

## The Gentle Pro Series

The gold standard in laser hair removal.

Science | Results | Trust



 **CANDELA**<sup>™</sup>  
Science. Results. Trust.



# The Gentle Pro Series



Dear reader,

On behalf of Candela® I would like to say thank you for your interest in our Gentle Pro Series, the gold standard in laser hair removal. With demand for hair removal and pigmented lesion treatments growing on a daily basis, dermatologists all over the world use the GentleLase Pro-U®, a 755 nm Alexandrite laser suitable for skin types I-III, the GentleYag Pro-U, suitable for skin types IV-VI, or the GentleMax Pro®, our most powerful device combining both lasers in one device to treat all skin types, from I to VI<sup>1</sup>.

In this eBook, we would like to provide you with important information regarding these laser devices, from technology overview to the results clinical experts worldwide have achieved with their patients. Users should refer to the specific device user manual for complete device information including indications for use and relevant safety information.

Know that when you decide to work with one or more of our devices, we'll do everything we can to provide you with the highest level of customer service possible.

**That's our promise to you.**

**The Candela Marketing Team**

## Practice advantages.



### Versatility.

Our 755 nm and 1064 nm wavelength laser technology lets you treat hair removal, vascular and pigmented lesions.<sup>7</sup> That flexibility can lead to new revenue and boost your ROI.



### Proven performance.

Gentle Pro lasers have been the industry standard for two decades. That means you can confidently perform hair removal procedures with consistent results.



### Unmatched support after sale.

With 20+ years of expertise and 10,000+ systems installed, you can count on Candela for unmatched support, from fast customer responses to reliable repairs, as well as optimized marketing support.



### Potentially high ROI treatments.

## What can you treat?

For over 20 years, whenever physician practices, aesthetics clinics and medical spas across the globe wanted to provide their patients with the gold standard in laser hair removal, treatment of vascular and pigmented lesions, they turned to the Gentle Pro Series of lasers.

Today, whatever your business needs, the Gentle Pro Series has a device that's right for you.



### Dual 755 nm Alexandrite & 1064 nm Nd:YAG laser

Hair removal and so much more with the combined power and treatment capabilities of GentleLase Pro and GentleYAG Pro<sup>8</sup>

- 01 Unwanted hair
- 02 Vascular lesions
- 03 Telangiectasia
- 04 Diffuse redness
- 05 Venous lake
- 06 Leg veins
- 07 Pigmented lesions
- 08 Wrinkles
- 09 Onychomycosis

## Patient advantages



### Consistent results.



01

**Comfort.** Many patients are interested in the idea of laser hair removal but are afraid of the pain and discomfort. However, the relatively short treatment sessions combined with the dynamic cooling for added speed and protection decrease discomfort.

02

**Few sessions.** The Gentle Pro Series customizable, state-of-the-art laser procedures take a shorter time than traditional laser hair removal procedures. Combined with the large spot size, only a few sessions are needed to achieve permanent hair removal.<sup>1</sup>

03

**Treatment convenience with dual wavelengths, 755 nm and 1064 nm Nd:YAG.**

04

**Up to 80% permanent hair reduction after a series of treatments.\***

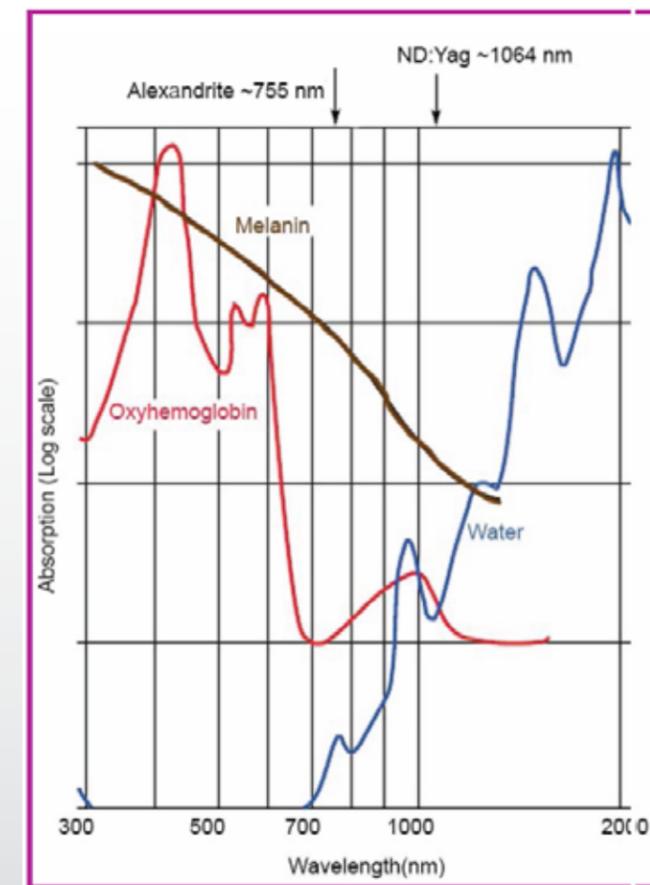
\*Individual results may vary.

