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The Portrait PSR³ From Rhytec

The Portrait PSR³ from Rhytec, Inc. (Waltham, Mass., United States) is a plasma skin resurfacing system. "You form a plasma on the skin by delivering energy to the skin," explained Tina Alster, M.D., director of the Washington Institute of Dermatologic Laser Surgery in Washington, D.C., U.S. "A plasma cloud forms to resurface the skin. There is also a controlled injury to the skin, just like laser energy. Plasma is simply another way to heat the tissue. Plasma also helps to enhance wound healing. You actually improve wrinkles, dyschromia, keratoses and even warts – anything that comprises a superficial skin lesion. Treatment mirrors a single pass with an ablative laser. A topical anesthetic is the maximum required. Everyone also experiences redness and swelling, and a variable amount of crusting. The downtime ranges from two days to one week."

Typically, patients schedule one to three sessions with the Portrait PSR³, normally at monthly intervals. "In my opinion, you need about a month to see the final changes from the previous session," Dr. Alster said. "Although the initial healing can occur in a few days or as long as a week, there are still changes happening in the skin, such as inflammation. Therefore, scheduling a subsequent session less than one month really doesn't make sense."

The most clinical experience with the Portrait PSR³ has been on the face. "However, I just completed a study of 15 patients who had one treatment session on the neck, chest and hands," Dr. Alster noted. "We saw a marked improvement in wrinkles and the evening out of texture irregularities and coloration." To enhance study safety, Dr. Alster and her colleagues used energies that were slightly lower than commonly used on the face. "Still, we saw the same type of changes that we see on the face," she said. "I've been able to incorporate this technology in my office, even with the large number of lasers that I have. You can see more results per treatment with the Portrait PSR³ and a lower side effect profile compared to other modalities."

The Portrait PSR³ system "represents the most recent technology for resurfacing and rejuvenating skin in my opinion," said Adam Rubinstein, M.D., a plastic surgeon in private practice in Miami, Fla. "This system uses plasma energy, which is the most advanced state of

energy for these types of procedures. The plasma – Portrait utilizes excited nitrogen gas – is the fourth state of matter and offers significant advantages over laser light treatments. For instance, the plasma energy works as a blind heat as it is not attracted to a chromophore or affected by skin color. In simple terms, Portrait PSR³ is a controlled thermal treatment. The plasma is directed in a series of pulses to cover the area to be treated and imparts the heat energy onto the surface and into the skin architecture. This heating effect is not dependent upon color."

Another key advantage of the Portrait PSR³ system is a much shorter recovery period than treatment with lasers. "With laser treatment, you are crusty and scabby for two to three weeks, followed by redness for a few months," Dr. Rubinstein noted. "In contrast, with Portrait high-energy treatment, your treated skin stays in place. There is slight redness after the procedure. At day four or five, you have a fairly abrupt bronzing and peeling. However, by day seven, nearly all patients are fully healed. There is very little residual erythema."

A typical treatment session for wrinkle reduction and sun damage with the Portrait PSR³ system lasts between 10 and 25 minutes, depending on whether therapy is confined to perioral or periocular or full face. "There are two options for treatment," Dr. Rubinstein said. "A high-energy treatment is a single session. But for patients who desire an even shorter recovery time of about three days, a series of low-energy treatments are required. Three or four sessions, three to four weeks apart, are generally needed to achieve similar results of a single high-energy treatment."

For either option, "early results are very encouraging. The treatments I've performed are probably equivalent to the average laser resurfacing," Dr. Rubinstein conveyed. "But I'm most excited about the long-term results. One of the beauties of plasma treatment is that it is not limited to the surface of the skin. Results from patho-histologic studies indicate that plasma treatment actually reorganizes and regenerates the skin architecture. The structure of the dermis improves. This happens through the course of time, as demonstrated by biopsy studies. Even up to one year there continues to be histologic improvement." ■