities, angiomas and spider angiomas, hemangiomas, rosacea and nevus. It is also recommended for non-ablative treatment

of facial wrinkles, stretch marks and gradual or permanent removal of unwanted hair, especially in dark skintypes (Fitzpatrick V-VI). In the Dynamics mode, general treatment indications include: thermal peeling (to reduce fine lines, improve skin texture, reduce pores and control rosacea) and the treatment of onychomycosis.

## 2. CONTRAINDICATIONS

General contraindications for the LASER and/or light procedures are:

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pregnancy or breastfeeding ;

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age group, at the discretion of the medical professional, according to the procedure indication;

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systemic and immunodeficiency disorders;

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a history of acute infections and/or active infectious processes;

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a history of heart problems (pacemaker, arrhythmia, etc.);

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a history of intolerance to anesthesia or related conditions;

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a history of coagulopathic bleeding;

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a history of poor scar formation;

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a tendency of keloid formation;

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uncontrolled hormonal disorders;

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localized disease in the treatment area (malignant lesions);

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an area with filling of phagocytosed or non-reabsorbed substances;

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tanned skin;

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ongoing use of vitamins A and K;

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photosensitivity and/or allergic to sunlight;

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epilepsy or derived/related disorders;

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use of ASPIRIN® or anticoagulants within two weeks prior to the procedure;

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use of ibuprofen or alcohol within two weeks prior to the procedure;

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use of photosensitizing medications, such as tretinoin and estrogen;

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diabetes, except if controlled;

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pregnant patients;

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# 3. SIDE EFFECTS AND ADVERSE EFFECTS

## SIDE EFFECTS

Among the side effects and adverse effects reported in literature, pain and ecchymosis are commonly evidenced. Aside from these, others should also be considered, such as:

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swelling, edema or erythema;

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irritation or hypersensitivity;

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hot/burning sensation;

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hyper- or hypopigmentation;

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superficial thrombophlebitis;

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purpura;

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ulcers or burns;

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hypertrophic scars and keloids;

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We also stress the risk of eye damage due to accidental therapeutic light exposure. For this reason, both the patient and the operator must wear goggles during the entire treatment.

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After treatment, most patients will experience a slight sunburn sensation, which typically disappears without treatment within 2-3 hours. In some patients, hyperpigmentation occurs even where there is sun protection, which usually disappears within a certain period of time (transient effect). In rare cases, however, especially when treating absent or reduced pigmentation (hypopigmentation), the coloration change in the area may be permanent.

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Incorrect parameterization and/or improper use of the device and handpieces may lead to burns, ulcerations and scarring, which can be permanent.

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## ADVERSE EFFECTS

As with most LASER procedures, there is an intrinsic risk of mild to severe side effects, especially:

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infections;

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scars or healing difficulties;

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keloid formation;

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tissue ulceration and/or burns;

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tissue necrosis;

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complications related to anesthetic administration;

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## 4. PRECAUTIONS

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NEVER treat vascular lesions through existing pigmented lesions or even tattoos. Hairs covering the lesion area must be removed;

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It is critical to correctly assess the phototype. SKINTYPES IV-V present a higher risk of hyperpigmentation after treatment. The use of external cooling units, as well as parameterizing the procedure at higher pulse widths, can minimize the occurrence of this kind of effect;

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The use of external cooling units before, during and after treatment is highly advisable. An example of these units is the SIBERIAN FIT® device.

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If an external cooling unit is not available, apply a thin layer of cool physiological gel. This also helps in epidermal protection;

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Do not press the vessels with the nozzle spacer. Emptying the vessels compromises the procedure effectiveness due to the LASER at 1064 nm being attracted by the hemoglobin chromophore present in the blood.

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LASER light should be applied at a perpendicular angle in relation to the treatment area (approx. 90°);

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After the first sequence of shots, wait a few minutes. This procedure is important for increasing the procedure's safety index. The result to be observed takes time, especially in darker skin;

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Do not fire double or overlapping shots with LASER Nd:YAG at to 1064 nm LongPulse. There is a high risk of ulceration and burning.

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The LASER Nd:YAG beam at 1064 nm LongPulse has a high penetration rate that may damage adjacent tissue, especially in the mouth area, due to local skin thickness. Using a protective guard between the teeth and the lips is recommended whenever performing treatments on this area. This is not required in the DYNAMICS mode.

