

Skin Tightening After Substantial Weight Loss, Using a Novel 650-microsecond Pulsed Nd:YAG 1064nm Laser

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Background and Objective

A female patient presented with skin laxity in various anatomical sites, after losing 86 lbs over a 12-month period through diet and exercise. The patient initially received skin tightening treatments in the facial areas and arms with a 650µsec pulsed Nd:YAG 1064nm laser (LightPod Neo, Aerolase, Tarrytown, NY); she was highly satisfied and then inquired about receiving the same treatment for skin tightening in the buttocks area.

Materials and Methods

Nd:YAG 1064nm lasers are proven to be one of the most effective laser modalities for generating new collagen in the papillary dermis, resulting in a skin tightening effect. This patient had all makeup and lotions removed immediately prior to treatment. No anesthetics, cooling, gel or lotions were used regardless of skin type, as the laser does not require any numbing or skin cooling at all. The treatment was performed ten times, each session consisting of four passes across the treatment site with a pulse duration of 650 microseconds and fluence of 28 j/cm². The laser pulses were applied an area at the bottom of each cheek of the buttocks measuring about 3 inches long by 6 inches wide.

Results

The laser treatment was well tolerated without any anesthesia or any form of skin cooling; the patient reported no treatment discomfort and no complications were observed. Mild erythema either didn't appear at all, or resolved within a few hours after treatment. The effect of the laser treatments produced positive outcomes in terms of a noticeable reduction in the laxity of treated skin; the patient rated her satisfaction as Very High.



Before



After 10 Treatments