

REDNESS

Combined laser-topical therapy improves erythema associated with rosacea

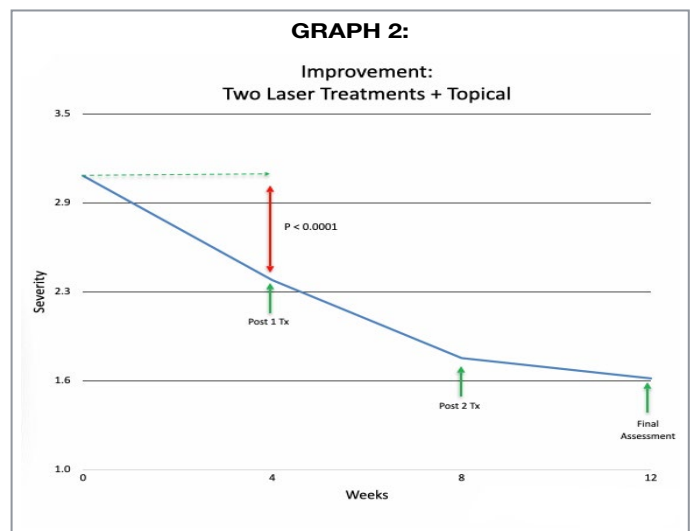
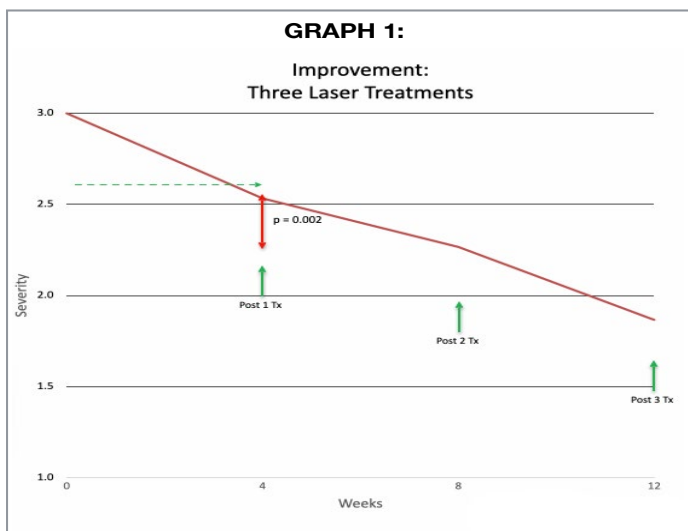
Brian Beisman, MD, Nashville, TN

Method:

- 12 week study
- 30 subjects randomized into 2 equal groups (Group 1 - 2 Laser Treatments + Topical and Group 2 - 3 Laser Treatments)

Study Summary:

- Adding topical solutions enhanced results vs. laser alone
- Results were superior at 4, 8 and 12 weeks
- The addition of topical solutions enhanced results by as much, if not more than, one additional laser treatment
- The Skin Care Management System and RosaLieve Redness Reducing Complex should be added to laser treatment protocols for superior end results





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Combined laser-topical therapy improves erythema associated with rosacea

RosaLieve®

Brian Biesman, MD, Nashville, TN

INTRODUCTION

DENVER – Among patients with facial erythema associated with erythrotelangiectatic rosacea, combining a long-pulsed 532 nm laser with daily application of a topical skin care regimen achieved equivalent to superior results in fewer treatments, compared with long-pulsed laser treatment alone.

The findings come from a pilot trial that Brian S. Biesman, MD, presented at the annual conference of the American Society for Laser Medicine and Surgery. “Vascular laser therapy is the standard of care for reduction of facial erythema associated with erythrotelangiectatic rosacea,” said Dr. Biesman, an oculofacial plastic surgeon who practices in Nashville, Tenn. “The question was, if we combine topicals plus laser, can we get an enhanced outcome relative to laser treatment alone?”