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Analyze the treatment area, checking whether there is any obvious damage to the tissue. Assess the skin type and tanning. If unhealed wounds or recent intense tanning are found, postpone the treatment.

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Direct exposure to sunlight should be avoided for at least 4 weeks before the application and throughout the entire treatment. Even with clothing, care and attention should be used before exposure to the sun in order to prevent any resulting complications.

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Always remove any traces of makeup, impurities, cream or perfume in the area to be treated.

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Always talk to the patient before the procedure and explain the type of treatment to be performed in detail. Try to find out the reason for seeking this kind of procedure. Make an effort to understand the expectations and communicate the real result possibilities, side effects and adverse effects, as well as the treatment duration and number of sessions.

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When in doubt about the parameter to be used, treat a small test area for subsequent evaluation. Choose the least exposed area. For SKINTYPES I-III, wait 30-60 minutes to evaluate. For SKINTYPES III-VI, it is advisable to wait at least 24 hours. Always start with the minimum recommended parameters.

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Make sure all items related to the procedure's SAFETY and equipment use are understood and considered, especially those regarding the use of goggles.

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BE EXTREMELY CAREFUL when using the light to treat areas around the eyes. Avoid radiation emitted by the light at any of the available wavelengths. Proper eye protection should be worn by the patient being treated. The light beam should always be directed at the skin as far as possible from the orbital area (use intraocular protection).

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Only use the equipment after reading and fully understanding this APPLICATION PROTOCOL, taking into consideration all warnings indicated previously under IMPORTANT WARNINGS.

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# 5. APPLICATION PROTOCOL



The parameters proposed here are not an absolute guide for clinical practice. The operator should use his/her own clinical experience and professional judgment to perform any treatment proposed herein.

## LONGPULSE MODE

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Meet the most modern and acclaimed technology for non-invasive removal of deep and superficial vascular lesions on the face and lower extremities. LONGPULSE®

offers the perfect synergy between wavelength, energy density and pulse time, ensuring safety and satisfaction with the treatment results.

## VASCULAR LESIONS

Benign vascular lesions are much more common than one might imagine, afflicting adult men and women, usually showing up as birth marks or developing later in life, during the natural aging process. There are a many types of benign vascular lesions and most of them can be easily treated using modern technologies, including different types of LASERS and IPL devices, which provide a safe, effective and non-invasive alternative procedure.

Using LASER technology is always the best choice for treatment of vascular lesions on the lower limbs, where vascularization tends to follow deep and superficial flows, requiring a versatile, safe and effective therapeutic option.

## LOWER LIMBS

### TREATMENT AREAS AND SPECIFICITIES:

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medial or lateral thigh: easy to treat and not very painful;

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ankles: good results, but painful;

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shin: painful area;

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calf: well-tolerated;

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posterior knee area: highly sensitive;

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Make sure the LONGPULSE® handpiece is properly coupled to the ETHEREA® with the platform already in operation.

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Clean the treatment area again using a suitable makeup remover or neutral soap to remove any traces of loose hair or even perfume, deodorant, sunscreen, etc;

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Use a bed with a Trendelenburg position;

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Using external cooling before the treatment session starts, such as ice bags or topical anesthetics that promote local vasoconstriction, is discouraged due to the risk of ineffective results. This procedure should be performed only after applying the LASER to aid constriction of the treated vessel and, as a consequence, the clinical efficacy of the treatment;

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Perform the treatment from distal to proximal vessels. ALWAYS start the treatment with the longer and thicker vessels. Only when feeding vessels are constricted and closed should the treatment of smaller vessels begin. This will prevent treatment relapse. Proceed with the treatment following the irrigation flow from larger vessels toward the smaller ones;

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It is important for vessels not to be pressed before and during the shot. Just place the handpiece against them. This prevents blood (hemoglobin) dispersion, which can lead to total or partial reduction of the light's clinical efficacy;

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Vasoconstriction or immediate disappearance of the treated vessel is the expected response to treatment, most often occurring in reddish vessels. For thicker vessels, the expected reaction is darkening of the vessel due to the clotting effect (edema/erythema throughout the vessel). Marginal vessel walls will have a less defined appearance. The vessel may experience slight spasms resulting from the LASER beam application;

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Treatment success may come with some adverse effects on the epidermis - usually mild edema and erythema. Should these occur, reduce the fluence used. If there is spasm of the vessel, with purpura, increase the pulse time;

