



LASERS

COMBINED 1565 NON ABLATIVE FRACTIONAL LASER AND CORTICOSTEROID TREATMENT REGIMEN FOR NON-SURGICAL MANAGEMENT OF REFRACTORY KELOIDS: A TWO YEARS, BLINDED, FOLLOW-UP STUDY

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Background: Pathological scars like keloids are challenging for both surgeons and patients, as no treatment can provide enthusiastic results.

Objective: Evaluating an alternative therapy combining corticosteroid injection with 1565nm fractional non-ablative laser in the treatment of keloids, not responsive to other therapies.

Methods: A total of 20 patients, affected by keloids on various body areas were enrolled in this study. A solution of triamcinolone acetonide and saline (1:1 ratio) was injected superficially into each keloids immediately followed by non-ablative 1565nm fractional laser treatment (70 mJ, 500 density) until a greyish discoloration was observed. Treatments were repeated, when necessary, every 30 to 45 days. When applicable, half of the scar served as control, in case of smaller lesions, a similar keloid served as control. After 18 months of stable results the remaining lesions were treated.

Results: Following single treatment, all patients reported softening of the scar and the overall reduction of all the symptoms correlated to the keloid. Moreover these results were stable also two years following treatment.

Conclusion: To our knowledge this is the first study that reports a high rate of success using combined treatment based on triamcinolone injection with non ablative 1565nm fractional laser as a non-invasive treatment to manage keloid scarring.