## Mechanism of action

Our Gentle Pro Series of lasers are the gold standard for Laser Hair Removal (LHR) in all Fitzpatrick Skin Types. The GentleYag Pro<sup>®</sup> system is our 1064 nm Nd:YAG laser, optimal for Fitzpatrick Skin Types IV-VI.

The GentleLase Pro<sup>®</sup> 755 nm Alexandrite laser is designed for Fitzpatrick Skin Types I-III.<sup>7,9</sup> The GentleMax Pro<sup>®</sup> laser is best of both worlds, combining the 755 nm Alexandrite laser with the 1064 nm Nd:YAG laser for high performance treatment capabilities in terms of speed, ease-of-use, and patient satisfaction.<sup>9</sup>

The GentleLase Pro long pulse Alexandrite laser system can be upgraded to include the 1064 nm features and the GentleYAG Pro long pulse Nd:YAG laser can be upgraded to include 755 nm features.



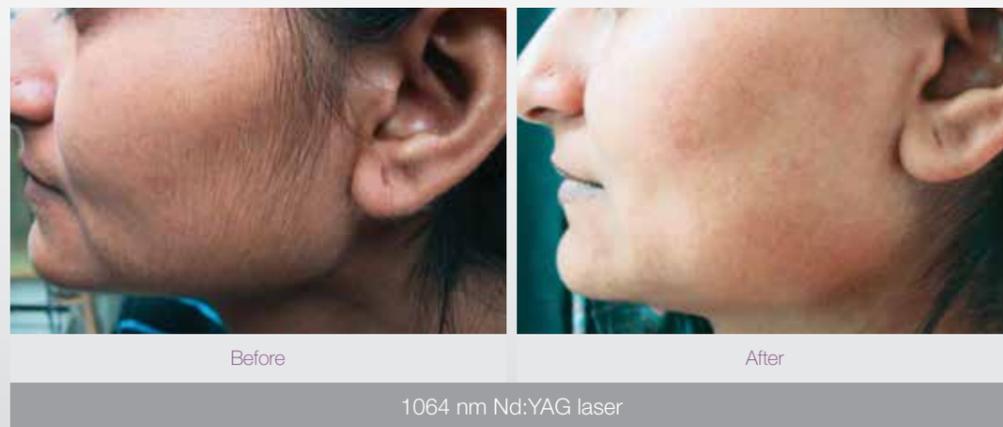
# Results | Hair removal



Photos courtesy of Kathleen P. Hutton, M.D.



Photos courtesy of Marcelle C. Kutun, M.D.



Photos courtesy of Konika Patel Schallen, M.D.

Photos are unretouched. Individual results may vary.

# Results | Hair removal



Photos courtesy of Konika Patel Schallen, MD.



Photos courtesy of Konika Patel Schallen, MD.



Photos courtesy of Konika Patel Schallen, MD

Photos are unretouched. Individual results may vary.

# Results | Pigmented lesions



Photos courtesy of Jonathan S. Crane, D.O.



Photos courtesy of Konika Patel Schallen, MD



Photos courtesy of Christine Mansur, M.D.

Photos are unretouched. Individual results may vary.

# Results | Leg veins



Photos courtesy of L. Polla, M.D.



Photos courtesy of E.V. Ross, M.D.



Photos courtesy of Marguerite Germain, M.D.

Photos are unretouched. Individual results may vary.

# Results | Telangiectasia and diffuse redness



Photos courtesy of M. Chasin, M.D.



Photos courtesy of Steven Eubanks, M.D.



Photos courtesy of Stephen W. Eubanks, M.D.

Photos are unretouched. Individual results may vary.

