AviClear®

A Real World Safety and Efficacy of the Contact-Cooled 1726nm Laser for Acne: Clinical Outcomes and Expert Best-Practice Recommendations

Jeffrey Fromowitz, MD, FAAD, Margot Doucette, BS, Jill Edgecombe, BS, Anita Mattioli-Dukes, RN

The 1726nm laser (AviClear) selectively targets sebaceous glands; multiple clinical studies have demonstrated efficacy and safety

A multi-center, post-market study explored use of concomitant medications and additional laser treatments to confirm safety and efficacy in a real-world setting.

Separately, a nominal group consensus technique was used to develop guidance on patient selection, combination therapy, and management of patients needing additional treatments.

Study Data: Per Protocol Outcomes



Study population data includes patients who were followed until at least 12 weeks post Tx 3

- 45 patients
- Moderate or severe acne
- 21 subjects: 1-3 acne meds at baseline

RESPONSE AT 26 WEEKS POST 3 TREATMENTS (N=44, PER PROTOCOL)

			Response = 1-point improvement	
Variable	**Responder**	**N**	**%**	**P-value**
BL=Moderate	18	30	60%	0.016
BL = Severe	14	14	100%	
CONMEDS = No	16	23	70%	0.878
CONMEDS = Yes	16	21	76%	
Total			**73%**	

No significant differences by sex or FST

RESPONSE AT 52 WEEKS POST 3 TREATMENTS (N=44, PER PROTOCOL)

N=34	12 months (post 3,5, or 6 tx)
Primary Endpoint	
Responder rate (% with ≥ 1-point reduction on IGA)	97.1%
Secondary Endpoints	
IGA improvement (% clear/almost clear)	55.9%
Patient satisfaction (% “satisfied” or “very satisfied”)	82.3%
Safety	
Well-tolerated; no blistering, crusting, hypo- or hyperpigmentation	

REAL WORLD PROTOCOL RECOMMENDATIONS

Topicals:
retinoids w or w/o antibiotics

Spironolactone if hormonal

Oral antihistamines for flare management

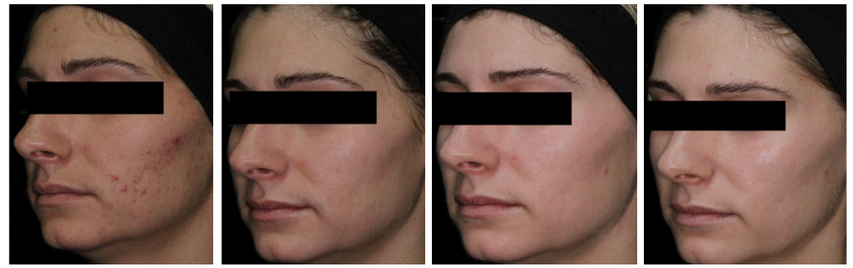
Three 1726 nm laser tx, spaced 4 weeks apart

Wait at least 4 months post 3rd tx, Assess and add 4th tx if needed

CONSENSUS RECOMMENDATIONS FOR AVICLEAR TREATMENTS

- 250 to 300 pulse per session; second pass over problem areas
- Starting fluence of 19.5 J/cm2, titrating up based on patient tolerability
- Set expectations; delay evaluation until at least 4 months post final session
- Offer a 4th treatment for patients with sub-optimal improvement

26 year old female - 3 Tx total



Concomitant medication(s): Dapsone, Benzoyl Peroxide/Clindamycin, Spironolactone
Photo courtesy of Jeffrey Fromowitz, MD, FAAD

Conclusion

Real-world outcomes data and expert consensus establish AviClear as a safe and effective option for inflammatory acne management.

Achieving optimal outcomes requires clear expectation setting and a customized approach, including adjunctive medications and supportive therapies.