



LASERS

## LASERS FOR AGEING BROWN SKIN

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**Introduction:** Ageing in brown skin is a complex interplay of different manifestations and aetiological factors. The manifestations are modified by the presence of melanin and also the tropical environment. Pigmentation is an important part of ageing but wrinkling and sagging of skin often appear late. Compounding these factors is the altered response to lasers, which are more likely to result in pigmentary changes.

**Objectives:** So any management of brown skin needs to take these factors into account, so that treatments are done effectively and safely. Fortunately over the last decade, technologies have developed which can address these concerns.

**Methods:** Over the last 5 years, in over nearly 100 patients, we have worked with a combination of the following lasers to devise a scheme for this purpose:

1. Q Nd yag laser toning to treat pigmentation. This is often the first treatment to be done and is repeated 2-3 times at 2-4 week intervals. This not only removes the pigmentation but also, helps to prevent the inflammation induced pigmentation
2. Short pulse Nd yag laser induced rejuvenation to produce collagen synthesis in papillary dermis and treat fine lines. It may also help in reducing pigmentation
3. Erb Yag laser to induce laser peeling, reduce epidermal thickening and induce collagen synthesis in upper and mid dermis, though its fractionated and long pulse modes
4. Very long pulse Nd Yag laser to induce tightening of skin in deep dermis

**Results:** These wavelengths are safe for the brown skin and effect changes at different levels in the skin to produce satisfactory changes without significant side effects.

