

AFFIRM AND FRAXEL LASER SKIN RESURFACING: A SIDE BY SIDE STUDY

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Before Fraxel TX

After Fraxel TX
Patient 1 Fraxel Side



Before Affirm TX

After Affirm TX
Patient 1 Affirm Side



Before Affirm TX

After Affirm TX
Patient 2 Affirm Side



Before Fraxel TX

After Fraxel TX
Patient 2 Fraxel Side

About the Procedure

Background/Objective:

Treatments with the Affirm laser (Cynosure, MA) and Fraxel laser (Reliant Technologies, CA) create microzones of injury in the skin that are surrounded by normal skin. Both lasers result in excellent skin rejuvenation as seen in half face studies in patients who have Affirm on one side and Fraxel on the opposite.

Study Design/Materials Methods

Since July 28, 2006, 59 treatments have been carried out with the Affirm laser on 35 patients. Of those treated, 15 patients underwent half and half face treatments with Affirm and Fraxel. No topical anesthesia or blue dye is used with the Affirm laser. Patients had 1 to 4 treatments that were one to four weeks apart.

Like Fraxel treatments, Affirm treatments require 10 to 15 minutes. Unlike the Fraxel, the Affirm requires no pretreatment anesthetic or tracking dye. The Affirm's cooling device is attached to the handpiece so the author performs the procedure without an assistant. Only 2 passes are required (sometimes 3 at a lower setting for acne scars) per treatment session compared to a minimum of 8 passes for the Fraxel.

Results

Erythema and edema lasted one to two days. The Affirm/Fraxel patients had less edema on the Affirm side with redness on the face usually disappearing in 24 hours. Both lasers resulted in improved skin color and texture with a decrease in the unwanted melanocytic pigmentation and a decrease in rhytids.

Conclusion

The Affirm and Fraxel lasers improve skin color and texture, and decrease fine wrinkles and melanocytic pigmentation with minimal discomfort or downtime for the patient. Additionally, patients on the Affirm treatment side experienced:

- Less pain, discomfort
- Less or no prep time (no topical needed)
- Less or no downtime
- Faster treatments
- Results noticeable in less treatment sessions

Benefits

Patients in the author's practice prefer the Affirm over the Fraxel because the treatment is faster and fits perfectly with patients' active lifestyles. Results are seen faster with the Affirm.

For the treatment of photodamage, the Affirm appears to provide results comparable to those of the Fraxel with reduced adverse effects. Patient sessions are shorter and results appear more rapidly with the Affirm. The Affirm has become the device of choice for photodamage and acne scarring.

Patient 1

Fraxel: 15mj and 125 mtz/cm², 8 passes AND 7mj and 250 mtz/cm² for 4 passes

Affirm: 3.6 J/cm² - 4 J/cm², 2 passes

Patient 2

Fraxel: 15mj and 125 mtz/cm², 8 passes AND 7mj and 250 mtz/cm² for 4 passes

Affirm: 3.6 J/cm² - 4 J/cm², 2 passes