

# CUTERA'S SECRET PRO



WITH ALEX KURITZKY, MD, FRCPC

In each issue, *Modern Aesthetics*® magazine taps cosmetic physicians to discuss the newest devices that they are introducing to patients. Here, dermatologist **Alex Kuritzky, MD, FRCPC**, Medical Director of DERM Lab North in Vancouver, Canada, discusses the versatility of Cutera's **Secret PRO** and how she is using it in her practice.

## What is Cutera Secret PRO?

**Alex Kuritzky, MD:** Secret PRO is an impressive new platform that combines radiofrequency microneedling with fractionated CO<sub>2</sub> laser.

The idea behind combining these technologies is to stimulate collagen production at multiple layers in the skin for a multi-dimensional approach to anti-aging and skin revitalization. Radiofrequency microneedling stimulates deep dermal remodeling, while the CO<sub>2</sub> laser resurfaces the epidermis for a smooth skin surface. I am using it for treatment of scars, fine lines and wrinkles, improvement of skin quality, photoaging, and stretch marks. For advanced practitioners, it also has an optional CO<sub>2</sub> surgical laser handpiece. The surgical CO<sub>2</sub> handpiece treats benign lesions, such as skin tags, syringomas, and seborrheic keratoses.

## How does the Secret PRO compare to other devices that address the same skin issues?

**Dr. Kuritzky:** The Secret PRO is unique in its combination of these two devices in a single platform. The needles slide smoothly in and out of the skin and the delivery of radiofrequency at 2MHz allows for a surprisingly comfortable yet effective treatment. The

CO<sub>2</sub> laser energy on Secret PRO revolutionizes CO<sub>2</sub> laser treatment by making it very customizable, easy to deliver, and safe. We can adjust the treatment options for skin resurfacing and deep dermal remodeling. There are four variations of CO<sub>2</sub> laser energy that can be specifically tailored to each patient's skin concern, downtime needs, and overall goals.

## Is there a learning curve?

**Dr. Kuritzky:** There is a learning curve with any new technology, but both of these techniques should be easily adopted by a skilled practitioner. The radiofrequency microneedling can certainly be done by a physician extender, such as an experienced nurse or laser technician. I have always considered the CO<sub>2</sub> laser to be a technique for experienced physicians only, but having worked with the Secret PRO, I can see that a physician could partner with a skilled extender to perform the treatments. I would recommend that the physician determine the settings, especially for the CO<sub>2</sub> laser procedures, and ideally be present at least for the beginning of the treatment to watch the tissue interaction and consider if any modifications are necessary.

## Please share your treatment protocol/s and any pearls.

**Dr. Kuritzky:** For a younger patient looking for prejuvenation, I recommend a series of light CO<sub>2</sub> laser peels with very little downtime, spaced four to six weeks apart. For anyone with acne scarring or more texture issues, I would focus on radiofrequency microneedling and for patients with more mature skin, where loss of elasticity and lines and wrinkles become a concern, I would suggest a series of three radiofrequency microneedling treatments. If patients can tolerate a little more downtime, I will add a slightly more aggressive CO<sub>2</sub> laser treatment during the final session. The beauty of this device is that the more advanced the skin changes are, and the more downtime the patient can tolerate, the more aggressive you can be. For patients who are looking for maintenance or very little downtime, we can provide that as well.

## How are you marketing the Secret PRO?

**Dr. Kuritzky:** I have been building some excitement about the device on Instagram (@dralexkuritzky). We are also in the midst of a clinic website redesign for DERM Lab that will showcase this along with our other treatments. We have marketing materials in the office, such as a slide show and some visuals but I like to keep this fairly minimal. Most importantly, I make sure to talk to my patients about it! I find that patients get excited about what I am excited about, so just letting my patients know that we have a new device opens a whole conversation about why we chose it and what it does. When we start talking about it, patients want to learn more. ■

