

Quick Reference Guide

Stretch Mark & Scar Revision Protocol

Layering multiple laser, light and radio frequency technologies can achieve dramatic improvements to the color, texture, tone and laxity of striae (stretch marks) and other scars. Follow the order of the protocol outlined below for optimal results. Steps 1-3 are designed to be performed all in one treatment session.

Step 1: Rejuvenation

Harmony AFT 515, 540 or 570

- Follow Harmony parameters based on vascularity and skin type

Step 2: Skin Tightening

(utilize your preferred technology below)

Accent (Phase I)

- UniPolar, UniLarge or UniForm Module
- 140 – 160 Watts
- 12 – 15 kJ's
- Grid size 30 x 30 cm

Accent (Phase II)

- BiPolar Module
- 50 – 60 Watts
- 6 – 7 kJ's
- Grid size 30 x 30 cm

Soprano NIR

- Follow NIR treatment protocol

Harmony ST

- Follow ST treatment protocol

Step 3: Texture

(utilize your preferred technology below)

Harmony Pixel Er:YAG

- Original Pixel- 1400mJ's
- High Powered Pixel- 1400-2500mJ's
- 2-3 stacked pulses
- 2-3 passes

Pixel CO₂

- Follow Pixel CO₂ treatment protocol utilizing the Acne preset

Step 4: Hypopigmentation

Harmony UV

- Once patient is completely healed from the above series of treatments, you can add UV treatments to enhance results.
- Follow UV treatment protocol

Pre & Post Treatment

Pre-Treatment Preparations

- Before the treatment, clean and dehydrate the treated area with alcohol.
- Use topical anesthesia as needed.

Post-Treatment Care

- Cool area with Zimmer or ice packs.
- Apply Toleriane (La Roche-Posay) or other soothing and protective cream immediately after treatment and every 3 hours for 24 hours.
- Apply BioMedic (La Roche-Posay) Pure Vitamin C or other hydrating cream once daily.
- Cover with an occlusive dressing (tegederm) so clothing does not rub and irritate.

Treatment Considerations

- After treatment the skin becomes red or appears sunburned for 24-48 hours
- Mild to moderate discomfort for 12-48 hours.
- Pixel texture and flaking for 5+ days post treatment.
- May experience itching.
- Down time is decreased with subsequent treatments.
- Full recovery 5-10 days.
- Repeat treatment protocol for a series of 4-6 treatments every 2 weeks.