



LASERS

CLEARANCE OF LICHEN PLANUS PIGMENTOSUS WITH A COMBINATION OF Q- SWITCHED ND-YAG LASER AND ERBIUM-GLASS FRACTIONAL LASER, AND TOPICAL THERAPY.

Rickson Pereira⁽¹⁾ - Minal Patwardhan⁽²⁾

*Dr Rickson'dermatologie Clinic, Dermatology, Mumbai, India⁽¹⁾ - Minal Medical Centre,
Dermatology, Dubai, United Arab Emirates⁽²⁾*

Background: A 55-year old man presented with a history of asymptomatic dark patches appearing on the face since one year. He was treated previously by a dermatologist, with topical betamethasone valerate 0.1% cream and sunscreens for a year with no improvement. There was no history of intake of any oral medications or application prior to the onset of lesions.

Observation: On examination there were greyish patches on the forehead, pre-auricular, nose and perioral regions. There were no similar lesions on any other part of the body. A clinical diagnosis of lichen planus pigmentosus was made.

Patient was treated with topical tazarotene 0.1% cream all over the face alternate nights and, fluticasone cream 0.05% daily at bedtime on the dark patches. Treatment with Q-switched Nd-YAG laser was initiated on the affected areas only with spot size 8mm, fluence of 1-1.5J/cm² frequency of 5-10 Hz; with sessions repeated at 6-8 week intervals. Not much improvement was seen in the pigmentation at 6 months. Erbium glass fractional laser treatment was added in addition to Q-switched laser during the treatment sessions with a fluence 15-20mJ and spot density of 100 per sq.cm. Treatments were continued at 2-3 month intervals and the creams continued alongwith a moisturiser and sunscreen. He underwent 6 sessions of combined laser treatment over a period of 18 months.

The pigmentation gradually cleared up without any sequelae. Transient erythema was observed immediately after the laser treatment. No atrophy or hypopigmentation was seen in the treated areas.

Key message: Combined use of Q-switched Nd-Yag laser and fractional Erbium glass laser treatment, in combination with topical therapy cleared the pigmentation of lichen planus pigmentosus.

