



LASERS

SUCCESSFUL TREATMENT OF ACANTHOSIS NIGRICANS WITH A COMBINATION OF 2940 FRACTIONAL ERBIUM:YAG LASER, ORAL ISOTRETINOIN AND TOPICAL GLYCOLIC ACID: A PILOT STUDY

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Introduction: Acanthosis nigricans (AN) is a common dermatoses characterized clinically by hyperpigmented velvety plaques typically over the intertriginous areas. Contrary to popular belief, the dark color of acanthosis nigricans is due to hyperkeratosis rather than a mild increase in melanin pigmentation. The dark pigmentation causes significant psychological morbidity for patients and hence there is a dire need for a quick and effective therapeutic solution. Improvement of the skin lesions is often the patient's primary concern.

Material and Methods: We report two cases of AN treated successfully with a combination of Fractional ablative 2,940 nm Erbium: YAG Laser treatment, oral isotretinoin and topical glycolic acid. A 2x2 cm test patch was done to assess for any reduction in skin thickness and pigmentation, on success of which the rest of the area was treated after 4 weeks with a spot size of 6mm and fluence of 20J. Six stackings were given at each spot. Concomitant oral Isotretinoin 0.5mg/kg/day and topical glycolic acid 12% application at night was advised.

Results: 80% clearance was achieved in a single session. None of our patients reported any side effects.

Discussion: Combination of fractional Er:YAG, isotretinoin and topical glycolic acid is a novel, safe and effective modality to treat AN. There is minimal downtime and minimal pain. Excellent results with minimal number of sittings can be achieved making this combination therapy cost effective for the patients.

To the best of our knowledge, this is the first documented report of the successful use of fractional ablative Er: YAG laser in the treatment of acanthosis nigricans.