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Always start the treatment with higher pulse durations. In addition to ensuring the safety of the procedure, especially by the controlled action on the epidermis, incidence of purpura, thrombosis and hyperpigmentation is minimized;

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Prior analysis by an expert is critical for effective vessel treatment. A DOPPLER examination is critical to exclude reflux. The feasibility of success always needs to be analyzed for the treatment and its respective combination with other known techniques, such as sclerotherapy, endovenous LASER, or even surgery/ micro-surgery;

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Perform a maximum of 2 passes with an interval of 1-2 minutes. Be careful when trying to solve a problem in a single session – the vessel will not disappear instantly. Treatment success depends only on a vessel coloration change.

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Use long intervals between sessions – around 30-40 days, better results usually appear with an average of 3-4 sessions when using LASER as the only therapeutic option. Combining sclerotherapy is possible to further improve results.

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LOWER LIMBS - TREATMENT OF TELANGIECTASIA AND VENULECTASIA ON LOWER LIMBS			
VESSEL DIAMETER	SPOT SIZE	PULSE WIDTH	FLUENCE
0.5 a 1.0 mm	Ø 2 mm	10-20 ms	200-400 J/cm <sup>2</sup>
up to 1.0 mm*	Ø 3 mm	20-30 ms	125-250 J/cm <sup>2</sup>
up to 1.0 mm**	Ø 3 mm	20-30 ms	125 -175 J/cm <sup>2</sup>
1.0 a 2.0 mm	Ø 6 mm	30-40 ms	70-120 J/cm <sup>2</sup>
2.1 a 4.0 mm	Ø 6 mm	30-60 ms	80-140 J/cm <sup>2</sup>

\*for telangiectasia; \*\*for venulectasia;

## FACIAL LESIONS

Always use the 2 mm spot to treat vessels in the nostril area, with simultaneous external cooling. Not cooling or using larger spots, such as 6 mm, may result in a higher risk of burns and undesirable tissue retraction. Remember to always use the spot perpendicular to the treatment area, with the spacer positioned against the tissue – the LASER's focus was especially designed to adapt to this distance;

Smaller spots usually require the use of higher fluence values when compared to larger spots. On the other hand, this does not mean more aggressive treatment, because the power delivered per shot is usually lower

### FACIAL LESIONS - TREATMENT OF FACE TELANGIECTASIA AND VENULECTASIA

VESSEL DIAMETER	SPOT SIZE	PULSE WIDTH	FLUENCE
up to 0.5 mm	Ø 2 mm	10 ms	150-300 J/cm <sup>2</sup>
0.5 to 1.0 mm	Ø 2 mm	10-20 ms	200-400 J/cm <sup>2</sup>
up to 1.0 mm	Ø 3 mm	15-20 ms	100-150 J/cm <sup>2</sup>

## REJUVENATION

Skin rejuvenation has always been a great concern for doctors and patients around the world, especially regarding collagen stimulation. Traditional rejuvenation is a medical-aesthetic procedure intended to minimize tissue irregularities to stimulate skin cell renewal, mainly through technology. Rejuvenation using and integrating LASER light sources treats specific skin conditions, such as wrinkles, scars and expression

lines. The main rejuvenation mechanism of action in these cases consists of creating thermal damage in the tissue, which induces the generation of new, healthy cells and stimulates regeneration of collagen and elastin fibers. Nowadays, with new LASER technologies being constantly developed and integrated, rejuvenation also encompasses fractional resurfacing and fractional photo-rejuvenation procedures.

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Make sure the LONGPULSE® handpiece is properly coupled to the ETHEREA® with the platform already in operation.

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Clean the treatment area again using a suitable makeup remover or neutral soap to remove any traces of loose hair or even perfume, deodorant, sunscreen, etc;

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Clinical literature reports the use of the LASER Nd:YAG at 1064 nm is effective on wrinkles and stretch marks. Apply to the entire area of tissue to be treated. When

applying, in order to improve the light scattering and surfacing effects, the most commonly reported use is at a 45° angle, considering the depth of penetration of the LASER Nd:YAG beam at 1064 nm;

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To ensure the safety of the procedure, use the spacer as a reference for the distance between one shot and the next (approx. ½ the total spot size; ~3 mm);

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REJUVENATION - COLLAGEN STIMULATION		
SPOT SIZE	PULSE WIDTH	FLUENCE
Ø 6 mm	50-60 ms	40-60 J/cm <sup>2</sup>
Ø 9 mm	40-60 ms	20-45 J/cm <sup>2</sup>

## EPILATION

Permanent hair removal using technology was performed for the first time around 20 years ago, becoming available for commercial use in the mid 1990s. Using melanin as the treatment's target chromophore, with specific parameters and wavelengths, LASER epilation became one of the most common medical-aesthetic procedures in clinics and medical centers around the world, remaining ahead of traditional hair removal methods.