STUDY DESIGN

To find out, he and his colleagues conducted a blinded, controlled prospective study of 30 subjects with mild to moderate erythrotelangiectatic rosacea who were evenly split into two groups. Those in group 1 received three treatments with the Excel V 532 nm long-pulsed laser by Cutera. Those in group 2 received two laser treatments with the Excel V long-pulsed 532 nm long-pulsed laser plus concurrent daily use of the topical Jan Marini Skin Care Management System, which included a glycolic acid cleanser, vitamin C serum, active containing glycolic, salicylic and azelaic acids,

peptide, and growth factor moisturizer and a broad-spectrum sunscreen. It also contained RosaLieve, a proprietary redness-reducing complex.

RESULTS

(See Chart 1 & 2, Graphs 1, 2 & 3)

The researchers performed laser treatments at 4-week intervals and evaluated subjects at baseline, 4, 8, and 12 weeks by physician and subject self-assessment using 5-point (0-4) standardized scales: the Clinician Erythema Assessment (CEA) and patient self-assessment as well as a dermatology Quality of Life Assessment. In both treatment groups, reduction in facial erythema as assessed by CEA and patient self-assessment showed statistically significant improvement at all measured intervals. Specifically, average CEA scores improved from 3.00 to 1.87 among patients in group 1, and from 3.07 to 1.64 among those in group 2.

DISCUSSION

“These were both statistically significant from baseline,” Dr. Biesman said. “What does it really say? The laser plus topical was superior to the laser-only treatment at all measured intervals. I didn’t expect to see that. There was continued improvement noted from week 8 to week 12. That was more of a trend; it was not statistically significant. There were no complications or adverse reactions in either group. The

CHART 1:

Both groups observed statistically significant improvement at all time intervals

Statistically Significant Reduction in both Groups			
	4	8	12
Laser + Product (p=)	1.15E-05	1.34E-06	5.64E-08
Laser Only (p=)	1.77E-03	1.45E-04	3.91E-06

Paper presentation at the American Society for Lasers in Medicine and Surgery 2019

