A RETROSPECTIVE STUDY OF PATIENT SATISFACTION FOLLOWING A TRIAL OF NANOFRACTIONAL RF TREATMENT
Martin Ray MD and Michael Gold MD | Journal of Drugs in Dermatology, Volume 14, Issue 11, Pages 611-614

MATERIALS AND METHODS:

- n = 43
  - Varying degrees of rhytides, hyperpigmentation, skin laxity, and texture irregularity
  - Received 1-3 Venus Viva™ treatments
- Patient satisfaction assessed 3 months after last treatment
  - 5-point Likert-type scale (1 – “Very Poor” to 5 – “Excellent”)
  - Assessed 5 separate domains: degree of comfort during treatment, recovery time, treatment results, convenience and efficiency of treatment, and whether they would recommend to a friend.

RESULTS:

- Results show positive patient satisfaction. **60% reported “Excellent” satisfaction across all 5 domains.**
- None reported severe side effects from the treatment, i.e. burns, skin irritation or scarring.

STUDY CONCLUSIONS:

- The study provided support for the treatment of various age-related skin conditions with fractional RF.
- Patients reported satisfaction with both the comfort level of the treatment as well as the recovery time following treatment procedures.

GENERAL CONCLUSIONS ON VENUS VIVA™:

- Venus Viva™ is believed to offer increased efficacy, due to operator ability to control both power and pulse duration, which results in improved control of tissue ablation or coagulation ratio.
- The reduced footprint is believed to be associated with decreases in reported treatment side effects.
- SmartScan™ and NanoFractional RF™ technology provide homogeneous RF treatment with increased density control, which leads to greater frequency of painless RF exposure.
SELF-REPORTED PATIENT SATISFACTION
SCALE OF 1 = VERY POOR TO 5 = EXCELLENT

- 60% of participants reported “Excellent” across all 5 domains.
- Only 1 participant reported “Very Poor” for comfort level during treatment. No other “Poor” or “Very Poor” rating across all the domains.
AN EFFICACY AND SAFETY OF NANOFRACTIONAL RF FOR THE TREATMENT OF STRIAE ALBA

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MATERIALS AND METHODS:

- n = 33
  - Patients’ with striae alba on their thighs, abdomen, or buttocks
  - Treated with 3 Venus Viva™ treatments at 4-week intervals
- Clinical outcomes were assessed by:
  - Comparing pre- and post-treatment measurement of total lesional surface area, and length and width of lesions.
  - Histopathological evaluation (skin epidermal thickness, collagen and elastin counts) was also performed on 6 subjects.
  - Subjects’ satisfaction for the change in lesional texture, size and overall improvement was evaluated using a 5-point rating scale ('1 = “Very Dissatisfied” to 5 = “Very Satisfied”).
  - Two independent dermatologists completed a before-and-after satisfaction rating.

RESULTS:

- 4 weeks after last treatment, total surface area, length and width of striae alba significantly decreased from the baseline (p < 0.001).
- Histopathology: Average mean number of collagen and elastin bundles was significantly increased (p = 0.005 and 0.012 respectively).
- Patient satisfaction scores of “Satisfied” and “Very Satisfied” for changes on texture, size, and overall improvement were 96.67%, 93.94% and 96.97% respectively.
- The physicians’ satisfaction showed concordant results that about 69.7% of all subjects had >50% improvement.
- The mean pain score was 2.33 (0 is not pain and 10 is intolerable pain).
- Post-inflammationary hyperpigmentation (PIH) was observed in 6 patients (18.1%) which improved with topical 4% hydroquinone.

CONCLUSIONS:

- The incidence of PIH in this study was lower than the incidence of PIH reported in studies with fractional CO₂ lasers (81.2%) and fractional Erbium glass lasers (36.4%).
- Dermal collagen and elastin production was significantly induced.
- The NanoFractional RF™ is highly effective and safe for the treatment of striae alba. Therefore, it could be recommended as a new treatment of striae alba.

*Patients of Fitzpatrick Skin Types III-IV residing in Thailand.
High patient scores of 4 (Satisfied) and 5 (Very Satisfied) with improvement in:

- Texture: 96.97%
- Size: 93.94%
- Overall: 96.97%

Independent assessor: 69.7% of patients had >50% improvement.

PIH observed was low (18.1%) compared to 81.8% for fractional CO2 laser and 36.4% for fractional Erbium glass laser.

Statistically significant (p<0.001) reduction of total surface area and striae width and length from baseline to each follow-up visit.
Increase in number and thickening of collagen bundles and increase in number of elastin content at 4 weeks after the last treatment