



LASERS

## THE EFFECTIVENESS OF LOW-FLUENCE FRACTIONAL CO<sub>2</sub> LASER IN THE TREATMENT OF IDIOPATHIC GUTTATE HYPOMELANOSIS

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**Introduction:** Idiopathic guttate hypomelanosis (IGH) is common acquired leukoderma characterized by discrete, tiny, white macules in the elderly. Until now, there was no definite therapeutic modality for IGH.

**Objective:** To investigate the effectiveness of low-fluence fractional CO<sub>2</sub> laser in the treatment of IGH

**Materials and Methods:** A retrospective review was performed, and a total of 161 lesions on 38 body parts in 28 patients with IGH were included from October, 2016 to July, 2018. A CO<sub>2</sub> fractional laser treatment was performed on all lesions with 2 passes of 2-4 mJ, 400 spots/cm<sup>2</sup> with no anesthesia at a 1-week interval. All lesions were classified into three body parts including face, chest, and extremities, and were evaluated according to the body parts. Clinical assessments were evaluated using 6-point scales (0, no; 1, mild; 2, moderate; 3, good; 4, excellent; 5, complete response).

**Results:** Overall, 65.8% (25 out of 38 body parts) showed excellent or complete response after a median of 5 treatment sessions (range: 1-9). In the subgroup analysis, 73.3% (11/15) of face lesions showed more than excellent response, whereas 60% (6/10) and 61.5% (8/13) of chest and extremities did, respectively. Transient erythema and crusts after treatment was common, and one patient stopped treatment because of prolonged hyperpigmentation at irradiation site.

**Conclusions:** Low-fluence fractional CO<sub>2</sub> laser therapy could be an effective option for IGH. It is convenient without need for anesthesia.