## Don't take our word. Take it from our customers.

Candela has taken the best hair removal laser and made it better. It's faster, it gives you more options with longer pulse duration, the interface is easier to use and the sliders make it easier to change the spot size. It's just improving an already great product.

**Stephen W. Eubanks, MD, Dermatologist,**  
Denver, CO, USA



The GentleYAG with DCD has been shown to be effective in removing hair from dark skin type patients as well as light skin type patients.

**Elizabeth Rostan, MD, Dermatologist,**  
Charlotte, NC, USA



To be able to have a laser that's able to achieve multiple targets effectively is clearly vital so that you don't have to buy multiple lasers.

**Jason Lupton, MD, Dermatologist,**  
San Diego, CA, USA



## Summary of peer-reviewed articles

The ability to upgrade Candela's single wavelength Pro-U systems to the dual wavelength GentleMax Pro configuration is an attractive option for a growing practice.

Shlomit Halachmi, MD, Dermatologist,  
Washington, D.C., USA



I have 20-30 different lasers, and a lot of these do hair removal, but I keep going back to the GentleLase. It continues to be my go-to laser for hair removal, no matter how many hair removal lasers I try.

Thomas E. Rohrer, MD, Dermatologist,  
Chestnut Hill, MA, USA

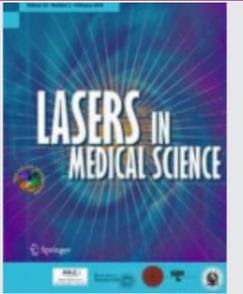


### Long-Pulsed 1064 nm Nd: YAG Laser Ameliorates LL-37-Induced Rosacea-Like Skin Lesions Through Promoting Collagen Remodeling in BALB/c Mice

Kim M, Kim J, Jeong SW, Jo H, Park HJ. Lasers Med Sci. 2018 Feb;33:393-397

#### STUDY DETAILS

- 40 7-week old female BALB/c mice were injected intradermally twice a day for 2 days with LL-37 to induce rosacea-like clinical features.
- 15 of the 40 mice were treated with LPND (GentleMax): 35 J/cm<sup>2</sup>, 50-ms pulse duration, and 10-mm spot size.
- After 48 hours, the excised skin sample was stained with H&E and with Masson's trichrome stain for collagen.



#### RESULTS

- LPND treatment significantly reduced erythema and telangiectasia.
- LPND treatment increased dermal collagen production.
- Levels of Type I collagen, TGF-β, and MMP-1 mRNA were significantly higher in LPND-treated mice than in untreated mice.

### Therapeutic Efficacy of Long-Pulsed 755-nm Alexandrite Laser for Seborrheic Keratoses

Kim YK, Kim DY, Lee SJ, et al. J Eur Acad Dermatol Venereol. 2014 Aug

#### STUDY DETAILS

- 13 Korean patients (11 males, 2 females, mean age 59.3 years, range 33–77; Fitzpatrick Skin Types III and IV) with 216 seborrheic keratoses.
- 1 or 3 sessions of long-pulsed 755-nm alexandrite laser (GentleMax) with 35 J/cm<sup>2</sup>, 6-mm spot size, a 3-msec pulse width and 1-2 passes, DCD cooling.
- Blinded evaluation (3 dermatologists) at 2 months after the last treatment, using a 1- 4 severity grading score.



#### RESULTS AT 1 MONTH AFTER TREATMENT

- Mean objective improvement score of 3.4±0.7 (Grade 3=Marked Improvement).
- Type of lesion impacted number of treatment sessions needed, in particular, popular lesions needed more treatment than macular lesions.
- Objective improvement score was not affected by the type of the seborrheic keratosis.
- Most of the lesions became crusted within a few days after the laser treatment and spontaneously peeled off within 7 days.

## Summary of peer-reviewed articles

### Use of a Long-Pulse Alexandrite Laser in the Treatment of Superficial Pigmented Lesions

Trafeli JP, Kwan JM, Meehan KJ, et al. *Dermatol Surg.* 2007 Dec.

#### STUDY DETAILS

- 18 patients (mean age 53.8 years, range, 36–78 years) with Fitzpatrick Skin Types I to III treated for lentigines on their faces, chest, shoulders, arms, or hands.
- Test-site session: 10-mm spot size with different pulse durations (3, 20, 40, or 60 ms) and fluences, according to skin type and pigmentation of lesion.
- Single treatment session at 3 weeks after a test-site session, using optimal parameters from test spots.
- Blinded evaluation of photographs at 6-week follow-up.



