



LASERS

FRACTIONAL CARBON DIOXIDE LASER IN COMBINATION WITH TOPICAL CORTICOSTEROID APPLICATION IN RESISTANT ALOPECIA AREATA: A CASE SERIES

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Introduction: Intradermal steroid injections are one of the treatment options in resistant alopecia areata. However, it is difficult and quite painful to treat large areas of alopecia with this modality. Additionally there are possible chances of steroid induced atrophy with these injections.

Objective: To assess the efficacy and safety profile of a combination of Fractional Carbon dioxide (CO₂) laser treatment followed by topical corticosteroid application in resistant alopecia areata.

Methods and Materials: Ten cases of resistant alopecia areata who had not responded to multiple treatment modalities were treated with fractional CO₂ laser followed by topical application of Triamcinolone 10mg/ml spray on the resistant lesions. Patients received 4-8 sessions repeated at 3-4 week intervals. Response to treatment was assessed on a quartile physician assessment scale and labelled as excellent (>75% regrowth), good (50-75% regrowth), fair (26-50% response) and poor (<25% regrowth).

Results: Eight of these 10 cases completed the treatment process. Seven out of these 8 patients had complete recovery of the area treated. One patient however did not show good response even after 4 sessions. No skin atrophy or any other significant adverse effects were noted in any patient.

Conclusion: Fractional CO₂ laser in combination with topical triamcinolone can prove to be an effective treatment option in resistant alopecia areata.

