

A new ERA for global Dermatology 10 - 15 JUNE 2019 MILAN, ITALY

LASERS

AN INNOVATIVE TECHNIQUE TO TREAT SEBACEOUS HYPERPLASIA WITH FRACTIONAL LASERS

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Introduction: Sebaceous hyperplasia is a common, benign condition of sebaceous glands in adults of middle age or older. Lesions can be single or multiple and manifest as yellowish, soft, small papules on the face (particularly nose, cheeks, and forehead). These lesions are a common cosmetic concern but are difficult to treat, as the entire sebaceous gland needs to be destroyed to prevent recurrence. Traditional methods of treatment include: cryosurgery, electrodessication, curettage, shave excision and topical trichloroacetic acid. These methods have an increased risk of skin discoloration and scarring to the area of treatment that may lead to inferior cosmetic outcomes.

Objective: To assess the efficacy of a combination of intralesional steroid injections and fractional laser in patients with sebaceous hyperplasia.

Materials and Methods: Five patients with sebaceous hyperplasia underwent two full treatment sessions using intralesional triamcinolone injection (10mg/ml) followed by Erbium glass laser (1540nm). Photos were taken before treatment, at each treatment session, and 3 months following the last treatment. Pretreatment photographs and 3-month follow-up photographs were compared to assess efficacy.

Results: Three months after the final treatment, we evaluated the photos and scored them based on a global assessment comprised of: 1) lesion diameter, 2) lesion height, and 3) lesion color. Many of the lesions resolved almost completely after a single treatment, and no additional treatment was required. Overall, there was a reduction in the color, diameter, and height of the lesions.

Conclusions: The use of this novel technique achieved nearly complete clearance of sebaceous hyperplasia lesions without depressions or scarring. Complete heating of the sebaceous gland and sparing of the surrounding skin offered by fractional laser device resulted in clinically apparent improvement with a minimum of adverse effects. However, further large-scale prospective studies with adequate follow-up are required to confirm these findings





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