

# Parisian Peel Plays Key Role in Leading Dermatology Practice

By Bob Kronemyer, Associate Editor

Just how valuable is the Parisian Peel medical microdermabrasion system from Aesthetic Technologies, Inc. (Broomfield, Colo.) to a dermatology practice? According to Emil Tanghetti, M.D., this relatively inexpensive device represents an essential part of his photoaging treatment regimen. "Without a doubt, the medical device that has generated the highest revenue return for dollars spent is the Parisian Peel," said Dr. Tanghetti, who owns the Center for Dermatology and Laser Surgery in Sacramento, California. This is quite a testimony from someone who uses 14 aesthetic lasers. In fact, Dr. Tanghetti relies on two Parisian Peel systems, the most recent being the Prestige. "It's nice to have a backup unit or two machines going at once," he said.

Besides removing some of the epidermis, the Parisian Peel "stimulates growth factors," Dr. Tanghetti explained. "This treatment also works well while you're doing it, and patients comment on its effectiveness immediately." In contrast, nonablative rejuvenation with laser devices "do nothing for the epidermis."

Typically, Dr. Tanghetti recommends a series of six or seven microdermabrasion sessions, spaced two to three weeks apart. "We then try to maintain the effect with topical retinoids and glycolic acid," he said. A retinoid of choice is Tazorac (tazarotene) cream from Allergan, Inc. (Irvine, Calif.), which is nearing FDA approval for treating photodamage. "We have been using Tazorac for a number of years and have found it to be the most potent compound," stated Dr. Tanghetti, a clinical professor of dermatology at the University of California, Davis. "We have also found Tazorac to be the most powerful retinoid to achieve the desired outcomes in our patients." Pigmentation issues are significantly improved both by combined use of Parisian Peel and the retinoids. "Retinoids, in particular, decrease abnormal pigmentation," noted Dr. Tanghetti. On the other hand, glycolic acid is normally a 15% to 20% concentration in emollient creams. The practice usually prescribes the MD Forte line (also from Allergan), which has a pH of about 3.83.

Most of Dr. Tanghetti's patients come to his office with significant photodamage. "These patients want to start therapy with something safe and non-invasive, with no significant downtime," he said. "Certainly, the combination of the Parisian Peel with these topical agents seem to have absolutely the best results. In fact, a number of my patients initially consider laser resurfacing. But typically we don't do those in the middle of summer."

Not surprisingly, after four to six months of combination therapy with the Parisian Peel, "these patients change their

mind about resurfacing because they have already achieved a significant degree of improvement – enough to make them very happy with the results," Dr. Tanghetti continued.

Patients are encouraged to purchase treatment packages. "Not only do they get the best results, but they receive a discount as well," he said. A stand-alone treatment with the Parisian Peel costs about \$150. However, "a 12-session package might be discounted to \$75 each."

For patients with a significant vascular component, the practice combines the Parisian Peel with intense pulsed light (IPL) treatment. Regardless of the particular combination, though, an aesthetician performs all treatments. "We're able to offer combination regimens that accentuate the response and keep it going when treatment is stopped," Dr. Tanghetti conveyed. "We also have the option of using pharmacologic agents as adjunctive therapy. This seems to make a substantial difference."

Dr. Tanghetti's before-and-after Parisian Peel patient photos are "much better than any set of pictures I have seen

in any consistent manner with the non-ablative devices that we have available up to this point," he said.

In addition, the practice has a staff member dedicated to educating patients on how best to use pharmacologic agents and other adjunctive cosmeceuticals. However, "we advise that right after microdermabrasion treatment, patients give themselves a rest from the glycolic acid and retinoid for at least one to three days, depending on the aggressiveness of the microdermabrasion itself," Dr. Tanghetti said. A sunscreen for protection is also an essential part of the mix.

Despite the slow economy and jittery stock market, patients continue to embrace the Parisian Peel treatment "because it is not a high-dollar procedure and it enhances one's overall appearance," Dr. Tanghetti said. "People want to look good."

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Baseline (left) and Post Seven Treatments (right) with Parisian Peel and Topical Agent Combination Therapy  
(Photos courtesy of Emil Tanghetti, M.D.)

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