

Harmony Treatment Tips

515		
Use: Superficial Vascular Lesions, Angiomas, Teleangectasis		
Skin Types: I-III	Gel: Yes	Cooling: Yes
Notes: Use template/gel to spot treat areas with higher energy settings 2-3 treatments every 3-4 weeks		
Expectations: Redness and erythema for 1-2 hours		
540		
Use: Superficial Vascular Lesions, Angiomas, Teleangectasis, Port Wine Stains, Rosacea, Solar Lentigo, Hyperpigmentation, Café Au Lait, Poikiloderma, Melasma, etc.		
Skin Types: I-IV	Gel: Yes	Cooling: Yes
Notes: Hyperpigmentation responds best to 540 Shave area to be treated, avoid treating areas where hair loss is undesirable Use template/gel to spot treat areas with higher energy settings Faces are more resilient, decrease energy when treating the body (neck, chest, arms, back, etc.) 2-3 treatments every 3-4 weeks for pigmented lesions and 3-5 treatments every 3-4 weeks for vascular		
Expectations: Pigmented areas get worse for 10-14 days then flake off, or darken, then fade over 30 days Redness worsens initially, then calms, and fades over 30 days		
570		
Use: Superficial Vascular Lesions, Angiomas, Teleangectasis, Port Wine Stains, Rosacea, Solar Lentigo, Hyperpigmentation, Café Au Lait, Poikiloderma, Melasma, etc.		
Skin Types: I-IV	Gel: Yes	Cooling: Yes
Notes: Rosacea and generalized red/vascular complexions respond best to 570 570 can be used to treat resistant red tattoos, after Q-Switch 532 treatments are exhausted Shave area to be treated, avoid treating areas where hair loss is undesirable Use template/gel to spot treat areas with higher energy settings Faces are more resilient, decrease energy when treating the body (neck, chest, arms, back, etc.) 2-3 treatments every 3-4 weeks for pigmented lesions and 3-5 treatments every 3-4 weeks for vascular		
Expectations: Pigmented areas get worse for 10-14 days then flake off, or darken, then fade over 30 days Redness worsens initially, then calms, and fades over 30 days		
650		
Use: Hair Removal, Hyperpigmentation		
Skin Types: I-V	Gel: Yes	Cooling: Yes
Notes: Prefer no tanning for 2-4 weeks prior to treatments. 650 can be used to treat resistant green tattoos, after Q-Switch 1064 treatments are exhausted 650 can be used to treat resistant, deeper hyperpigmentation or hyperpigmentation in darker skin types No plucking, waxing, or depilatories 4 weeks prior to treatment. Shaving is permitted between treatments Quadrant large areas (Back, Chest, Legs, Arms) to mark boundaries (RED marker only) Laser doesn't treat gray, colorless, or red hair 4-6 Treatments 6-8 weeks apart		
Expectations: No downtime. Treated area may be red temporarily (<60 minutes). Hair sheds over 2-3 weeks.		
Long Pulse Nd:Yag 1064		
Use: Superficial Vascular Lesions, Angiomas, Teleangectasis, Port Wine Stains, Rosacea, Venous Lake, Leg Veins < 4mm, etc.		
Skin Types I-VI	Gel: No	Cooling: Yes
Notes: Use RED marker to circle treated vessels to avoid accidentally re-treating (heat stacking) Ensure lower extremities are slightly dependant (to engorge vessels) and begin treatment distally First use: 6mm at 60ms for deeper veins that don't blanch (larger feeders) Second use: 6mm at 40ms for veins that blanch (smaller branches <i>after</i> larger feeders have been treated)		

Third use: **2mm at 10ms** for small red teleangectasis

Look for changes in vein e.g. darkening, or smudging, followed by whelping and redness

Wait 5 minutes before repeating, if needed

Stacking of pulses can cause scarring

Avoid high energy (>100joules), with 6mm on the face

2-3 Treatments 4-6 weeks apart

Expectations: Histamine response (redness and whelping) which resolves in <1-2 hours

Veins may temporarily develop hemosiderin stains (brown color) which resolves in 3-6 months

Pixel Erbium 2940

Use: Skin Resurfacing, Wrinkles, Scars (including Acne Scars), Hyperpigmentation, Enlarged Pores, Rough Texture, Actinic Keratosis, Melasma, etc.

Skin Types: I-V

Gel: No

Cooling: After

Notes: Use smoke evacuator and gloves

Prophylactic antiviral medication is required for patients with a history of herpes simplex

Skin must be clean and dry, use antimicrobial soap (Technicare, Dial, etc.)

9x9=81 pixel dots (more surface ablation)

7x7=49 pixel dots (deeper penetration)

Pixel Dots	Pulse Mode	Ablative Depth (µm)	Energy (mJ/P)	PPS (Hz)	Spot Size (mm)
9x9	Short	50-75	600-800	2	11x11
7x7	Short	75-100			
9x9	Medium	75-100	800 -1000	2	11x11
7x7	Medium	100-125			
9x9	Long	100-125	1000 -1400	2	11x11
7x7	Long	125 -150			

First, stack (2-5 stationary pulses) all problem areas (wrinkles, scars, under eyes, nasolabial folds, etc.)

Second, perform 2-3 passes over entire area (horizontal, vertical, diagonal)

Spacer tip should be gently in contact with the skin, do not apply pressure and do not hover above skin

Cool after treatment is complete and apply ice pack, cool cloth, topical anesthetics, etc.

After 24 hours, apply Aquaphor, as needed, to prevent excessive dryness and hyperpigmentation

2-3 treatments 4 weeks apart

Expectations: Redness, Edema, Oozing, Crusting, Darkening, Peeling, Flaking for 5-10 days

More aggressive treatments lead to longer downtime and are recommended for scarring and deep wrinkles