Contents

1. Introduction to Lasers: Light–Tissue Interaction and Laser Safety **1**

Joshua D Shofner

- Introduction to Lasers 1

2. Laser and Light Treatment for Cutaneous Vascular Lesions **5**

Iris Rubin

- Port-Wine Stains 6
- Infantile Hemangioma 8
- Telangiectasias 9
- Cherry Angiomas 10
- Spider Angiomas 10
- Venous Lakes 10
- Venous Malformations 10
- Spider Veins 11
- Angiokeratomas 11

3. Pigmented Lesions: General Considerations and Epidermal Lesions **13**

Nazanin Saedi

- Pigmented Lesions: General Considerations 13

4. Tattoos, Melasma and Dermal Pigment **17**

Kelly Stankiewicz

- Tattoo Removal 17
- Dermal Pigment 24
- Nevus of Ota and Other Dermal Melanocytoses 25

5. Laser Hair Removal **28**

Omar A Ibrahimi, Suzanne L Kilmer, Mathew M Avram

- The Hair Follicle 28
- Mechanism of Laser Hair Removal 29
- Key Factors in Optimizing Treatment 34

6. Laser and Light Therapy for Acne Vulgaris **43**

H Ray Jalian, Fernanda H Sakamoto

- Lasers 44
- Noncoherent Light Sources 46
- Lipid Selective Light: Towards a True Sebaceous Gland Selective Laser 49

7. Introduction to Laser Skin Resurfacing 52

Tina S Alster, Jennifer L MacGregor

- Introduction to Laser Resurfacing 52
- Resurfacing Lasers: Evolution and Mechanism of Action 52
- Clinical Indications 54
- Patient Selection and Preparation 57
- Laser Safety and Operative Technique 58
- Postoperative Management 59
- Complications 59

8. Nonablative Fractional Resurfacing 65

Elizabeth R Geddes, Parisa Ravanfar, Paul M Friedman

- Patient Selection and Preprocedure Instructions 67
- Clinical Indications and Outcomes 68
- Rhytides 68
- Photoaging: Dyschromia, Lentigines, Skin Texture Resurfacing and Tightening 69
- Melasma 70
- Other Pigmentary and Vascular Disorders 71
- Scars: Acne Scarring, Hypopigmented, Hypertrophic, Burn, Surgical 71
- Striae Distensae/Rubra/Alba 73
- Benign Skin Neoplasms and Deposition Disorders 73
- Precancerous Lesions 74
- Granuloma Annulare 75
- Residual Hemangiomas 75
- Postprocedure Care and Complications 75
- What Lies Ahead: The Future of Fractional Photothermolysis 76

9. Ablative Fractional Resurfacing 80

Sara Risner-Rumohr, Parisa Ravanfar, Paul M Friedman

- Introduction to Ablative Laser Resurfacing 80
- Introduction to Fractional Laser Resurfacing 80
- Introduction to Ablative Fractional Laser Resurfacing 81
- Rhytides 85
- Photorejuvenation 86
- Scars 87
- Keratoses and Other Epidermal Lesions 89
- Other Indications 90
- Contraindications 90
- Novel Applications and Possibilities 91

10. Photodynamic Therapy 96

Jennifer Peterson, Ane Massaki, Mitchel P Goldman

- History 96
- Mechanism of Photodynamic Therapy 96
- Clinical Applications in General Dermatology 98
- Clinical Applications in Cosmetic Dermatology 127
- Practical Considerations in Photodynamic Therapy 134

11. Intense Pulsed Light **144**

Arisa E Ortiz, E Victor Ross

- Various Device Models and Device Modifications 146
- Pigmented Lesions 146
- Vascular Lesions 147
- Photorejuvenation 151
- Hair Removal 152
- Photodynamic Therapy 154
- Acne 155
- Other 155
- Complications 155
- What's New? 157

12. Noninvasive Skin Tightening and Body Contouring **161**

Andrew A Nelson, Mathew M Avram

- Determining Your Patient's Current Status and Treatment Goals 161
- Physical Treatment of Fat and Cellulite 162

13. Laser Treatment in Asians **170**

Henry Hin Lee Chan

- Laser for the Treatment of Congenital Pigmentary Conditions 170
- Laser and Light Sources for the Treatment of Acquired Pigmentary Conditions 174
- Laser and Intense Pulsed Light Treatment for Freckles and Lentigo 174
- Melasma 176
- Acquired Bilateral Nevus of Ota-Like Macules (ABNOM or Hori's Macules) 178
- Laser Treatment of Vascular Lesions in Asians 179
- Ablative, Nonablative and Fractional Skin Resurfacing 181

14. Lasers and Energy-Based Devices for the Consumer: The Future of Esthetic Energy-Based Devices **186**

Eric F Bernstein, Tobin C Island

- Overview of Office-Based Esthetic Lasers and Energy-Based Devices 187
- Devices Developed for Home Use 190
- Other Applications 201
- The Future 202

Index *207*