



INFECTIOUS DISEASES (BACTERIAL, FUNGAL, VIRAL, PARASITIC, INFESTATIONS)

COMBINATION TREATMENT FOR ONYCHOMYCOSIS USING 1064 ND:YAG LASER AND EFINACONAZOLE 10% TOPICAL SOLUTION

Sang Ju Lee⁽¹⁾ - Tae-gyun Kim⁽²⁾

Yonsei Star Skin & Laser Clinic, Dermatology, Seoul, Republic Of Korea⁽¹⁾ - Department Of Dermatology, Severance Hospital,, Cutaneous Biology Research Institute, Yonsei University College Of Medicine, Seoul, Republic Of Korea⁽²⁾

Background: Onychomycosis is one of the most common nail diseases around the world. No specific treatment other than drug therapy and surgery was suggested till present. Systemic antifungal drugs for onychomycosis are effective. However, they require a long treatment time and not suitable for people with other systemic disease. Furthermore, they may cause many side effects such as liver disease. Also, many patients prefer topical drugs or physical treatment.

Objective: The objective of this study was to evaluate the efficacy of combination treatment with a 1064 Nd:YAG laser and efinaconazole 10% topical solution

Materials and Methods: 10 patients with onychomycosis were treated with 1064 Nd:YAG laser once a month with application of 10% efinaconazole solution once a day for 6 months. The effectiveness of treatment was evaluated with before and after photographs by two dermatologists.

Results: Mean baseline age was 49.8 years (range, 24-78) and the female subjects were 70%. Improvement were shown in nine patients (90%) after the treatment. However, one patient had no response to the treatment. Treatment was well tolerated, with no adverse events related to medication.

Conclusions: This clinical study suggests that combination treatment of a 1064 Nd:YAG laser and efinaconazole 10% topical solution is an effective, safe, and convenient treatment method for onychomycosis

