

LASERS

EFFICACY OF 800NM DIODE LASER TO TREAT TRICHOSTASIS SPINULOSA IN INDIAN PATIENTS

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Introduction: Trichostasis Spinulosa is a common but underdiagnosed follicular disorder involving retention of successive telogen hair in the hair follicle. Laser hair removal is a newer treatment modality for Trichostasis Spinulosa with promising results.

Aims: To evaluate the efficacy of 800 nanometer Diode laser to treat Trichostasis Spinulosa in Indian patients.

Methods and Material: We treated 170 Indian patients (Fitzpatrick skin phototype IV-V) with untreated Trichostasis Spinulosa on the nose with 800 nanometre diode laser at fluence ranging from 22-30 Joule per square centimeter (J/cm2) and pulse width of 30 millisecond (ms). The patients were given two sittings at eight week intervals. Evaluation was done by blinded assessment of photographs by independent dermatologists.

Results: 45 (90%) patients had complete clearance of the lesions at end of treatment. Five (10%) subjects needed a third sitting for complete clearance. 45 patients had complete resolution and no recurrence even at 2 year follow-up visit. 5 patients had partial recurrence after 8-9 months and needed an extra laser session.

Conclusions: Laser Hair Reduction in patients with Trichostasis Spinulosa targets and removes the hair follicles which are responsible for the the plugged appearance. Due to permanent ablation of the hair bulb and bulge, the recurrence which is often seen with other modalities of treatment for TS, is not observed here.





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