

# New Portrait Express

## Plasma Treatment Without Downtime

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Less is more with Portrait® Plasma Skin Regeneration (PSR) from Rhytec, Inc. (Waltham, Mass.), according to Eric Bernstein, M.D., clinical associate professor of dermatology at the University of Pennsylvania. “By nature, I am conservative,” Dr. Bernstein said. “Therefore, with any new treatment, I consider lower energy. I am more interested in the biology of how a device works rather than the physics. So I believe it is better to do multiple treatments at a lower energy with almost any technology. You’re able to tweak the body’s healing powers without causing a lot of damage. I also think you achieve better results in the long run, as well as fewer side effects.”

Dr. Bernstein conducted a 12 patient study for photodamage (fine lines and wrinkles, large pores) utilizing a 0.5 J treatment called Portrait Express™. Three treatment sessions were spaced three weeks apart. “My patients were extremely pleased with the results and I could immediately see the affects,” Dr. Bernstein reported. “With the standard minimum Portrait energy of 1.0 J, you get a small degree of flaking. For my patients, this constitutes downtime. But by setting the energy at 0.5 J for Portrait Express, there is no peeling. Patients are merely pink for a few hours to a couple of days.”

Dr. Bernstein has now embarked on a larger multicenter study using the same low energy setting for six sessions spaced three weeks apart. “I suspect results will be even better than the concluded study with the additional sessions,” he said.

“Portrait delivers a totally unique form of energy for treating the skin,” said Dr. Bernstein, director of Laser Surgery and Cosmetic Dermatology Centers, Inc., with locations in Marlton, N.J. and Bryn Mawr, Penn. “Instead of using a laser that targets water specifically, the Portrait uses nitrogen plasma to transfer bursts of heat to the skin. At higher energy settings, the Portrait is

different than CO<sub>2</sub> in that you achieve unique wound healing beneath an intact epidermis. A new, healthier epidermis is formed and then the old epidermis naturally peels away. Hence, you are not left with an oozing wound.”

Dr. Bernstein noted there is little patient discomfort associated with Portrait. “We started out using ELA-Max cream, but quickly realized this was not necessary.” However, during the Portrait Express treatment, a lotion is applied only to hydrate the skin. After treatment, “people feel heat or warmth to the skin. This tells me significant healing and remodeling are taking place,” he said. “Eye safety is not a concern either because Portrait is not a light-based technology.”



Before Tx



Ninety days after three treatments

Dr. Bernstein feels the Portrait system is “a perfect treatment to combine with a topical agent. I am currently investigating using Portrait Express with some topical treatments. The right topical treatment will take advantage of the slightly increased permeability of the skin barrier immediately after treatment. You could have a situation where  $2 + 2 = 10$ . The effect of the topical should be much more pronounced.”