

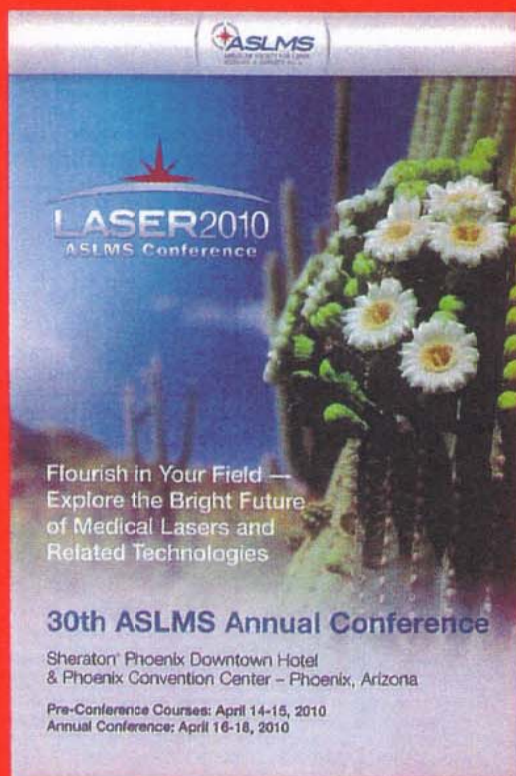
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NOVEL USE OF ANESTHETIC TECHNIQUES FOR PAIN CONTROL DURING FRACTIONAL CO₂ RESURFACING OF THE SKIN

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Background: Prior to our pioneering of the novel technique described in this abstract, in order to complete a fractional resurfacing procedure, significant amounts of 1% Lidocaine with epinephrine, Vicodin or IM Demerol were needed to obtain moderate pain relief during the procedure. In some cases, the procedure itself had to be halted due to severity of the pain. We present a novel technique that uses a combination of anesthetic modalities that have enabled us to provide a significant improvement in the control of pain in patients undergoing Fractional CO₂ resurfacing thus avoiding the use of general anesthesia and narcotic medications.

Study: 20 patients undergoing fractional CO₂ laser (Fraxel re:pair) resurfacing of the face, neck and chest between March 2009 and October 2009 were studied. Following sterile preparation, a layer of 20% Lidocaine/7% Betacaine anesthetic ointment was applied to the facial, neck and chest skin. Tumescant anesthesia was infused into the areas being treated. Fractional CO₂ (fraxel re: pair) laser resurfacing was performed once the skin was sufficiently anesthetized. During the fractional CO₂ (fraxel re: pair) laser resurfacing, the additional modalities of a hand held vibrator and the application of cool air via a Zimmer® Cooler were used to augment the pain reduction.

Results: Using a 10 Point Numerical Rating Scale (NRS) where no pain is rated at 0, mild pain is rated between 1-3, all of our patients reported that their pain was between 0 to 2 during the procedure with this new technique.

Conclusion: We present a novel combination of multiple anesthetic modalities that significantly decreases the pain during the use of the delivery of Fractional CO₂ laser for resurfacing of the skin. We have also been able to forego the use of narcotic pain medications or general anesthesia thus making the procedures significantly less painful and much safer for patients.

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