

primelase

EXCELLENCE

ACNE

QUICK GUIDE



by cocoon medical

Alex
755 nm

Diode
810 nm

Blend
1060 nm
940 nm
810 nm

Yag
1060 nm



Treatment of acne

Laser technology is an excellent method for treating active acne thanks to its bacteriostatic effect, and also because it is a non-invasive, effective, non-ablative and safe technique. Appropriate laser parameters must be selected (wavelength, fluence and pulse duration) to minimise undesirable side effects and guarantee the best possible results. However, a prior appointment with a dermatologist is necessary to ascertain whether the patient is a good candidate for this technology and to optimise results.

Acne can be classified according to the predominant type of lesion. For our treatment with the **Primelase Excellence** device, it is important to differentiate acne vulgaris, which does not involve hair, from follicular or inverse acne, which is associated with hair.

The YAG 1060 nm diode laser applicator is an excellent choice for treating acne vulgaris as it is not well absorbed by epidermal melanin which allows deeper penetration into the dermis. The temperature of the skin is increased uniformly which has a bacteriostatic effect on the bacteria that cause pustules, prevents them from reproducing, thereby decreasing the formation of fresh acne. The Alex (755 nm), Diode (810nm), Blend (810+940+1060 nm) and YAG (1060 nm) laser applicators can be used to treat follicular or inverse acne with hair removal parameters. The mode of action is selective photothermolysis, meaning that the laser energy is concentrated in the main chromophore, in this case the melanin of the hair, which has the highest degree of optical wavelength absorption in the dermis.

cocoon medical's Primelase Excellence platform with its 3.600W 755nm Alex, 4.000W 810+940+1060nm Blend, 4.000W 1060nm YAG and 4.800W 810nm Diode applicators is a non-invasive and safe method that has produced good results for the treatment of active acne.

This treatment should always be done under medical supervision.

Parameters treatment of Acne Vulgaris

Yag ^{1060nm} M 10x10 | 1060nm



Skin phototype (Fitzpatrick I-VI)	Lesion	Fluence (J/cm ²)	Pulse duration (ms)	Frequency (Hz)	Treatment
I - II - III - IV	Acne Vulgaris	30 - 40	30	1	1 pulse With contact, without gel
V - VI	Acne Vulgaris	10 - 25	30	1	1 pulse With contact, without gel

Parameters treatment follicular or inverse Acne

Alex^{755nm} **L** 20x9 | 755nm



Skin phototype (Fitzpatrick I-IV)	Lesion	Fluence (J/cm ²)	Pulse duration (ms)	Frequency (Hz)	Treatment
I	Follicular or inverse acne	16 - 30	AUTO*	1	1 pulse With contact, with gel
II	Follicular or inverse acne	14 - 25	AUTO*	1	1 pulse With contact, with gel
III	Follicular or inverse acne	7 - 14	AUTO*	1	1 pulse With contact, with gel
IV	Follicular or inverse acne	6 - 10	AUTO*	1	1 pulse With contact, with gel

Diode^{810nm} **L** 20x9 | 810nm



Skin phototype (Fitzpatrick I-V)	Lesion	Fluence (J/cm ²)	Pulse duration (ms)	Frequency (Hz)	Treatment
I	Follicular or inverse acne	19-40	AUTO*	1	1 pulse With contact, with gel
II	Follicular or inverse acne	17-31	AUTO*	1	1 pulse With contact, with gel
III	Follicular or inverse acne	10-24	AUTO*	1	1 pulse With contact, with gel
IV	Follicular or inverse acne	7-12	AUTO*	1	1 pulse With contact, with gel
V	Follicular or inverse acne	4-7	AUTO*	1	1 pulse With contact, with gel

