



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

EXPERIENCE WITH THE USE OF FRACTIONAL PHOTOTHERMOLYSIS IN THE TREATMENT OF GRANULOMA ANNULARE.

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Introduction: Granuloma annulare is a benign inflammatory dermatosis of unknown etiology characterized by the presence of bodily or purple papules, often arranged in rings. Currently there are no effective methods of treatment of granuloma annulare. Local application of topical corticosteroids and intradermal injection gives short-term and insufficient effect. The method cannot be applied in extensive and widespread rashes. Fractional photothermolysis is non-ablative method of physical effects on the tissue with erbium laser by means of local heating of some parts of the skin with light energy .

Objective: The aim of this work is to investigate the effectiveness of the method of fractional photothermolysis in the treatment of patients with granuloma annulare.

Materials and methods: A group of patients (13 female (76,4%) and 4 male (23.5 %) aged from 19 to 60 years (median 38,33 years) was examined . The disease duration ranged from 5 to 16 years (median 10.5 years). Informed consent for screening and treatment was obtained from all patients . The treatment consisted of 4-8 treatments depending on the clinical result. For an objective assessment of the severity of the disease and the efficacy of the therapy, all patients used the GASI index was used. Area of lesions, color, infiltration elements were assessed.

Results: After the treatment, the GASI index value decreased in 8 (49%) patients by 50% in 4 patients (23.5%) by 75%, in 4 (23.5%) of the patients by 100%. The GASI index median decreased, overall by 19.5% (63,4%) points ($p < 0.01$).

Conclusions: The study showed high efficiency of fractional photothermolysis in the treatment of patients with granuloma annulare. This method can be recommended for the treatment of common forms of granuloma annulare.