Today the efficacy of epilation is broadly accepted in dermatology. Especially with regard to treatment duration, safety for darker skintypes, and quickly results are obtained. There are countless published works and studies attesting to the clinical efficacy of the procedure.

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Make sure the LONGPULSE® handpiece is properly coupled to the ETHEREA® with the platform already in operation.

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Clean the treatment area again using a suitable makeup remover or neutral soap to remove any traces of loose hair or even perfume, deodorant, sunscreen, etc;

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During preparation, it is advisable for the patient to remove hair using a razor. If possible, choose to perform this preparation right before application;

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Using external cooling before the treatment session begins, including ice bags, is always recommended, considering the need to protect the skin and improve the patient's comfort, as well as the therapeutic efficiency of the procedure;

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Increasing the fluence may be a factor that improves the effective response to the treatment. On the other hand, a few specific factors – skintype, tan, density and location of hair – may require limiting the parameterized value due to the risk of adverse effects to the treatment. Always fire the test shot in a less visible area in order to evaluate the results and possible adverse effects;

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The LASER Nd:YAG beam at 1064 nm has a high penetration rate and may damage adjacent tissue especially in the mouth area, due to local skin thickness. Using a protective guard between the teeth and the lips is recommended whenever performing treatments on this area. Caution is also necessary in areas with surface bone, due to the risk of burns and ulcers;

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Proceed with the LASER application to the target area, firing just a few shots. Wait and check the effects on the tissue. For SKINTYPES I-III, wait at least 15 minutes. For SKINTYPES IV-VI, wait 24 hours. Reactions to the treatment that are considered normal and immediate might be: mild skin erythema, burned hair with typical odor and perifollicular edema. On the other hand, the absence of these effects does not imply inefficacy of the set parameters;

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If there is no noticeable change in the appearance of follicles, increase the fluence value at regular increments. Note the correlation of the resulting adverse effects;

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In case of intense edema, apply a soothing lotion and reduce the fluence or increase pulse time. For patients with more pain sensitive skin, topical anesthetic can be used.

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Move the handpiece to the area adjacent to the previously treated one and continue treating the entire area. Overlapping shots may happen as a normal occurrence, as long as the patient's skin is not sensitized by the treatment.

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The number of treatment sessions ranges from 4-8. Areas with lighter and thinner hair, with hormonal changes, or even areas less accessible to treatment (upper lip/ chin) may lead to a relative increase in the number of planned sessions;

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The interval between sessions can range from 30 to 60 days. Always re-examine the patient every 30 days. Preferably, reapply the procedure whenever new hair is visible in the area. As of the second session, the interim period between sessions can be increased to wait for new hair to grow in the treatment area. This growth cycle may vary depending on gender, age, hormonal activity and other factors.

The time for elimination of hair from the treated area is 10 to 15 days after the session;

Once the treatment is finished, clean the treated area to remove the combusted byproducts from the pilous follicles;

Application of ice bags and/or cold compresses is always beneficial to relieve the burning sensation immediately after treatment. After a few minutes, dry the treated area and apply a soothing lotion and sunscreen.

