非剥脱点阵激光联合日常精华护理的随机半脸研究

Continuous Skin Rejuvenation by Combining Nonablative Fractional Laser With Daily Application of a Multibeneficial Composition Formulation: A Blinded Randomized Clinical Trial Study

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中文研究概述

这项单中心双盲随机半脸试验在一次全脸激光处理后，将测试精华和空白配方随机用于左右半脸，每日两次、持续28天。37人入组，33名35至49岁女性完成研究。测试精华为论文所述的多成分复配体系。

研究结合皮肤科医生评价、无创仪器和受试者问卷，记录到测试侧部分皱纹及鼻唇沟指标的变化。全文未观察到严重不良事件；记录1例轻度水肿，作者判断与激光处理有关，3天内自行缓解。结果对应激光处理后的配方比较，不是精华单独使用的效果。

护肤研发启示

为专业护理后配方的比较评价提供方法案例：两侧接受相同激光处理，再比较测试精华与空白配方，并分别记录仪器指标、医生评价和耐受情况。论文披露了精华生产方及复配成分，但没有提供足以对应某一在售SKU及其配方版本的信息；不能把复配结果分配给某个单一成分。

English summary

In this single-centre, double-blind, randomized split-face trial, all participants received one full-face laser treatment, then applied a multi-ingredient test serum and blank formulation to opposite sides twice daily for 28 days. Thirty-seven women enrolled and 33 aged 35-49 completed the study.

Dermatologist assessments, instrumental measurements and questionnaires recorded changes in several wrinkle-related endpoints. The full text reports no serious adverse events, but one case of mild oedema, attributed by the authors to laser treatment, resolved within three days. The study evaluates post-laser formulation use, not serum use alone.

The design illustrates how adjunct-care formulations can be compared after the same procedure, using instrumental, clinical and tolerability endpoints. The manufacturer and ingredient complex are described, but a marketed SKU and formulation version are not established. Outcomes cannot be assigned to one constituent.

研究信息

研究方法：单中心、双盲、随机半脸试验与多维评价

研究对象：33名完成激光后28天半脸对照护理的女性

结果对应场景：一次激光处理后测试精华相对空白配方的表现

实验范围与结果

- 两侧均接受激光处理，比较对象为后续使用的测试精华与空白配方；没有独立的精华单用组。
- 37人入组，33名35至49岁女性完成；观察期28天。作者指出样本量及随访时间有限。
- 全文记录1例轻度水肿，作者判断与激光相关，3天内自行缓解；“无严重不良事件”不等于“无不良事件”。

出版与来源

本索引由BTN整理，不是出版商原始论文。

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