ABSTRACT BOOK ABSTRACTS



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LASERS

## COMBINATION OF MAL-PDT AND ABLATIVE FRACTIONAL CO2 LASER FOR TREATMENT OF MODERATE AND SEVERE ACNE OF THE FACE.

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Introduction: Acne vulgaris continues to be a challenge to dermatologists and primary care physicians alike. There remains the need for more effective therapeutic options to treat acne vulgaris. With the rise of new technologies and in-office procedures, laser therapy and photodynamic therapy (PDT), are growing in popularity as adjunctive treatments and may offer alternatives to those who desire better efficacy, quicker onset of action, improved safety profile, reduced risk of antibiotic resistance, and non-systemic administration.

Objective: To evaluate efficacy and safety of combination therapies with PDT, using metilaminolevulinic acid, and fractional CO2 laser in moderate-severe acne of the face.

Material and Methods: Twenty patients suffering of moderate to severe acne of the face participated to this single arm pilot study. All patients were prepared with 1 session of fractional CO2 laser before the treatment with MAL-PDT. Every patient received 4 completed treatments. Evaluation of GAGS score and scars was performed at baseline after 1,3,6, and 12 months.

Results: Significant reductions in acne score (P < 0.01) were obtained at follow-up visits after 1, 3, 6, and 12 months. After 6 month, the lesions showed overall improvement in all of subjects (good to excellent in acne inflammatory lesions), 80% overall improvement in acne scars. After 12 months, most of subjects had improved hypertrophic/atrophic scars (good to excellent in 85%) and no one had recurrent acne inflammatory lesions. Patient self-evaluation also revealed good to excellent improvements (on average) in acne lesions and scarring, with significant improvements in self-esteem after 6 months post-treatment.





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Conclusion: PDT can control the inflammation and improve the severity of acne lesions. Fractional resurfacing is a promising new treatment modality for scars by stimulating wound healing and remodelling. The combination therapy is a promising option for moderate and severe acne to prevent and improve scar formation.



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