



LA&HA Doctor's Notes

Fotona4GLOW™

1. Introduction to Fotona4GLOW™ Treatment

Fotona4GLOW™ is a minimally invasive laser treatment that restores a fresh, rejuvenated appearance to the skin. It helps reduce pigmentations, resulting in a more even and radiant complexion. The procedure is designed to stimulate the skin's natural regenerative processes.

Fotona's StarWalker® PICO Pro and Dynamis® Max laser systems are synergistically applied in four distinct, complementary modes:

- **TONING: Improves pigmentations**
Targets and reduces unwanted skin pigmentations within the dermis to even out skin tone. Safe and effective for both lighter and darker skin types.
- **FRAC3®: Stimulates neocollagenesis and refines imperfections**
Penetrates deep into the skin to address redness, pigmentations, enlarged pores and hair follicles in a 3D fractionated manner. It also stimulates natural collagen production, helping to tighten the skin and restore a smoother, more even complexion.
- **PIANO: Deep tightening and rejuvenation**
Using a gentle brushing technique, the laser's Fotona PIANO® mode heats the dermis to create an overall tightening effect. The result is firmer and tighter skin.
- **FracTAT®: Improves skin quality and texture**
Delivers deep laser ablation in a fractional technique to promote the body's natural healing response for enhanced skin quality and texture improvement, while simultaneously targeting superficial pigmentations. The result is increased skin glow with minimal downtime.

The unique advantage of Fotona4GLOW™ lies in its combination of two advanced laser technologies: the Q-switched StarWalker® PICO Pro laser for pigmentation reduction, and the Fotona Dynamis® Max laser for addressing redness and skin tightening.

Together, they provide a comprehensive approach to skin renewal – leaving the skin smoother, more even, and visibly rejuvenated.

2. Common Indications

This treatment is particularly suitable for:

- Skin rejuvenation and prejuvenation
- Fine lines and early wrinkles
- Mild to moderate skin laxity
- Enlarged pores
- Generalized redness
- Pigmentation irregularities

3. Patient Selection and Preparation

This four-step laser procedure is ideal for patients seeking a more unified and radiant complexion through effective reduction of both deep and superficial pigmentations, while also desiring minimally invasive rejuvenation, diminished redness, and fewer fine lines.

It is essential to review both absolute and relative contraindications for laser procedures as outlined in the Applications manual prior to performing the treatment.

Prior to the procedure, the skin must be thoroughly cleaned, and it is advisable to take photographs of the patient. Both the patient and practitioner must wear protective goggles throughout the procedure.

4. Treatment Steps with Detailed Guidelines

4.1 Treatment Protocol with *Dynamis® Max + StarWalker® PICO Pro*

	PICO Pro	Dynamis® Max	Dynamis® Max	PICO Pro
	Step 1: Toning	Step 2: FRAC3®	Step 3: PIANO	Step 4: FracTAT®
Wavelength	Nd:YAG	Nd:YAG	Nd:YAG	Nd:YAG
Handpiece	Black Beam	R35Nx	R35Nx	Black F9
Pulse modality	PICO	FRAC3®	PIANO	PICO
Pulse duration	300 ps	0.6 ms	5 s	300 ps
Spot size	8 mm	4 mm	9 mm	9 x 9 mm
Fluence	1.2 J/cm ²	15 - 35 J/cm ²	200 J/cm ²	3 mJ/px
Frequency	10 Hz	5 Hz	/	2 Hz
No. of passes/pulses	2000 pulses for whole face	2000 pulses for whole face	Reach 42 °C	15-20% coverage
Cooling	YES	YES	NO	YES

*Can be performed also with other *Dynamis®* laser systems.

• 1st Step

The first step (Toning) is performed using the StarWalker® PICO Pro laser equipped with the BlackBeam handpiece. Using a fast brushing technique at the appropriate distance from the skin, 2000 pulses are delivered to the whole face. Adequate cooling should be applied (e.g., Zimmer 2).

The frequency used for this step depends on the operator's preference. It is recommended to start moving the handpiece in a constant motion before engaging the foot pedal to avoid delivering multiple pulses to the same spot.

• 2nd Step

The second step is performed using the Dynamis® Max laser's, 1064 nm Nd:YAG wavelength, with the R35Nx handpiece and a 4 mm spot size. Ensure adequate cooling (e.g. DMC™ water level 1).

In total, 2000 FRAC3® pulses should be delivered to the whole face at the appropriate distance from the skin.

For Fitzpatrick skin types I-III, a fluence of up to 35 J/cm² is used. For Fitzpatrick skin type IV, a fluence of up to 25 J/cm² is recommended. For Fitzpatrick skin type V, up to 20 J/cm² is used, while for Fitzpatrick skin type VI, the fluence used is 15 J/cm².

• 3rd Step

The third step is performed using the Dynamis® Max laser with the 1064 nm Nd:YAG wavelength in PIANO mode, the R35Nx handpiece and a 9 mm spot size.

