

# Aesthetics Unfiltered

## Meet Miria

A new skin-resurfacing tool, just in time for laser season

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Can you believe it's November? You know what that means: laser season! Wait, did your brain go elsewhere? Perhaps to a certain (*all-consuming*) political happening? Of course: Happy Election Day Eve! Get out and vote if you haven't already. Now, back to laser physics, which is far less cryptic than, say, the Electoral College.

Because of my melasma, I've had little personal experience with lasers in recent years, save for a round of Clear + Brilliant, which I approached with fingers crossed but ultimately regretted. I'm not blaming the device; my skin just abhors heat.

I scrolled upon this post from New York City dermatologist Paul Jarrod Frank, MD, who was preparing to road-test the Miria.



In the caption, he writes, "This weekend, I am performing a new cutting-edge, non-ablative fractional resurfacing technology on my face and neck: The Miria Laser. Developed to safely, effectively, and predictably penetrate deeper than other non-ablative devices for skin tightening, the Miria treats fine lines, crepey skin, acne scars, and other common skin issues that would typically take more aggressive ablative devices or surgery to treat."

With Miria, however, Dr. Frank is *not* suggesting that this non-ablative laser can utterly transform lax skin. He's *not* hawking a nonsurgical facelift. Rather, his point is that Miria's inverted-pyramid sort of energy distribution allows it to "target several layers of the dermis"—from shallow to deep (up to 1.4 to 1.7 millimeters)—safely and precisely, under ultrasound guidance. In doing so, he tells me, it can achieve a level of "superficial skin tightening for fine lines, crepiness, and acne scars." (Ablative fractional CO2 lasers are still the gold standard for nonsurgical tightening, but again, the downtime is a drag.)

drpauljarrodfank

# Fraxel Dual or Miria Laser

A post shared by @drpauljarrodfank

What **Dr. Frank** seems to be describing with Miria is a textural refinement of the skin—an appreciable plumping and smoothing—that results from heating the dermis, intensely, at various depths to spur tissue coagulation and collagen synthesis. “I definitely feel like we're getting greater skin tightening and treatment for fine lines, particularly when patients are willing to do a few treatments.” This is meaningful, he explains, because “it’s very difficult to target fine lines and deep acne scars with non-ablative technologies.”

Based on data and early results, **Dr. Frank** expects the Miria to outperform RF microneedling machines, like the Morpheus8, whose tightening powers are hyped across social. While he offers RF needling in practice, he calls the Miria “a more sophisticated device” with superior precision and predictability.

**Dr. Frank** recommends separating Miria sessions by a minimum of six to eight weeks. As for outcomes? “You see best results three to six months after the final treatment,” he says, “but as early as one month, patients are already enthusiastic to come back.”

The Miria requires only numbing cream and about a week of downtime. “You may see greater puffiness and swelling with the Miria [versus Fraxel Dual], particularly around the eyes and mouth, because the energy is penetrating deeper,” **Dr. Frank** notes. You may also experience the usual “coffee grounds type of exfoliation” as sun-damaged cells fall away over the course of four or five days.