



LASERS

## EFFICACY OF 755-NM ALEXANDRITE LASER FOR THE TREATMENT OF TRICHOSTASIS SPINULOSA: A CROSS SECTIONAL STUDY

M Goldust<sup>(1)</sup> - A Tosti<sup>(2)</sup> - T Lotti<sup>(3)</sup> - U Wollina<sup>(4)</sup> - V Di Lernia<sup>(5)</sup> - M Hofmann<sup>(6)</sup> - I Zalaudek<sup>(7)</sup> - C Feliciani<sup>(8)</sup> - E Nagore<sup>(9)</sup> - J Szepietowski<sup>(10)</sup> - P Bahadoran<sup>(11)</sup> - Z Apalla<sup>(12)</sup> - P Pasquali<sup>(13)</sup> - A Lallas<sup>(14)</sup> - Bm Piraccini<sup>(15)</sup> - L Atzori<sup>(16)</sup> - A Katoulis<sup>(17)</sup> - E Errichetti<sup>(18)</sup> - S Ribero<sup>(19)</sup> - S Nisticò<sup>(20)</sup> - Z Kutlubay<sup>(21)</sup> - C Cantisani<sup>(22)</sup> - A Campanati<sup>(23)</sup> - L Cabrijan<sup>(24)</sup> - S Sonthalia<sup>(25)</sup> - U Tursen<sup>(26)</sup> - G Damiani<sup>(27)</sup> - Rrz Conic<sup>(28)</sup> - G Tchernev<sup>(29)</sup> - V De Vita<sup>(30)</sup>

Mazandaran University Of Medical Sciences, Dermatology, Sari, Iran (islamic Republic Of)<sup>(1)</sup> - University Of Miami Miller School Of Medicine, Dermatology And Cutaneous Surgery, Miami, United States<sup>(2)</sup> - University Of Studies Guglielmo Marconi, Dermatology, Rome, Italy<sup>(3)</sup> - Academic Teaching Hospital Of The Technical University Of Dresden, Dermatology And Allergology, Dresden, Germany<sup>(4)</sup> - Arcispedale Santa Maria Nuova-irccs, Dermatology, Reggio Emilia, Italy<sup>(5)</sup> - Charité Universitätsmedizin Berlin, Dermatology, Venerology And Allergology, Berlin, Germany<sup>(6)</sup> - Medical University Of Graz, Dermatology And Venereology, Graz, Austria<sup>(7)</sup> - Università Di Parma, Dermatology, Parma, Italy<sup>(8)</sup> - Instituto Valenciano De Oncología, Servicio De Dermatología, Valencia, Spain<sup>(9)</sup> - Wroclaw Medical University, Dermatology, Wroclaw, Poland<sup>(10)</sup> - University Hospital Of Nice, Dermatology, Nice, France<sup>(11)</sup> - Aristotle University Of Thessaloniki, Dermatology, Aristotle, Greece<sup>(12)</sup> - Pius Hospital De Valls, Dermatology Service, Tarragona, Spain<sup>(13)</sup> - School Of Medicine, Aristotle University, First Department Of Dermatology, Aristotle, Greece<sup>(14)</sup> - Università Di Bologna, Department Of Experimental, Diagnostic And Specialty Medicine, Bologna, Italy<sup>(15)</sup> - University Of Cagliari, Department Of Medical Science And Public Health, Cagliari, Italy<sup>(16)</sup> - University Of Athens Medical School, Attikon Hospital, 2nd Department Of Dermatology And Venereology, Athens, Greece<sup>(17)</sup> - Institute Of Dermatology, University Of Udine, Department Of Experimental And Clinical Medicine, Udine, Italy<sup>(18)</sup> - University Of Turin, Department Of Medical Sciences, Section Of Dermatology, Turin, Italy<sup>(19)</sup> - University Of Catanzaro "magna Graecia", Viale Europa, Germaneto, Department Of Health Sciences, Catanzaro, Italy<sup>(20)</sup> - Ýstanbul, Cerrahpasa Faculty Of Medicine, Ýstanbul University, Dermatology Department, Istanbul, Turkey<sup>(21)</sup> - Policlinico Umberto I, "sapienza" University Of Rome, Dermatology, Rome, Italy<sup>(22)</sup> - Dermatology Unit Department Of Clinical And Molecular Sciences, Polytechnic Marche University, Ancona, Italy<sup>(23)</sup> - Clinicalrijeka, Krešimirova, Hospital Center Department Of Dermatovenereology, Rijeka, Croatia<sup>(24)</sup> - Kalyani-escorts Hospital, Skinnocence: The Skin Clinic; Department Of Dermatology & Std, Gurgaon, Haryana, India<sup>(25)</sup> - Mersin Medical School, Dermatology, Mersin, Turkey<sup>(26)</sup> - Irccs Fondazione Ca' Granda, Ospedale Maggiore Policlinico, Unità Operativa Di Dermatologia, Milan, Italy<sup>(27)</sup> -





*Case Western Reserve University, Dermatology, Cleveland, United States<sup>(28)</sup> - Medical Institute Of Ministry Of Interior (mvr), Department Of Dermatology, Venereology And Dermatologic Surgery, Sofia, Bulgaria<sup>(29)</sup> - University Of Naples, Dermatology, Naples, Italy<sup>(30)</sup>*

**Background:** Trichostasis spinulosa (TS) is a common follicular disorder that results from retention of multiple vellus hairs within the pilosebaceous follicles. A variety of treatment modalities has been used with variable, but largely transient, success.

**Objective:** This study aimed to evaluate 0.5-millisecond pulsed 755-nm alexandrite laser in the treatment of TS.

**Methods:** In this multicenter study, 120 patients were included. All patients received a single laser treatment (one to three passes). The administration of cold air immediately preceding the laser treatment eliminated the need for anaesthesia or analgesics. Photographs were assessed by 3 dermatologists, blinded to the patients' identities and timing of treatment (before and after treatment). The patients were followed up for 3 months to evaluate the level of satisfaction.

**Results:** In all patients the lesions cleared, with minimal or no pain. Patients were extremely satisfied based on an after-treatment and follow-up questionnaire. The treated areas were still clear 4 to 5 weeks after the initial treatment. A second treatment was not considered necessary. There were no adverse effects other than mild after treatment erythema, resolving in a few days, and there was no recurrence within the follow-up period of 3 months.

**Conclusion:** The 755-nm alexandrite laser is safe and effective as a treatment of TS with only mild side effects even in dark skin types.