The handpiece should be moved consistently in a slow brushing motion. The face should be divided into multiple sections (e.g., each cheek and the chin divided into two sections, with the forehead treated separately) and each area treated until a temperature of at least 41 °C to 42 °C is reached. Once the desired temperature is reached, proceed to the next section.

***Do not use cooling in the third step**, as it promotes heat accumulation in the deeper layers of the skin, which could result in unwanted adipocyte apoptosis.

• 4th Step

The fourth step is performed using the 1064 nm Nd:YAG wavelength with the Black F9 handpiece.

Two passes over the entire face are delivered, aiming for 15-20% coverage. Adequate cooling (e.g., Zimmer level 2) is recommended. The spacer must remain in full but gentle contact with the skin at all times—applying too much pressure should be avoided while maintaining constant skin contact.

4.2. Treatment Protocol with **Dynamis® Max + StarWalker® MaQX (or MaQX Pro)**

	MaQX (Pro)	Dynamis® Max	Dynamis® Max	MaQX (Pro)
	Step 1: Toning	Step 2: FRAC3®	Step 3: PIANO	Step 4: FracTAT®
Wavelength	Nd:YAG	Nd:YAG	Nd:YAG	Nd:YAG
Handpiece	R28 d	R33-T / R35Nx	R33-T / R35Nx	FS20A d
Pulse modality	MaQX	FRAC3®	PIANO	MaQX
Pulse duration	5 ns	0,6 ms	5 s	5 ns
Spot size	8 mm	4 mm	9 mm	9x9 mm
Fluence	2 J/cm ²	15-35 J/cm ²	200 J/cm ²	5 mJ/px
Frequency	10 Hz	5 Hz	/	2 Hz
No. of passes/pulses	2000 pulses for the whole face	2000 pulses for whole face	Up to 42 °C	2 passes
Cooling	YES	YES	NO	YES

*Can be performed also with other **Dynamis®** laser systems.

4.3. Treatment Protocol with **Dynamis® Max + StarWalker® PQX**

	PQX		Dynamis® Max	Dynamis® Max	PQX
	Step 1: Toning	Step 2: FRAC3®	Step 3: PIANO	Step 4: FracTAT®	
Wavelength	Nd:YAG	Nd:YAG	Nd:YAG	Nd:YAG	Nd:YAG
Handpiece	Black	R33-T / R35Nx	R33-T / R35Nx	Black F9	
Pulse modality	PICO	FRAC3®	PIANO	PICO	
Pulse duration	300 ps	0,6 ms	5 s	300 ps	
Spot size	8 mm	6 mm	4 mm	9 mm	9x9 mm
Fluence	1 J/cm ²	1,2 J/cm ²	15-35 J/cm ²	200 J/cm ²	3 mJ/px
Frequency	2 Hz	4 Hz	5 Hz	/	2 Hz
No. of passes/pulses	2000 pulses for the whole face	2000 pulses for whole face	Up to 42 °C	2 passes	
Cooling	YES	YES	NO	YES	

*Can be performed also with other **Dynamis®** laser systems.

5. Step-By-Step Treatment Guide

- **Clean the Skin**
Thoroughly cleanse the patient's skin to remove any impurities.
- **Take Photographs**
- **Ensure Protective Eyewear**
Both the patient and the therapist must wear protective goggles suitable for the wavelengths being used (1064 nm).
- **Perform All Four Steps of the Fotona4GLOW™ Treatment**
- **Cool the Skin**
At the end of the procedure, cool the skin for a few minutes using an air-cooling device or cold compresses soaked in saline solution.
- **Apply a Regenerative Moisturizing Product**
Use a regenerative cream or spray such as LRP Cicaplast B5 (spray or balm), Bioderma Cicabio, or a similar product. Note that a mild burning sensation after application is normal.
- **Provide Post-Care Instructions**
Advise the patient to maintain a regular moisturizing routine and protect the skin from sun exposure by using a high SPF sunscreen daily to enhance healing and prevent potential complications.

6. Treatment Schedule

We recommend a series of 3 Fotona4GLOW™ sessions, spaced 4–6 weeks apart.

The final clinical results should become evident 1–4 months after the final session, as the skin continues to regenerate, forming new collagen, and pigmentation irregularities are gradually reduced.

For long-term maintenance, 1–2 follow-up treatments should be performed annually.

7. Skin Reactions After Procedure

Following Fotona4GLOW™ laser treatment, typical skin endpoint reactions may include:

- Mild redness of the treated area
- Transient pinpoint bleeding, which typically resolves during or immediately after the procedure
- Slight skin scaling or peeling a few days after treatment
- Transient itching of the skin lasting 1–2 days

8. Post-Treatment Care

After the procedure, a neutral moisturizing cream, gel, or spray can be applied to the treated area. The patient should continue using a neutral moisturizer for the next several days.

It is important to avoid aggressive cosmetic products.

As the skin may feel dry for several days after treatment, it is recommended to apply a gentle moisturizer 2-3 times per day to maintain hydration.

Following the Fotona4GLOW™ procedure, advise the patient to use a UVA/UVB 50+ sunscreen daily to ensure optimal sun protection and support the healing process.