

3rd International Conference and Exhibition on **Cosmetology & Trichology** July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

Versatility of a fractional CO₂ laser

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A fractional CO₂ has changed the role of dermatologists-cosmetologists, giving opportunities to explore more into aesthetic surgery as the author truly believes that no one knows the skin better than a dermatologist. It has helped him deliver better results with minimal downtime for various conditions, at times in a single sitting alone unlike many non-ablative lasers or traditional ablative CO₂ lasers. While the potential risks has relegated the use of these lasers to a smaller group of laser surgeons with the expertise to perform various procedures and the willingness to risk potential adverse affects, the results achieved is far superior to any other non ablative lasers. There are few if any, scientific papers on fractional CO₂ from Asia, none from the Indian subcontinent, nor are there any recommendations in terms of patients' selection and parameters for the various FDA approved indications. For any new aesthetic surgeon there is a huge learning curve, which they have to master by trial and error before concluding the best parameters and indication ideally for the treatment. Especially since the Indian sub continental skin type is becoming more popular in Europe and North America, many cosmetic surgeons practicing there also find it difficult to understand and treat this skin type due to lack of studies in it compared to Fitzpatrick skin types 1, 2 and 3. This session is intended to give an idea about the right patient selection, indications and parameters for a fractional CO₂, especially for fitzpatrick skin type 4, 5 & 6 for the ideal treatment, minimize complications and downtime, and to give better results, as all FDA approved indication don't yield good results with a fractional CO₂, especially considering the post inflammatory hyperpigmentation and other complications that could occur.

Biography

Rahul Pillai completed his MD-General Medicine from the Prestigious Moscow Medical Academy called I.M. Sechenov, Russia and later did his MD-Dermatology, Venereology & Leprosy from Pondicherry University, India where he was the rank holder and gold medalist. He than did his training under various reputed Cosmetic & Aesthetic surgeons in India and USA before starting his own skin care center and Laser clinic in Kerala, India. He also worked as Assistant Professor in the Co-operative Government Medical College in Kochi and Mahatma Gandhi Medical College & Research Institute, Pondicherry. He is a Fellow of the American Academy of Dermatology and Member of American Academy of Dermatology Association, American Association of Aesthetic Medicine & Surgery, Indian Academy of Dermatology, Venereology & Leprosy, Institute of Laser & Aesthetic Medicine. He has various publications in various Indian and international journals and is also a peer reviewer for the *International Journal of Dermatology*.

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