

Split-Face/Neck Comparison of a Single Treatment of Radiofrequency versus a Single Treatment of Long-Pulse Nd:YAG for Skin Laxity of the Face and Neck

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Background and Objective

Radiofrequency energy (Thermage) and Long-Pulse Nd:YAG laser have both been promoted for skin tightening of lax facial and neck skin. No comparison between these two treatment modalities has been published. This study compares the clinical efficacy and safety of a single split-face/neck treatment.

Study Design Materials— Materials and Methods

Nine patients were treated with Radiofrequency energy on one side of the face and neck with three passes using recommended treatment parameters. The contra lateral side was treated with Long-pulse Nd:YAG (Candela) using a triple pass using a 10 mm spot size, 50 J/cm², 50 msec pulse duration, 40/20 msec Dynamic Cooling Device[™] (DCD[™]) and three intersecting passes. Digital photographs were taken before and over a six month follow up period. Blinded observers judge the photographs for equal, mild, moderate or much better improvement.

Results

Equal to, or mild to moderately better results were seen in all patients with Long-pulse Nd:YAG vs Radiofrequency in treatment of skin laxity of the face and neck. Long-pulse Nd:YAG treatment also have fewer adverse effects and were judged to be less painful by the patients.

Conclusions

Long-pulse Nd:YAG laser treatment appears to be equal to or more effective, safer, and less painful than radiofrequency treatment of the contra lateral side.



Long-pulse Nd:YAG — three passes, 50 ms/50 J/cm², 10 mm spot, 40/20 DCD — six months post.