



LASERS

## EFFICACY AND SAFETY OF COMBINATION OF ERBIUM GLASS LASER AND INTRALESIONAL STEROIDS IN MANAGEMENT OF KELOIDS.

Swapnil Shah <sup>(1)</sup> - Girish Kale <sup>(2)</sup> - Sharayu Hemke <sup>(3)</sup>

Ashvini Rural Medical College, Dermatology, Solapur, India <sup>(1)</sup> - Ashvini Sahakari  
Rugnalaya, Dermatology, Solapur, India <sup>(2)</sup> - Ashvini Sahakari Rugnalaya, Dermatology,  
Solapur, India <sup>(3)</sup>

**Background:** The limited available effective treatments make the management of keloid challenging. Intralesional steroids forms the cornerstone of management of keloids. However, it is difficult to administer ILS in a bulky keloid. Various physical modalities were described in combination of ILS. All of them require anesthesia. Erbium glass laser is a non ablative fractional laser and well tolerated by the patient. We combine fractional erbium glass and ILS without any anesthesia in management of keloids.

**Objective:** to study the efficacy and safety of combination of fractional erbium glass laser and ILS in keloids.

**Materials and Methods:** 20 consecutive patients with keloids were enrolled in a study. Five monthly sessions with fractional erbium glass were given on the keloid followed by injection of intralesional steroids. 8 passes of Erbium glass were given without any anesthesia with forced air cooling.

**Results:** Out of 20 patients, 12 are male and 8 females. The age group is between 16 to 60 years. Most common site for keloids was chest, followed by back and trunk. Most of the patients tolerated the procedure well. The average flattening of keloid were 80%. The pain and itching reduced remarkably in all patients. 2 patients developed epidermal ulceration, which was healed in a week. Perilesional hypopigmentation was noticed in 5 patients.

**Conclusion:** The combination of fractional erbium glass and ILS is extremely safe, least painful and effective treatment for management of keloids.

