

Combined Non-Ablative Fractional Technologies Offer Dynamic Approach to Facial Revitalization

By Cindy J. Papp, Contributing Editor



Before and after treatment with Secret DUO

Photos courtesy of Mira Kaga, MD

Radiofrequency microneedling (RFMN) is one of the most popular and innovative approaches to treating skin quality, tone, stretch marks and textural irregularities. In addition, clinically proven erbium laser treatments provide effective skin revitalization and resurfacing and can treat a multitude of skin conditions such as fine lines, aging skin, scars and pigment.^{1,2} Secret™ DUO by Cutera (Brisbane, Calif.) combines these two technologies (Secret RF microneedling and Er:Glass 1540 nm laser) into one revolutionary platform to tar-

get the common signs of aging on all skin types with fast treatment and little to no downtime.

“We see a wide range of patients and treat all skin types for a variety of skin concerns,” reported dermatologist Ashish Bhatia, MD (Naperville, Ill.). “When adding devices to our practice, it is important that we have solutions that can be used across our patient base, and Secret DUO offers exactly that.”

According to Dr. Bhatia, combining RFMN and 1540 nm laser treatments work together to remodel skin and build new collagen from the inside out. “The laser affects the tissues from the surface of the skin down to a certain depth in the dermis, while the RFMN treatment allows additional thermal energy to be deposited at various depths, precisely chosen by the operator,” he explained. “These can be adjusted by 0.1 mm increments, which allows us to treat exactly where the concern is.”

Mira Kaga, MD, founder of The Kaga Institute (Marlboro, N.J.), added that the fractional laser approach allows for faster healing and minimizes downtime compared to ablative lasers. “When assessing our patients’ concerns and goals, we see a subset of patients that want to build collagen and improve tone and texture without the traditional downtime of a fractional CO₂ laser,” she reported. “Both RFMN and laser treatments stimulate collagen production and Secret DUO allows me to do both treatments with a single platform to amplify this effect, leading to improved skin texture, elasticity and firmness.”

Arash Moradzadeh, MD, a facial plastic surgeon in Beverly Hills, Calif. shared his two favorite protocols using Secret DUO. “For our patients with more significant issues like acne scars, pigmentary concerns and concerns about their pore size, we perform Secret RFMN at multiple depths first, then follow it up with the 1540 nm laser,” he began.^{2,3}

“The second part is our glass skin protocol,” he continued. “We first perform a diamond glow procedure using the diamond abrasion and infusion to clear the dead skin cells and to infuse growth factors into the skin. We follow this with the I-MOTION Secret DUO 1540 nm laser to work on the surface of the skin for pigmentation, enhanced glow and closure of pores. At the end we repeat the infusion process with our diamond glow. Although patients see a significant difference after their first session, I like to do this more as a series of three, once every three weeks.”

Patients seeking a minimally invasive treatment to help boost a youthful appearance can take advantage of the Secret Glow treatment featuring the 1540 nm laser. Both laser and RFMN technologies can be used individually or together for customized outcomes.

“We often combine the Secret DUO with fillers, neuromodulators and other non-ablative laser treatments,” Dr. Bhatia added. “Secret DUO has also become a part of our AviClear® acne treatment journey. Once we have cleared a patient’s active acne, we can effectively treat the acne scars and textural irregularities with little to no downtime.”

References:

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