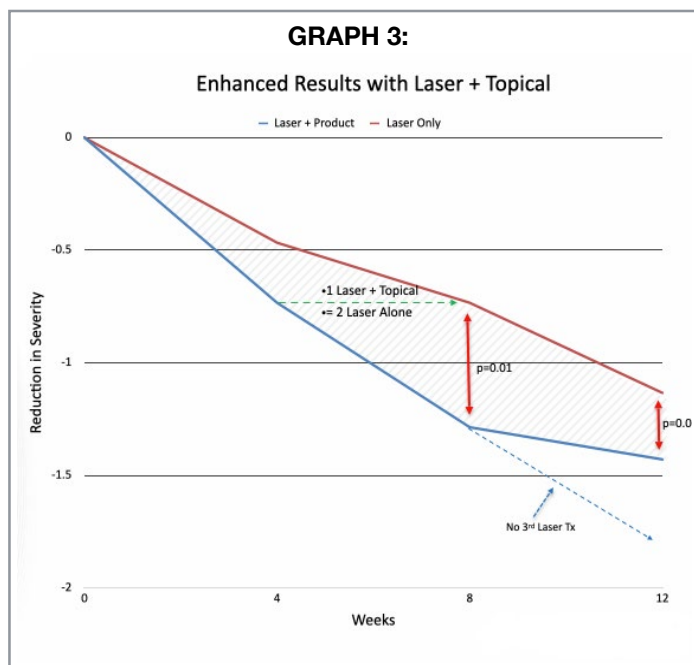
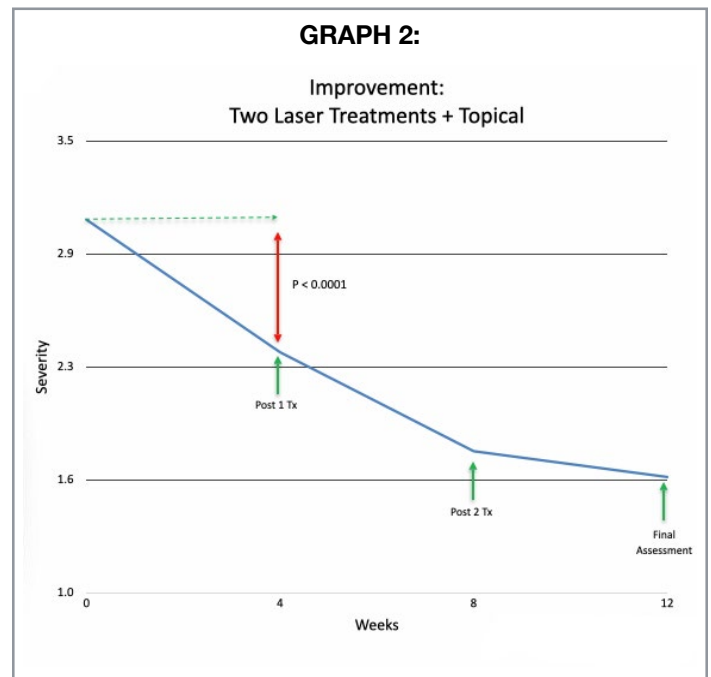
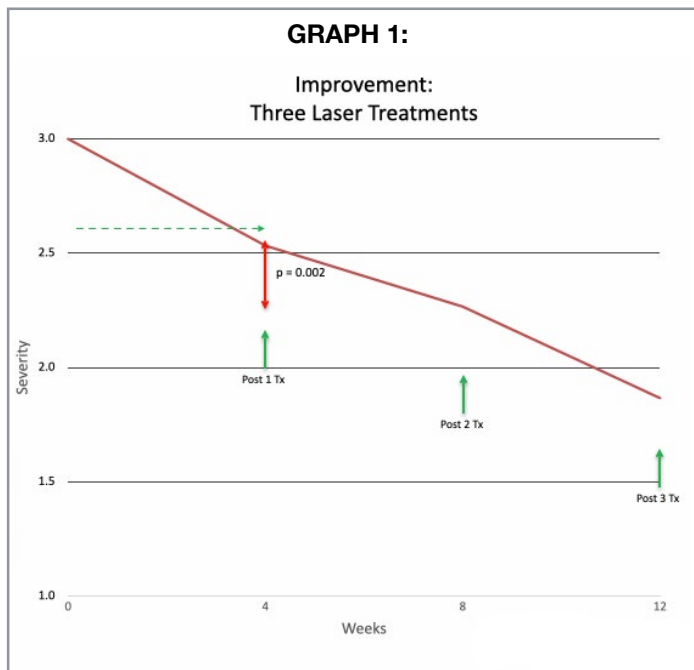
This study was published in Dermatology News

<https://www.mdedge.com/dermatology/article/198848/rosacea/combined-laser-topical-therapy-improves-erythema-associated#>

CHART 2::

Laser + Topical delivered superior results at all time intervals with statistically superior improvement by 8 weeks

Average Improvement & Differential Significance						
	Physician Assessed Erythema			Subject Assessed Erythema		
	4	8	12	4	8	12
Laser + Product	-0.73	-1.29	-1.43	-0.73	-1.29	-1.43
Laser Only	-0.47	-0.73	-1.13	-0.53	-0.73	-1.13
Significance (p=)	0.07	0.01	0.09	0.17	0.01	0.13



study data indicate that best results may be achieved with a combination of laser and home care.”

He acknowledged certain limitations of the study, including its small sample size and relatively short course of follow-up. “We didn’t have standardization of topical therapy in the laser-only group,” Dr. Biesman said. “Those patients were told to use their usual topical regimen. They were not allowed to use retinoids. We also didn’t have a control arm.”

He disclosed that he has received grant funding from Jan Marini Skin Research and Cutera.

SUMMARY

Both groups delivered safe and effective results. The addition of topical solutions enhanced results by as much, if not more than, one additional laser treatment. Based on this study data: The Skin Care Management System and RosaLieve Redness Reducing Complex should be added to laser treatment protocols for superior end results

PHOTOGRAPHIC EVALUATIONS



BEFORE



AFTER | 12 WEEKS



BEFORE



AFTER | 12 WEEKS

PHOTOGRAPHIC EVALUATIONS



BEFORE



AFTER | 12 WEEKS



BEFORE



AFTER | 12 WEEKS