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New York, NY. – “Microdermabrasion performed with a diamond-tipped wand is a safe and effective technique for improving the texture and appearance of aging skin”, said Bill Thompson, M.D. “The technique of crystal-free microdermabrasion has proven to be a most innovative and effective treatment for almost any type of skin problem as well as the symptoms of aging. The reason for this is the constant stimulation of cell renewal, by process of removing the excess dead skin cells with the stratum corneum. This method for rejuvenating skin on the face and neck can improve fine wrinkles and dyspigmentation, soften acne scars, and reduce enlarged pores” said Dr. Thompson, associate professor of plastic and reconstructive surgery at Harvard University School of Medicine, Boston.

Prior to the DiamondSkin, microdermabrasion worked with a vacuum technique that guided microcrystals (aluminum oxide, salt, sodium-bicarbonate) over the upper layers of the skin. These crystals would abrade layer per layer of the epidermis. Although proven to be an effective treatment, the process of crystal-based microdermabrasion has experienced numerous shortcomings and problems:

- 1) The risk of particles remaining embedded in the skin
- 2) Particles being propelled into the eyes
- 3) Patients and Aestheticians having to breath aluminum oxide dust or other microcrystals
- 4) The aggravation and mess of crystals
- 5) Dust and damage to the treatment room
- 6) Expense incurred due to downtime of machine (all Aluminum-Oxide crystal machines clog eventually) and the expense of new crystals.

Dr. Thompson noted that he has performed crystal-free microdermabrasion on hundreds of patients with the DiamondSkin and has seen consistently good results and no adverse reactions or complaints about discomfort. “I have used the other major crystal-free microdermabrasion systems on the market today like the Vibraderm, Silkpeel, and Diamondtome/Newapeel, however, I felt that the results from the DiamondSkin resulted in a more even and complete exfoliation than the others” Said Dr. Thompson.

Same technique, new approach

With this system (DiamondSkin Microdermabrasion machine), the skin is pulled up by suction into contact with a diamond-tipped wand and abraded as the instrument is moved over the skin surface. “I found this approach to microdermabrasion, where the skin is abraded with a diamond-tipped instrument, to be particularly appealing”, said Dr. Thompson, who also has a private practice in Boston. “Many of my patients have complained about the Aluminum-Oxide or Sodium-Bicarbonate crystals used by other microdermabrasion machines. It is also very important for me to keep my office as clean from contamination as possible. Before the DiamondSkin, when I owned an Aluminum-Oxide based machine, we had to clean the airborne crystals (which went everywhere in the office) at the end of each day.

Procedure parameters

To obtain good results, the operator needs to move the wand in multiple directions, going over the face and neck two times. The length of the procedure averages about 30 minutes and usually four to six peels are performed at one-week intervals. Treatments are \$175 each or \$900 for a series of six. Both the amount of vacuum applied and the wide selection of diamond wands of different grits allow for a wide range of treatments. From a light exfoliation to a more aggressive scar revision. Dr. Thompson notes that the quality of the diamond-embedded wand is very important. “Many of the crystal-free machines in the market today do not have long-lasting diamond wands, rather than lasting several years, many diamond wands will begin to lose their diamond coating or begin to chip off after a couple of months.”

After being able to judge skin quality, the vacuum and wand coarseness are generally increased for subsequent sessions. The process is not painful, although some patients experience a slight redness during the microdermabrasion. They may feel tingling or minor burning and the skin may appear pink, but those effects usually last less than 30 minutes. Overall, patients tend to be very pleased with their post-treatment appearance, find their skin feels softer, and note they need to use less makeup, Dr. Thompson pointed out.

Depending on a variety of factors, including heredity, sun exposure, and smoking habits, a single touch-up may be necessary every two months, while some patients can maintain a good appearance for three months or longer after completing a series of microdermabrasions. Dr. Thompson said that it is important to identify the patient's treatment goals before recommending this procedure.

Dr. Thompson has no financial interest in the product or companies mentioned.