

# Summary

<b>Foreword</b> ( <i>K. Fritz</i> ) .....	V
<b>Introduction</b> ( <i>S. Dahan, B. Pusel</i> ) .....	VII
<b>Chapter 1 Skin aging, pathophysiology and clinical signs</b>	
( <i>S. Dahan</i> ) .....	1
Introduction .....	1
Intrinsic factors in skin aging .....	2
Extrinsic factors in skin aging .....	3
Aging of the subcutaneous structures.....	6
Dermatoporosis.....	7
Conclusion .....	10
<b>Chapter 2 Basics of laser treatment</b> ( <i>P. Bonan, N. Bruscino, A. Bassi, R. Conti, M. Troiano</i> ) .....	
Laser in dermatology: a century of laser .....	13
What exactly is a laser? .....	14
Laser-tissue interactions .....	15
Laser devices for the dermatologist.....	16
How can a laser be used?.....	20
<b>Chapter 3 Photorejuvenation of the face through laser treatment of vascular or pigmented lesions and LED</b>	
( <i>A. Le Pillouer-Prost, H. Cartier</i> ) .....	25
From vascular to pigmentary applications .....	25
Rejuvenation and pulsed dye laser .....	26
Rejuvenation and long-pulsed 1,064 nm Nd:YAG laser .....	28
Rejuvenation and 532 nm KTP laser.....	28
Rejuvenation with 578 nm yellow laser and 511 nm copper vapour laser.....	29
Rejuvenation with long-pulsed alexandrite laser .....	29

Rejuvenation and treatment of pigmented lesions using Q-switched laser: the gold standard.....	29
LED .....	32
Conclusion .....	32
<b>Chapter 4 Facial skin aging and Intense Pulsed Light (IPL)</b>	
( <i>C. Rimbault</i> ) .....	35
What is intense pulsed light and how does it differ from lasers? .....	35
Intense pulsed light for facial skin photorejuvenation.....	38
Conclusion .....	43
<b>Chapter 5 Skin resurfacing and conventional ablative lasers</b>	
( <i>T. Fusade</i> ) .....	45
Physical principles of resurfacing .....	45
Correcting dermatoheliosis through cutaneous resurfacing .....	46
Patient selection and information.....	46
Performing resurfacing .....	48
Post-operative follow-up.....	51
Results .....	53
Side effects.....	54
Conclusion .....	56
<b>Chapter 6 Facial aging and non-ablative fractional photothermolysis (<i>H. Laubach, B. Pusel</i>).....</b>	57
Introduction .....	57
Technical aspects .....	58
Choice of treatment parameters.....	59
Indications .....	60
Patient selection .....	60
What occurs during a session? .....	61
Clinical results .....	61
Side effects and complications.....	64
Conclusion .....	65
<b>Chapter 7 Ablative fractional laser therapy (<i>T.T. Farsani, A. Ortiz, M. Avram</i>) .....</b>	67
Introduction .....	67
Technical aspects .....	68

Indications .....	70
Patient selection .....	70
Preoperative management.....	71
Clinical studies.....	71
Combination treatments.....	73
Practical tips.....	73
Postoperative care .....	74
Reducing adverse effects: expected side effects and potential complications .....	74
Summary.....	76
<b>Chapter 8 Fractional radiofrequency (K. Fritz, G. Sorin Tiplica) .....</b>	<b>79</b>
Radiofrequencies .....	79
Fractional RF .....	81
Effects of fractional RF – which effects are proven?.....	85
Combinations with fractional RF .....	85
Conclusion .....	91
<b>Chapter 9 Microfocused ultrasound (J.-M. Mazer) .....</b>	<b>95</b>
Characteristics of microfocused ultrasound .....	95
A useful quality of ultrasound regarding phototype .....	97
Recovery from treatment .....	97
Disadvantages .....	98
Indications and efficacy .....	98
Conclusion .....	99
<b>Chapter 10 Facial rejuvenation: other techniques (J.-L. Vigneron) .....</b>	<b>101</b>
Chemical peels.....	101
Mechanical stimulation.....	108
Chemical adipocyte lysis .....	110
Thread lift .....	116
<b>Chapter 11 Laser treatment consultation (B. Pusel) .....</b>	<b>121</b>
Introduction .....	121
Prior consultation.....	122
Treatment.....	124
Post-treatment consultation.....	125
Conclusion .....	126

<b>Chapter 12 Lasers and related technologies, combined treatments in medical and cosmetic surgery (B. Ascher) .....</b>	127
Introduction .....	127
Lasers and related technologies associated to injections .....	127
Lasers and injections associated with eyelid surgery .....	129
Lasers and injections associated with facelifts .....	130
Conclusion .....	133
<b>Chapter 13 Interactions between lasers, related technologies and injectable products (B. Pusel) .....</b>	137
Introduction .....	137
Hypothesis of the interaction of combined techniques .....	138
Interaction with botulinum toxin .....	138
Interaction with dermal fillers .....	139
Conclusion .....	140
<b>Chapter 14 Cutaneous aging and cosmetology (A. Pons-Guiraud).....</b>	143
Cutaneous aging .....	143
The cosmetology of aging .....	144
Active anti-aging agents .....	144
In addition to a topical skincare routine .....	147
Which areas will be studied and developed in the cosmetology of tomorrow? .....	149
Conclusion .....	149
<b>Chapter 15 The objective evaluation of the effects of laser treatment in skin aging (M. Naouri) .....</b>	151
The instruments in the dermatology clinic “toolbox” .....	151
Histology to evaluate laser treatments .....	152
Biometrology to assess laser treatments .....	153
Skin imaging .....	155
Conclusion .....	156
<b>Chapter 16 Particularities of facial rejuvenation with laser and related technologies in Asian skin (N.-K. Rho) .....</b>	159
Introduction .....	159
Biology and histology of the Asian skin .....	159
Skin barrier function in Asian patients .....	160

Pain threshold .....	162
Aging of the Asian skin.....	162
Changes of melanocytes and pigmentation in photoaged Asian skin prone to heliodermy .....	164
Whitening cosmetics problems in Asia .....	164
Fitzpatrick skin types .....	165
Post-inflammatory hyperpigmentation .....	166
South-East Asian skin .....	168
Conclusion .....	168
<b>Chapter 17 Particularities of the management of dark skin</b>	
( <i>A. Badawi</i> ) .....	171
Introduction .....	171
Defining skin of color .....	171
Laser indications in dark skin patients .....	174
Conclusion .....	175
<b>Chapter 18 Lasers and North African skin (<i>L. Benzekri</i>) .....</b> 177	
Introduction .....	177
Managing patients with varied phototypes.....	178
Conclusion .....	181
<b>Conclusion (<i>S. Dahan, B. Pusel</i>) .....</b> 183	
<b>Annexes</b>	
Iconography .....	185