

# World Aesthetix

## Erbium:YAG (2940nm) Laser Treatment Protocols

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Erbium:YAG (2940nm) lasers are highly absorbed by water, making them ideal for precise superficial to medium-depth skin resurfacing with less thermal injury than CO2 lasers.

### Common Indications

- Fine lines & wrinkles
- Acne scars
- Texture irregularities
- Pigmentation/sun damage
- Enlarged pores
- Scar revision

### Contraindications

- Active infection/herpes simplex
- Recent isotretinoin use
- Poor wound healing
- Active tan/sunburn
- Pregnancy (relative)

### Pre-Treatment Preparation

- Discontinue retinoids/exfoliants 1 week prior
- Avoid excessive sun exposure
- Apply topical anesthetic 30–60 minutes prior
- Mandatory eye protection

### Clinical Endpoints

- Uniform erythema
- Controlled pinpoint bleeding
- Even treatment coverage
- Avoid excessive thermal buildup

### Post-Treatment Care

- Gentle cleansing
- Healing ointment
- Cold compresses as needed
- Strict SPF 30+ sun protection

### Light Resurfacing / Glow Treatment

Parameter	Typical Range
Fluence	5–10 J/cm <sup>2</sup>

Density	5–15%
Passes	1–2
Downtime	2–4 Days

## Moderate Resurfacing

Parameter	Typical Range
Fluence	10–20 J/cm <sup>2</sup>
Density	10–25%
Passes	2–4
Downtime	5–7 Days

## Aggressive Resurfacing

Parameter	Typical Range
Fluence	20–35+ J/cm <sup>2</sup>
Density	20–40%
Passes	3–6
Downtime	7–14+ Days

**Clinical Reminder:** Settings vary significantly by device manufacturer, spot size, pulse duration, fractional vs fully ablative mode, patient skin type, and treatment indication. Always begin conservatively and adjust according to clinical response and manufacturer guidelines.