#### RESULTS AT 6-WEEK FOLLOW-UPS AFTER FULL TREATMENT SESSION

- All patients (**100%**) showed some improvement in their lentigines, by blinded assessment
- Darker lentigines achieved the greatest lesion clearance (76% to 99% lesion clearance overall).
- **87% of subjects reported improvement** (some to complete).
- Erythema and edema resolved spontaneously after 2 days.
- No instances of postinflammatory hyperpigmentation or side effects at follow-up.

### Treatment of Compound Melanocytic Nevus Using a Long-Pulsed 755-nm Alexandrite Laser

Young Koo Kim, Sung Bin Cho. *Medical Lasers.* 2013 June.

#### STUDY DETAILS

- 16-year-old Korean male with darkly pigmented mammillated compound melanocytic nevus.
- 4 sessions of long-pulsed 755-nm alexandrite laser (GentleMax) with 35 J/cm<sup>2</sup>, 6-mm spot size, a 3-msec pulse width and 2 passes.
- Global Aesthetic Improvement Scale and physician assessments using a 4-point severity scale.



#### RESULTS

- Marked clinical improvement after 2nd treatment.
- Compound nevus disappeared at 1 month after 4 treatments.
- Crusting for 5-7 days after treatment.
- No side effects of post-therapy blister formation, secondary bacterial or viral infection, post-therapy prolonged erythema, dyschromia, or scarring.

## Summary of peer-reviewed articles

### Laser Hair Removal: Long-Term Results with a 755 nm Alexandrite Laser

Eremia S, Li CY, Umar SH, Newman N. *Dermatol Surg.* 2001 Nov.

#### STUDY DETAILS

- Retrospective chart review of 89 patients with skin types I–V, who underwent a total of 492 alexandrite laser treatments (mean of 5.6 treatments) at 4-6 week intervals.
- Treatment sites included: axillae, bikini, extremities, face, and trunk.
- Spot sizes of 10–15 mm, fluences ranging from 20-50 J/cm<sup>2</sup>, 3 msec pulse-width, and a dynamic cryogen spray skin cooling system.

#### RESULTS AT LAST TREATMENT SESSION

- Mean hair reduction of **74% for all areas.**
- Significant correlation between efficacy and fluence (higher fluence = higher efficacy).
- **Transient side effects only.** No scarring or lasting adverse events.



Fitzpatrick Skin Type III: A. Pre-treatment; B. At 12 months, after four treatment at 40J/cm<sup>2</sup> (after rhinoplasty)

### Nd:YAG Laser Hair Removal in Fitzpatrick Skin Types IV to VI

Chan CS, Dover JS. *J Drugs Dermatol.* 2013 Mar

#### STUDY DETAILS

- Use of a 1064-nm, long-pulsed Nd:YAG laser (GentleYAG) for darkly pigmented patients (Fitzpatrick Skin Types IV-VI).
- Start with a pulse duration of 3 msec, a 12-mm spot size, and fluences of 24 to 32 J/cm<sup>2</sup>, depending on skin type, and DCD cooling device. Fluence can be increased.

- Hair reduction is noticeable after 1<sup>st</sup> treatment.
- More significant after a series of treatments, depending on body area (3-6 for arms and legs). Typical response shown in Figure 1.



# Summary of peer-reviewed articles

## Comparison of Long-Pulsed Alexandrite and Nd:YAG lasers, Individually and in Combination, for Leg Hair Reduction: An Assessor-Blinded, Randomized Trial with 18 Months of Follow-Up

Davoudi SM, Behnia F, Gorouhi F, et al. Arch Dermatol. 2008 Oct

### STUDY DETAILS

- 20 individuals aged 16 to 50 years with skin phototypes III and IV
- Legs received a total of 4 treatments at 8-week intervals with 1 of the 4 following treatment procedures:
  - (1) Long-pulsed 1064-nm Nd:YAG laser (12-mm spot size);
  - (2) Long-pulsed 755-nm alexandrite laser (12-mm spot size);
  - (3) Long-pulsed 755-nm alexandrite laser (18-mm spot size);
  - (4) Combination of long-pulsed 1064-nm Nd:YAG laser and long-pulsed 755-nm alexandrite laser (treatments 1 and 2).
- Hair counts with digital photography by 2 blinded assessors at 8 and 18 months after the last treatment session.