EPILATION - HAIR REMOVAL				
TX AREA	FITZPATRICK	SPOT SIZE	PULSE WIDTH	FLUENCE
FACE	I-III	Ø 9 mm	30 ms	35-50 J/cm <sup>2</sup>
FACE	IV	Ø 9 mm	30-40 ms	35-45 J/cm <sup>2</sup>
FACE	V	Ø 9 mm	40 ms	35-45 J/cm <sup>2</sup>
FACE	VI	Ø 9 mm	40 ms	30-40 J/cm <sup>2</sup>
FACE	I-III	Ø 6 mm	30 ms	40-60 J/cm <sup>2</sup>
FACE	IV	Ø 6 mm	30-40 ms	40-50 J/cm <sup>2</sup>
FACE	V	Ø 6 mm	40 ms	40-50 J/cm <sup>2</sup>
FACE	VI	Ø 6 mm	40 ms	40-50 J/cm <sup>2</sup>
BODY	I-III	Ø 9 mm	30 ms	40-50 J/cm <sup>2</sup>
BODY	IV	Ø 9 mm	30-40 ms	35-45 J/cm <sup>2</sup>
BODY	V	Ø 9 mm	30-40 ms	35-45 J/cm <sup>2</sup>
BODY	VI	Ø 9 mm	30-40 ms	30-40 J/cm <sup>2</sup>
BODY	I-III	Ø 6 mm	30 ms	50-70 J/cm <sup>2</sup>
BODY	IV	Ø 6 mm	30-40 ms	40-60 J/cm <sup>2</sup>
BODY	V	Ø 6 mm	30-40 ms	40-60 J/cm <sup>2</sup>
BODY	VI	Ø 6 mm	30-40 ms	40-60 J/cm <sup>2</sup>

## NEVUS RUBI

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The number of sessions can range from 1 to 4, depending on the size and number of lesions;

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The average interval is 30 days;

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NEVUS RUBI		
SPOT SIZE	PULSE WIDTH	FLUENCE
Ø 2 mm	20 ms	100-150 J/cm <sup>2</sup>
Ø 3 mm	20-30 ms	100-125 J/cm <sup>2</sup>

## DYNAMICS MODE

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Dynamics® technology built into the LongPulse® handpiece and brings a new therapeutic option to ETHEREA-MX®, increasing the range of clinical and aesthetic applications. Dynamics® LongPulse® offers patients a range of unique benefits, ensuring safe and effective results.

Dynamics® mode works with extremely short pulse times (up to 1 ms) in order to produce heat shot accumulation. General treatment indications include: thermal peeling (to reduce fine lines, improve skin texture, reduce pores and control rosacea) and treatment of onychomycosis.

## THERMAL PEELING

Performed by applying the Dynamics® mode to promote skin revitalization, it improves the flushing effect of rosacea

and closes pores. Completely painless, this treatment can be applied at any time of year and to all skintypes.

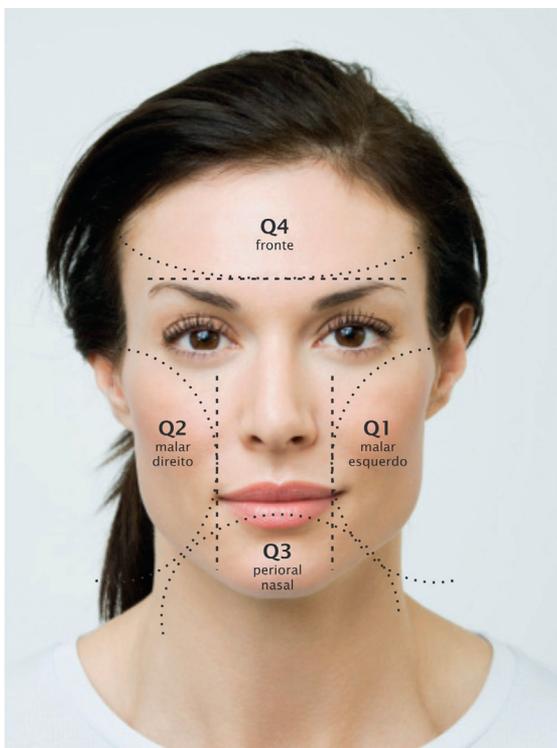
Clean the treatment area again using a suitable makeup remover or neutral soap to remove any traces of loose hair or even perfume, deodorant, sunscreen, etc;

For thermal peeling, which encompasses general rejuvenation indications, the suggestion is to accumulate 1000 to 2000 shots per treatment area, dividing the face as follows: right malar, left malar, front and T zone (nose, upper lip and chin);

Heating should be controlled according to what the patient reports (aided by a thermometer), which is why using topical anesthetic and/or cooling is contraindicated;

If the patient reports excessive heat, before reducing the flow, first diminish the frequency of shots from 10 to 7 Hz and then from 7 to 5 or 3 Hz;

The number of treatment sessions ranges from 1 to 8, depending on the general treatment goal;



#### DYNAMICS MODE - THERMAL PEELING

SPOT SIZE	PULSE WIDTH	FREQUENCY	FLUENCE
Ø 6 mm	650 µs	5-10 Hz	8-10 J/cm <sup>2</sup>

## ONYCHOMYCOSIS

Onychomycosis is a nail infection, especially on the toes, caused by fungi that feed on keratin. Constantly wearing closed shoes, creating moist, dark and warm environments, promotes the growth of these fungi.

