

Max 7 LED System Features Preprogrammed Polychromatic Treatments

By **Bob Kronemyer**, Associate Editor

Facial rejuvenation with the Max 7 light emitting diode (LED) system from Flip4 (Sainte-Julie, Quebec, Canada) is made easier with seven specific polychromatic treatments already preprogrammed. The device incorporates seven different wavelengths, ranging from 400 to 700 nm.

“You can select monochromatic therapy as well,” said Christopher Ho, M.D., a dermatologist in private practice in Los Angeles. “The preprogrammed skin types include normal combination skin, dry skin and mature skin.” The intensity of the 180 LEDs also varies.

Typically, treatment is weekly, for a total of eight to ten sessions. “Sometimes, prior to treatment, we perform a chemical peel to exfoliate the skin, so that the light penetrates better,” Dr. Ho said. The chemical peel is scheduled every other week. After a series of combined treatments, “there appears to be mild-to-moderate improvement in fine wrinkles. But what I notice mostly is an improvement in skin tone.



Christopher Ho, M.D.

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The skin looks more refreshed and brighter. I would characterize the treatment as spa relaxation. The patient lies down for 20 to 30 minutes. The Max 7 has a robotic arm that goes back and forth. By pressing a button, the machine does it all. It is not like a photofacial or other laser treatments in which the patient may develop scabs or redness. There is no pain involved with the Max 7.”

Dr. Ho noted that an increasing number of patients are inquiring about LED treatment. “Unlike intense pulsed light (IPL), no numbing cream is necessary with the Max 7. Patients prefer LED for a more relaxing experience.”

“The most exciting aspect of the Max 7 is lack of complications and lack of pain,” said J. Charles Casebeer, M.D., president of Choices Anti-Aging Centers, headquartered in Divide, Mont. “You are also able to achieve a lot of skin rejuvenation fairly slowly over a period of time. The Max 7 is extremely effective for collagen generation and general skin aging change reduction like background pigment and small blood vessels.”

A patient’s first session with the Max 7 lasts about 25 minutes. “This is followed by 15 minute sessions, twice a week, for a total of eight sessions,” Dr. Casebeer explained. “We treat the face and upper chest. Patients can expect to see general improvement in the condition of their skin and a decrease in wrinkling after only a few weeks.

However, full results are not obtained until 6 to 12 months.”

The polychromatic treatments were an important reason Dr. Casebeer embraced the Max 7 as part of his company’s overall approach to aesthetics. “The buzz in skin rejuvenation is that amber light is the best color for collagen rejuvenation. But the fact seems to be that if you use amber as a primary source, other colors are stimulated to do a better job. The cells have photoreceptors. However, we don’t know the frequency of those photoreceptors. It is likely they are multiple wavelengths. Hence, multiple wavelengths probably do a better job of covering the band of what the photoreceptors can receive than with a single wavelength. The Max 7 essentially has all the primary colors of the visible light spectrum, starting with violet and going up to red.”

For enhanced results, Dr. Casebeer often simultaneously combines the Max 7 with Advanced Fluorescent Technology (AFT). “The AFT generates heat, whereas the Max 7 causes cellular stimulation. These two modalities seem to be very synergistic. Together they work much faster than either one alone.” ■



J. Charles Casebeer, M.D.