TWELVE-MINUTE EYES

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OVERVIEW

There is recent evidence that monopolar radiofrequency treatments can significantly increase collagen remodeling when reaching sustained temperatures between 39°C-42°C. Multi-pass treatments at lower temperatures have also been shown to be more effective at contracting collagen fibers than single pass treatments at higher temperatures. The question remains: how long is necessary to maintain the temperature in order to get effective results?

Balancing the appropriate time of lower thermal heating is paramount for visible results. In order to better quantitate the methodology by eliminating the ambiguity associated with “multi-pass,” we developed a time-specific nomogram for the treatment of periorbital rhytids.

METHODS

Patients presenting with mild to severe periorbital rhytids were evaluated for a series of three treatments at 3-4 week time intervals. The 10 mm GlideSafe® Handpiece was used in all patients at a setting between 10-12.

Sections 1 and 2 were performed together for 4 minutes of combined treatment. Sections 3 and 4 were also performed together, as well as sections 5 and 6, with the same time parameters.

In sections 2 and 3, the brow was pulled upwards and the handpiece tip was placed on the supraorbital bone in order to treat the upper lid without use of corneal shields. Digital traction was also used upward 2 cm to 2.5 cm from the brow bone.

RESULTS

11 patients with Fitzpatrick skin types II-III, ranging in age from 37 years to 68 years, were evaluated using this technique. All 11 patients demonstrated improvement in periorbital rhytids.

No adverse events were found and patients reported no discomfort during the procedure. Patients were satisfied with their overall results.
CONCLUSION

In this case series, multi-pass radiofrequency treatment with timed parameters safely and effectively improved periorbital rhytids in the majority of patients.