Conventional treatments range from topical application, such as creams, lotions, nail polish and even oral drugs (long-term use, averaging from 6 months to 1 year).

The use of LASER Dynamics® LongPulse® comes as a therapeutic option that operates by heating the site in order to minimize and/or treat the pathology.

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Remove residues of nail polish and/or creams (be very careful with darker nail polish!);

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To get the most out of the light, nails should be trimmed before treatment;

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For onychomycosis, the ideal is to accumulate between 600 to 800 shots on the afflicted nails, following the application pattern shown in figure below. Remembering that the goal of treating onychomycosis with LASER is to induce uniform and homogeneous nail heating;

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The most tolerable way for the patient is to perform intermittent cycles of 100-150 shots on the hallux and 25-30 shots on the other

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afflicted nails, repeating this procedure 5 times until the recommended number of shots is reached;

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Heating should be controlled according to what the patient reports (aided by a thermometer), which is why using topical anesthetic and/or cooling is contraindicated;

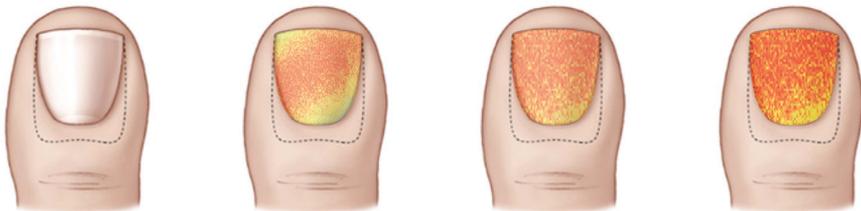
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The number of treatment sessions ranges from 2 to 4;

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The interval between sessions can range from 30-45 days and be combined with topical treatments to boost the results;

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ONYCHOMYCOSIS			
SPOT SIZE	PULSE TIME	FREQUENCY	FLUENCE
Ø 3 mm	300 µs	2-5 Hz	9-13 J/cm <sup>2</sup>

## POST-TREATMENT

Using an SPF 60 sunscreen is recommended throughout the treatment and for at least 30 days before the first session. The patient should always use sunscreen on treated areas before and after the treatment.

Using waxes or shaving creams, tweezers or tanning creams is not recommended during the 2 weeks before and after the treatment.

Using a soothing lotion, applied in circular movements, as well as cool compresses, will help to minimize the burning feeling post-treatment. After the application and the procedure, the treated area should be washed gently for up to 3 days, avoiding intense rubbing.

Using LED, topical and/or oral corticosteroids is always recommended to soothe the skin immediately after each session.

Pre-/post-treatment clinical action is key to the therapy's success, and preventing unwanted and adverse effects.

Patients should also be instructed to immediately contact the doctor if any signs of infection (such as puss, pruritus, draining or fever), significant pain or complications and side effects emerge.

Patients should be advised to immediately seek professional healthcare for urgent care in the event of severe or abnormal side effects after the treatment.

Patients should return for medical follow-up as prescribed. The time to return is usually 24-72 hours after the procedure;

To treat vascular lesions, the use of compression bandages is recommended in the immediate post-treatment period, as well as keeping the legs up for the next 24 hours. Wearing compression hose for 5-7 days after the treatment is recommended when lesions are related to the treatment of thick vessels. For post-treatment with an associated sclerosing agent, use for 3 weeks. Avoid hot baths, walks and aerobic activities for 2 weeks (at least 3 days);

You may use 18 G needles for the drainage of blood clots in the treated areas.

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In the upcoming 2-3 weeks after the treatment, the vessel will return to its anterior appearance. That is not an indication of treatment failure. This is a transient effect that occurs often. The improvement will occur in the 6-8 weeks after the treatment session.

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**FACTORY AND BRAZILIAN R&D: VYDENCE Medical**  
Rua Aldo Germano Klein, 359. CEAT 13573-470 – São Carlos, SP - Brazil  
Phone +55 16 3306 5050.



**VYDENCE® MEDICAL - USA Office**  
3340 Hillview Avenue,  
Palo Alto, CA.

get connected at [www.vyidence.com](http://www.vyidence.com)

