

PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

Rosacea Laser Treatment Options

Rosacea is a common skin condition affecting millions of people. It is more commonly found in fair skin types who blush easily or individuals with adult acne and/or broken capillaries.

In addition to standard medical treatments for Rosacea at Pima Dermatology, we are fortunate to have many of the very best Laser treatments available.

What Advanced Laser Options Exist?

If you primarily have **discrete fine vessels** a Laser can be used which literally traces out the individual vessels. This involves typically 1-3 Laser treatments, at approximately 1 month intervals, with a green light Laser called the **Versapulse Laser**. This treatment is done with a contact cooling device to reduce discomfort. The treatment is well-tolerated by virtually all patients and may be associated with some stinging during the treatment and a few days of swelling thereafter. Occasionally, mild temporary bruising will occur.

If you have **diffuse, blush-like facial redness**, or if you flush and blush easily, we typically will use the **VBeam Perfecta Pulsed Dye Laser**, a state-of-the-art Laser for facial redness. This same Laser is used for red birthmarks and red neck treatments. We have used these pulsed dye lasers for over 20 years and have the most experience in Southern Arizona with these devices. Typically, excellent results are obtained with 2-4 treatment sessions at 1 month intervals. During treatment, there is a sensation like a rubber band snap with each pulse; each pulse is coupled with a jet of cool spray which makes the treatment very tolerable. Sometimes a bit of bruising occurs after treatment which goes away after a few days to a week. There is rarely a slight crust or scab that occurs but this is quite rare and usually resolves without a problem.

If you have both fine **discrete vessels and a diffuse blush**, we will often choose to use a combination of the **Versapulse Laser** followed by the **VBeam Laser** during the same session.

Pima Dermatology also has the **StarLux Intense Pulsed Light** source, which is a more gentle approach to improve **facial redness of all types**. This technique involves a coupling gel, which is applied to the face and a series of intense warm pulses of light to the skin, which are absorbed by the red vessel target and will improve redness over a series of 4-6 treatments. This device may require more treatments to achieve the end result but are less costly per treatment and usually have less associated temporary redness and swelling following each treatment.

A newer treatment modality, Photodynamic Therapy, is for the **adult acne** type of Rosacea and involves the application of a sensitizing product called Levulen® followed by a Laser or a light source. The Levulen® product is applied to the skin and is preferentially absorbed by the oil glands for about one hour in-office. Our Pulsed Dye Laser is then used to activate the product, which has the effect of shrinking enlarged and overactive oil glands. Following treatment, most patients experience several days of redness and swelling and **must** avoid all outdoor sunlight or sources of light and wear a broad spectrum sunscreen to avoid an over exuberant response. This treatment is usually repeated at intervals for the best results.

To schedule a consultation, please call us at **520.795.7729**.

For more information, please visit our website at **www.pimaderm.com**.