



LASERS

A RETROSPECTIVE CROSS-SECTIONAL REVIEW OF CASES OF VERRUCA VULGARIS TREATED WITH PULSED DYE LASER IN ST. LUKE'S MEDICAL CENTER- QUEZON CITY AND GLOBAL CITY FROM JANUARY 2011 TO DECEMBER 2017

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Background: Verruca vulgaris (VV) is a benign epidermal proliferation caused by Human Papillomavirus (HPV) infection. Pulsed Dye Laser (PDL) primarily targets vascular structures producing heat-triggered inflammation that leads to viral inactivation. As such, it has been reported as a successful treatment method for VV with fewer post-procedure side effects. Currently, there are no local figures for the use of PDL for VV in the Philippines.

Objectives: This study reviews the demographics of patients and the clinical outcomes of PDL-treated verruca vulgaris done in two tertiary hospitals from January 2011 to December 2017.

Methods: A 7-year retrospective cross-sectional review of patients with verruca vulgaris treated with PDL from January 2011 to December 2017 was done. Frequencies, percentages, relationship between variables, mean and mode values were obtained. Clinical clearance using before and after photos was determined using a 4-point Likert scale.

Results: A total of 119 patients who fit the inclusion criteria underwent PDL therapy from January 2011 to December 2017 with only 28 patients having complete data for evaluation. Majority of patients were aged >16 years, with the foot as the most commonly treated area, and >50% (19/33) achieving >50% clearance. 57.58% (19/33) attained treatment success, with a treatment interval of 32-61 days and mean treatment sessions of 3.3. Mean parameters used were: spot size 7 mm, pulse duration 1.5 ms, pulses 21.77, fluence of 11.68 J/cm² and cooling 30/20. No adverse effects were reported.

Conclusion: PDL is an effective adjunctive treatment option for VV using the appropriate laser parameters, following the ideal treatment interval, and utilizing a higher number of sessions with negligible adverse effects to achieve clinical clearance.

