



LASERS

ASSESSMENT OF THE EFFICACY OF LONG PULSE ND-YAG LASER 1064NM FOR HAIR REDUCTION IN SUDANESE PATIENTS WITH SKIN TYPES 5 AND 6.

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INTRODUCTION: Laser hair reduction in dark skin has become popular in the last few years. Different lasers were used, however the long pulse Nd-yag 1064 nm was found to be the most suitable for skin types 5 & 6 regarding efficacy & incidence of side effects.

OBJECTIVE: Assessment of the efficacy and side effects associated with hair removal in Sudanese patients of skin types 5 & 6 using long pulse Nd-yag 1064 nm.

MATERIALS AND METHODS: Retrospective study covering the period from October 2008 to October 2017 for 76 documented hirsutism patients, 45 (59.2%) of them with PCO, who underwent laser hair reduction & continuing follow up. 54 patients (71%) were type 4 skin. Four laser treatments were performed 4 – 6 weeks apart initially & subsequent treatments at different intervals according to regrowth of hair. Every fluence was started by 30 joules for type 6 skin & 35 for type 4, 5 mm spot size & 30 msec. pulse width were used with contact cooling. Convenience of patients & appearance of side effects were assessed in all patients.

RESULTS: Satisfactory hair reduction was obtained in all patients, need for hair removing was reduced by 86% & thick hairs disappeared. Pseudofolliculitis disappeared in 40 patients (52.6 %) after the first treatment & 71 (93.4%) after the second. Mild scars occurred in 3 patients (3.9%) 2 of them were type 6 skin. No pigmentary changes were observed.

CONCLUSIONS: This study showed that long pulse Nd-yag laser 1064 nm is effective & suitable for hair reduction in skin types 5 & 6 with minimal side effects.