### RESULTS AT 18 MONTHS AFTER FINAL TREATMENT

- Significant hair reduction for all groups (analysis of variance,  $P < 0.05$ ): 75.9% hair reduction for the 12-mm spot size alexandrite laser; **84.3% for the 18-mm spot size Alexandrite laser**; 73.6% for the Nd:YAG laser; 77.8% for the combination therapy.
- Maximum hair reduction efficacy with alexandrite laser.
- Combination therapy did not have any additional benefit and caused more adverse effects.

# System specifications

SYSTEM SPECIFICATIONS		
Laser Type	Alexandrite	Nd:YAG
Wavelength	755 nm	1064 nm
Repetition	Up to 10 Hz	Up to 10 Hz
Max Delivered Energy	53 Joules (J)	80 Joules (J)
Pulse Duration	0.250 -100 ms	
Spot Sizes	6 mm, 8 mm, 10 mm, 12 mm, 15 mm, 18 mm	
Specialty Delivery System	Small - 1.5, 3, 5 and 3 x 10 mm	
Optional Spot Sizes	Large - 20, 22 and 24 mm	
Beam Delivery	Lens-coupled optical fiber with handpiece	
Pulse Control	Finger switch, foot switch	
Dimensions	107 cm H x 46 cm W x 69 cm D (42" x 18" x 27")	
Weight	118 kg (260 lbs)	
Electrical	200-240 VAC, 50/60 Hz, 30 A, 4600 VA single phase	

Patented Dynamic Cooling Device	
Integrated controls, cryogen container and handpiece with distance gauge	
Cryogen	HFC 134a
DCD Spray Duration	User adjustable range: 10-100 ms
DCD Delay Duration	User adjustable range: 20-100 ms
DCD Post-Spray Duration	User adjustable range: 10-50 ms

ALEXANDRITE FLUENCE	
Spot Size (mm)	Fluence (0.25 ms to 100 ms)
3	40 to 400 J/cm <sup>2</sup>
3 x 10	10 to 200 J/cm <sup>2</sup>
5	9 to 40 J/cm <sup>2</sup>
6	6 to 150 J/cm <sup>2</sup>
8	6 to 100 J/cm <sup>2</sup>
10	6 to 60 J/cm <sup>2</sup>
12	10 to 40 J/cm <sup>2</sup>
15	6 to 30 J/cm <sup>2</sup>
18	6 to 20 J/cm <sup>2</sup>
20	5 to 16 J/cm <sup>2</sup>
22	4 to 13 J/cm <sup>2</sup>
24	3 to 11 J/cm <sup>2</sup>

ND:YAG FLUENCE	
Spot Size (mm)	Fluence (0.25 ms to 100 ms)
1.5	300 to 520 J/cm <sup>2</sup>
3	130 to 400 J/cm <sup>2</sup>
3 x 10	80 to 300 J/cm <sup>2</sup>
5	9 to 55 J/cm <sup>2</sup>
6	6 to 200 J/cm <sup>2</sup>
8	6 to 150 J/cm <sup>2</sup>
10	6 to 100 J/cm <sup>2</sup>
12	10 to 70 J/cm <sup>2</sup>
15	6 to 44 J/cm <sup>2</sup>
18	6 to 30 J/cm <sup>2</sup>
20	5 to 24 J/cm <sup>2</sup>
22	4 to 20 J/cm <sup>2</sup>
24	3 to 16 J/cm <sup>2</sup>





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1. Davoudi SM et al., Comparison of long-pulsed alexandrite and Nd:YAG lasers, individually and in combination, for leg hair reduction. Arch Dermatol 2008; 144(10): 1323-7.
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7. Gentle Series Laser System CE mark
8. Comparison of long-pulsed alexandrite and Nd:YAG lasers, individually and in combination, for leg hair reduction: an assessor-blinded, randomized trial with 18 months of follow-up. Davoudi SM, Behnia F, Gorouhi F, Keshavarz S, Nassiri Kashani M, Rashighi Firoozabadi M, Firooz A. Arch Dermatol. 2008 Oct;144(10):1323-7.
9. Comparing 18- versus 12-mm spot size in hair removal using a Gentlelase 755-nm alexandrite laser. Nouri K, Chen H, Saghari S, Ricotti CA Jr. Dermatol Surg. 2004 Apr;30(4 Pt 1):494-7.

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