Blend ^{1060nm} ^{940nm} ^{810nm} **L** 20x9



Skin phototype (Fitzpatrick I-VI)	Lesion	Fluence (J/cm ²)	Pulse duration (ms)	Frequency (Hz)	Treatment
I - II	Follicular or inverse acne	25 - 40	AUTO*	1	1 pulse With contact, with gel
III - IV	Follicular or inverse acne	20 - 30	AUTO*	1	1 pulse With contact, with gel
V - VI	Follicular or inverse acne	5 - 15	AUTO*	1	1 pulse With contact, with gel

Yag ^{1060nm} **M** 10x10 | 1060nm



Skin phototype (Fitzpatrick I-VI)	Lesion	Fluence (J/cm ²)	Pulse duration (ms)	Frequency (Hz)	Treatment
I - II- III - IV	Follicular or inverse acne	30 - 40	AUTO*	1	1 pulse With contact, with gel
V - VI	Follicular or inverse acne	5 - 17	AUTO*	1	1 pulse With contact, with gel

*AUTO: Minimum pulse duration based on the selected fluence.

Initial evaluation

- Skin phototype according to the Fitzpatrick scale
- The type and characteristics of the acne
- Previous treatments
- Hypertrophic or keloid scarring
- Toxic and pharmacological history (medications that cause photosensitivity)
- History of infectious or dermatological conditions
- Recent sun exposure

Usage guidelines: Step by step

1. Cleanse, degrease and sanitise the treatment area.
2. If hair is present, shave the treatment area.
3. Mark the lesions with a dermatographic pencil if the treatment area is on the neck and décolletage. If the treatment area is on the face, marking the pustules is not necessary as the treatment will be applied to the entire area.
4. The patient, the medical professional and the personnel in the room should wear safety goggles throughout the treatment.
5. Select the parameters on the treatment screen; begin with the lowest recommended energy levels and evaluate the response of the patient.
6. In the case of follicular or inverse acne, epilation gel will be applied in order to perform the treatment.
7. Rest the head of the diode laser applicator on the skin, keep it there for 5 seconds to cool the skin and then discharge a shot. Move the applicator and repeat the same process on the next area until the entire treatment area has been covered. Never discharge consecutive shots on the same area. The medical professional should take the time they need to cool the treatment area, as this will improve the comfort of the patient.
8. Once the treatment has been completed, clean the applicator head with moist medical wipes.
9. Apply cold in the treatment area to reduce the patient's sensation of localised heat.

Immediately post-treatment

Erythema, oedema and localised pain may occur at the end of the treatment, they are typically self-limiting after a few minutes or hours.

Post-treatment recommendations

- In the event of pain or the presence of localised inflammation, a 1% Hydrocortisone cream can be used after the treatment and again 8 hours after the first application (only for phototypes IV-VI).
- Applying a cold pack for a few minutes is recommended to avoid the paradoxical effect.
 - Wash the treatment area with neutral soap twice a day and apply an antibiotic ointment, e.g. Plasimine (mupirocin), or an antiseptic ointment, e.g. Diprogenta or Cicalfate (copper and zinc salts), for the first 15 days.
 - To complement the effects of the laser, a keratolytic cream can be applied twice a day for the first 3 days.
 - Avoid sun exposure for the first week following the treatment. An SPF 50 sun cream is essential to decrease the risk of hyperpigmentation.
 - Apply an 11.5% eflornithine cream 3 days after the treatment to prevent paradoxical hair growth.
- 5 to 6 sessions are often required to achieve satisfactory results. However, this can vary for many reasons, such as the patient's skin type, the depth of the acne, and the area in which the treatment will be performed. The optimal interval between sessions is 7 days and maintenance sessions are recommended at 3, 6 and 12 months.



primelase

EXCELLENCE

A multitreatment diode laser platform developed with the exclusive technology of **cocoon medical**. With a maximum power of 4.800 W and different wavelengths (755 nm, 810 nm, 940 nm and 1060 nm) it enables to perform up to five different treatments.

Alex	Diode	Blend	Yag
755 nm	810 nm	1060 nm 940 nm 810 nm	1060 nm

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Material associated with the device primelase.

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