

Acne Lesions Now Treated at Home with Zeno

By **Michael Moretti, Editor**

The battery operated Zeno device from Tyrell, Inc. (Houston, Texas) is proving to be a popular and effective home use remedy for treating individual acne lesions.

“The Zeno is a localized, quick fix for the person who develops an occasional inflammatory acne lesion,” said Michael Gold, M.D., a dermatologist in private practice in Nashville, Tenn. “This device generates a certain amount of heat which is not enough to burn the skin, but enough to cause damage to the *P. acnes* and destroy the acne lesion.”

Dr. Gold and his associates recently completed a clinical study of the Zeno device involving 20 patients. For the controlled trial, patients received two or three in-office treatments over two days, either with heat from the device or no heat. Follow-up was at five and ten days after the final session. “There is no question that heat is the beneficial component of the Zeno,” Dr. Gold reported. “Statistically, lesions are reduced over a short period of time.”

Dr. Gold predicted that the Zeno is the first of many handheld home devices for acne that will blanket the

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marketplace over the next few years. “Being able to effectively incorporate technology into a simple device is important to our cosmetic patients. But the Zeno is not a cure. It’s just a quick fix.”

In most instances, patients require only two or three sessions over a couple of days. “We sell the device in our medical spa. It is neither expensive nor cheap. It retails for a few hundred dollars,” Dr. Gold noted. “For those who can afford it, I think it is a worthwhile investment. However, the Zeno is not hurting my business. It’s like giving a patient medicine. That has not negatively impacted our business. Plus, I don’t think

any of these handheld devices are going to be suitable for patients who come to us on a regular basis. In any event, acne is not going away.”

According to Mark Nestor, M.D., Ph.D., a clinical associate professor of dermatology and dermatologic surgery at the University of Miami School of Medicine in Florida, the Zeno “gives patients something to do at home without picking at their pimples. This device allows patients to resolve lesions more quickly in a safe way without scarring.”

The tip of the Zeno heats to approximately 118.5° F. “The treatment itself lasts for just one or two minutes,” Dr. Nestor said. “Studies show that the lesions treated are significantly reduced and disappear much more quickly. But the Zeno is mostly used in conjunction with other treatment modalities.”

As of mid-October, about 50 of Dr. Nestor’s patients had purchased the Zeno. “We have a lot of young kids who like the idea of treating themselves,” Dr. Nestor conveyed. “We’ve received very positive feedback. Patients seem to have less scarring and infection with post-excoriating lesions. Patients are also more involved with their care and feel more empowered.”

One Zeno disposable tip allows for about 90 treatments of individual pimples. A replacement tip costs the patient about \$35. ■



The Zeno by Tyrell