



Post-It notepad as a simple tool to determine the approximate penetration depth of fractional ablative lasers

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SURGICAL CHALLENGE

Ablative fractional lasers are commonly used in the treatment of many dermatologic conditions, including acne scars. Unlike other types of lasers, the appropriate treatment endpoint is not straightforward when ablative fractional lasers are used.

SOLUTION

We propose the use of Post-It (3M, St Paul, MN) notepads to give a general idea of the penetration depth. With a specific set of parameters, the ablative fractional laser is fired over the notepad (Fig 1, A and B). The approximate depth of penetration can be determined by counting the number of papers pierced by the laser (Fig 1, C and D). This method can help with checking the potential change in laser output after any type of maintenance. It can also be used to approximately determine the appropriate parameters to be used in another ablative fractional laser device.

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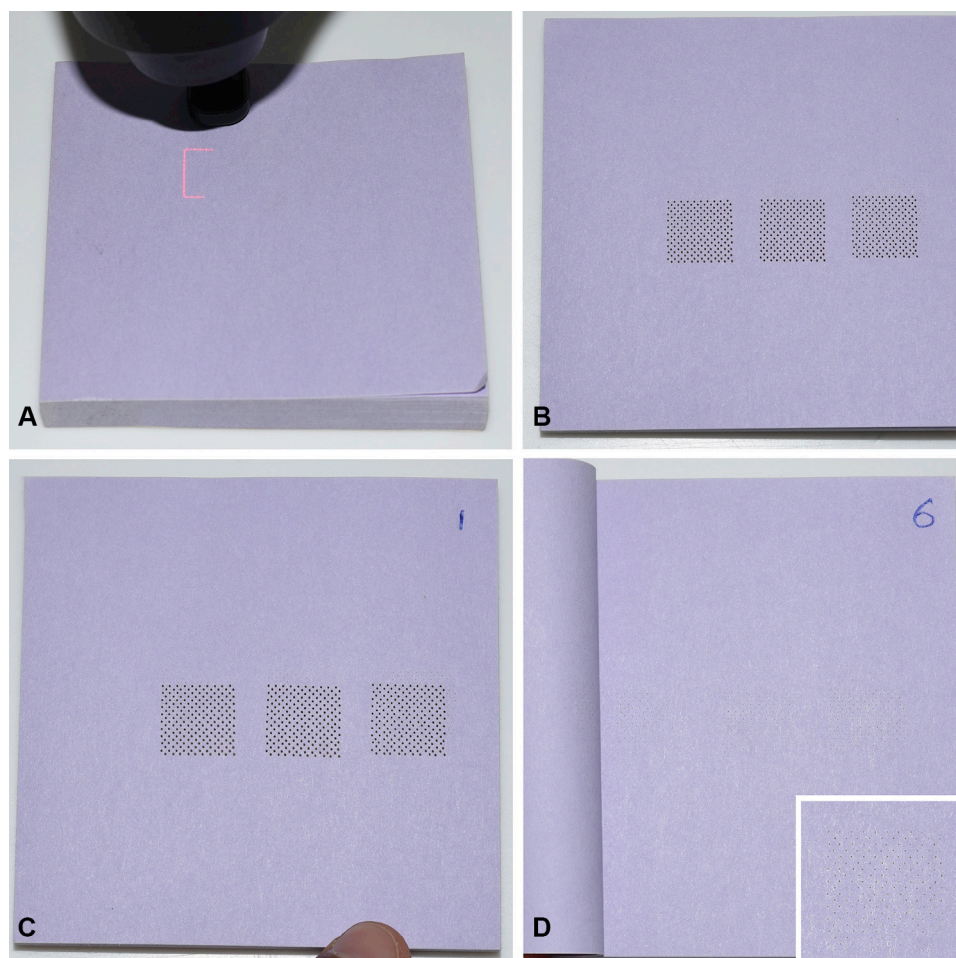


Fig 1. **A** and **B**, A fractional CO₂ laser (eCO₂; Lutronic, Goyang-si, Korea) was tested on a notepad (parameters: pulse energy, 50 mJ; density, 150 spots/cm² (9.5%); tip size, 120 μ m). **C**, Each paper penetrated by the laser is numbered. **D**, The laser reached paper number 6. Note the subtle laser marks on the paper (inset). This can help as a rough guide of fractional laser depth of penetration after device maintenance or when another ablative fractional laser device is used.