

Apogee Elite Combines Wavelengths for Optimal Outcomes

By **Bob Kronemyer**, Associate Editor

Two separate wavelengths in one system is the hallmark of the Apogee Elite from Cynosure, Inc. for treating hair, pigmented lesions, veins, acne and the face. "I believe these two wavelengths (755 and 1064 nm) are the optimal wavelengths for hair removal, depending on the skin type of the patient," said William Kwan, M.D., a dermatologist in private practice in San Francisco. "For lighter skinned individuals, the alexandrite (755 nm) wavelength is best. Darker skinned individuals (Fitzpatrick skin types IV, V and VI) can be ideally treated with the Nd:YAG (1064 nm) component."

After a series of treatments, "patients can expect about 70% to 80% permanent hair reduction," said Dr. Kwan, a clinical instructor of dermatology at the University of California, San Francisco. "Most patients tolerate the 12 mm spot size very well."

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Dr. Kwan has also had success using the Apogee Elite to treat vascular and pigmented lesions, and has begun a study of facial rejuvenation. He uses both wavelengths for a LaserFacial. "I usually recommend monthly treatments, three to five times. At each session, I first perform two passes with the Nd:YAG, followed by a single pass of the alexandrite laser. The alexandrite treats the pigment. After treatments, patients can expect a 50% to 75% improvement in their pigmentation and a 50% to 75% improvement in telangiectasias."

Peter Klainer, M.D., a plastic surgeon in private practice in Sterling, Virginia, noted that the

Apogee Elite "is the ideal system for hair removal. In fact, it is the only system I would recommend to any physician starting out in a hair removal practice." Dr. Klainer also considers SmartCool "the Rolls Royce of air cooling methods. It is the only cooling system I use, regardless of the laser.

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It not only enhances patient comfort, but is easier for the practitioner to use. Air cooling also has no disposable costs and no risk of causing an allergic skin reaction or dermatitis."

Patients with tanned skin who desire hair removal are treated with the Nd:YAG component of the Apogee Elite the same way as skin types IV, V and VI, "depending on how deeply tanned they are," Dr. Klainer said. "I don't change my protocol." There are three to ten sessions (depending on body area). "For the face, I start at monthly intervals, and for the body, I start at six to eight week intervals. Patients can expect up to 70% reduction."

Dr. Klainer also uses the Nd:YAG component for treating leg veins. Most patients require one to five sessions, spaced every eight weeks. "Generally, the larger the vessel, the more sessions needed. Unlike other wavelengths recommended for leg veins, where I see improvement in only about 50% of patients, I find that close to 80% of my patients achieve good improvement or complete resolution." The LaserFacial also improves or resolves rosacea, and acne scarring which can improve from 60% to 80% after five to ten treatments. ■