

CureLight - Clear100XL

By Mui Pham, Trends Editor

HIGH INTENSITY PLASMA LIGHT

The Clear100XL™ system uniquely offers dual photo emission, high intensity plasma narrow band blue light in the 405nm-420nm range, and near infrared light in the 850-900nm range. Like its predecessor, the ClearLight™, this system effectively treats mild to moderate inflammatory acne through its Selective Photo Clearing (SPC™) technology. In addition to treating acne, a recent multi-center study headed by Gary Lask, M.D.,¹ Director of Dermatologic Surgery at the UCLA Medical School, demonstrated that the Clear100XL can be used to:

- accelerate post-surgery wound healing for rhytidectomy and breast augmentation
- reduce post-laser resurfacing erythema
- provide photo-rejuvenation and anti-aging effects when used in combination with glycolic acid peels and topical vitamin C

MECHANISM OF ACTION

Narrow band blue light (405nm-420nm)

The selective absorption of blue light in the 405nm-420nm range by endogenous porphyrins in the p.acnes bacteria is well documented as an effective therapy in the treatment of mild to moderate acne vulgaris. Blue light has also been shown to suppress pro-inflammatory cytokines, which reduces skin inflammation. Blue light

irradiation following application of a photosensitizer such as ALA (aminolevulinic acid) is also an effective photodynamic therapy for actinic keratosis.

Near Infrared Light (850-900nm)

Near infrared light penetrates more deeply than the blue light, enhances blood flow, and increases lymphatic drainage. This results in oxygenation of the wound tissue and accelerates the wound healing process.

What sets this system apart from other light-based devices in the aesthetic space is the fact that it uses a high intensity plasma technology to deliver more than five times the energy

density of continuous wave fluorescent devices and LED devices. Despite the high energy output, the Clear100XL treatment is very gentle. Compared to other methods of phototherapy, the Clear100XL is non-ablative, non-thermal, and UV-free. It is non-Laser, non-IPL, non-fluorescent, non-LED. Patients have zero downtime. The UV-free aspect of the treatment means that patients with sun damage or who are prone to hyperpigmentation can safely undergo the treatment without exacerbating their pre-existing condition.

WHAT EARLY ADOPTERS SAY

Marta I. Rendon, M.D., thoroughly evaluated the unit before purchasing it more than a year ago. "The system is elegant, portable, and easy to use, and the patients love it because it is almost like getting a facial," she says. A private practice Dermatologist in Boca Raton, FL, Dr. Rendon reports excellent results with the system. "It treats acne, tightens pores, and patients see results quicker." Dr. Rendon also uses the Clear100XL in combination with Levulan™ to treat actinic keratosis, to speed up post-laser resurfacing wound healing, and to speed up surgical wound healing after rhytidectomy (facelift). "This is a very nice addition to the practice, and allows me to offer adjunctive therapies."

Carol L. Clinton, M.D., uses the Clear100XL to treat patients with



Wrinkle Photos before (left) and after (right)



Acne Photos before (left) and after (right)

mild to moderate acne, and says she has had "outstanding results for middle-aged women with hormonal based acne." Her typical protocol includes applying a superficial chemical peel at the beginning of treatment followed by 20-minute exposure to the Clear100XL. Treatment packages are twice a week for four to eight weeks. She claims excellent results treating Grade III and IV acne patients. Dr. Clinton also uses the system for skin rejuvenation for patients with mild redness and fine lines around the eyes. "We charge \$100 per individual treatment or \$75 per treatment if they purchase a package of treatments. The patients love it, and I got a complete return on investment within one to two months."

¹Lask, G., et. al. The utilization of nonthermal blue (405-425nm) and near infrared (850-890nm) light in aesthetic dermatology and surgery - a multicenter study. *J Cosmet Laser Ther.* 2005 Dec; 7(3-4):163-70.



Carol L. Clinton, M.D.

Dr. Clinton is the founder of Timeless Skin Solutions. Practicing medicine since 1990, Dr. Clinton graduated cum laude from The Ohio State University College of Medicine. She is a member of the American Society of Lasers in Medicine and Surgery and the Medical Spa Society.

Marta I. Rendon, M.D.

Dr. Rendon is a board-certified Dermatologist and world-renowned researcher. She is currently in private practice at The Dermatology and Aesthetic Center in Boca Raton, Florida, and Clinical Associate Professor, University of Miami, School of Medicine, Department of Dermatology. Dr. Rendon has served as an advisor to and speaker for 3M Pharmaceutical, Allergan, Galderma, GlaxoSmithKline, Janssen, Johnson & Johnson, L'Oreal, Merck, Novartis, Ortho Dermatological, Pfizer, Salu, Schering, Sirrus Pharmaceutical, Unilever, and Vichy. She has authored multiple books and book chapters, and has published extensively in peer-reviewed journals. She is a founding member of the American Society of Cosmetic Dermatology and Aesthetic Surgery and the Skin of Color Society.

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