

MiXto SX CO₂ Provides Impressive Efficacy with Less Downtime

By Bob Kronemyer, Associate Editor



Before Tx

After Tx

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Compared to other fractional CO₂ lasers on the market for skin resurfacing and rejuvenation, the MiXto SX CO₂ laser from Lasering USA (San Ramon, Calif.) provides less ablation. The MiXto SX CO₂ laser's computer-generated algorithm delivers microspots over 20% of the skin's surface. According to William Ting, M.D., a dermatologist in private practice in San Ramon, Calif., "The MiXto delivers a precise column of energy, penetrating 20% of the skin barrier at a time. This leaves 80% of the skin's surface unaffected, which facilitates healing and reduces downtime. Other fractional resurfacing technologies reach 40% ablation which does not provide any increased efficacy."

"Typical downtime is six days," Dr. Ting noted. Therefore, a patient who has treatment on a Tuesday evening can return to work the following Monday with minimal makeup. As for patient discomfort, "physicians in Italy – where the technology was developed – are performing the procedure without any anesthesia whatsoever, but here in America, I apply numbing cream with occlusion for one hour."



William Ting, M.D.
Dermatologist
San Ramon, CA

In Dr. Ting's practice there are three groups of patients who benefit most from treatment with the MiXto SX CO₂ laser: younger people with acne scarring, older people with a history of sun damage (or even previous skin cancer) and middle-aged patients seeking rejuvenation. For the latter group, nearly all patients require one treatment session only, lasting about 35 minutes. "The effect can last from two to five years with consistent application of sunscreen," Dr. Ting noted. "However, patients with acne scarring benefit from additional treatments."

"The combination of safety and efficacy found with this laser is most impressive,"

observed Ashish Bhatia, M.D., F.A.A.D., an assistant professor of clinical dermatology at Northwestern University in Chicago, Ill. "The laser is extremely safe. We are not seeing side effects like scarring, hypopigmentation or prolonged erythema as with traditional CO₂ lasers, yet we are achieving similar results." In addition, the 300 micron spot size and the scanning pattern of the MiXto SX CO₂ laser allows "for an intense treatment with only topical anesthetic."



Ashish Bhatia, M.D., F.A.A.D.
Assistant Professor of
Clinical Dermatology at
Northwestern University
Chicago, IL

Up until now, choices to treat acne scars "have been very limited," said Dr. Bhatia. "Near-infrared lasers were FDA approved for acne scarring, but the pain was so great and the results were so minimal." In contrast, results for acne scarring with the MiXto SX CO₂ laser "are dramatic. Visible improvement occurs almost immediately, but optimal results are usually seen in four to six months, when collagen regeneration takes place. Results are permanent, too." Patients are often satisfied with just one or two sessions, spaced three to four months apart.

Dr. Bhatia, who is also a dermatologist in private practice in Naperville, Ill., said his most stellar feedback was from a young female patient with melasma and acne scarring. "She really felt that the treatment changed her life," Dr. Bhatia said. "She had been to numerous dermatologists and had been on compounded hydroquinones and many other treatments. She had kids and needed to be outside, but practiced sun protection and good sun avoidance. Treatment with the MiXto laser did wonders for her. We now do several cases a week and patients are extremely happy."