ABSTRACT BOOK ABSTRACTS



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LASERS

TREATMENT OF LASER-RESPONSIVE DERMAL PIGMENTARY CONDITIONS IN TYPE III-IV ASIAN SKIN WITH A 755NM PICOSECOND PULSE DURATION LASER: A RETROSPECTIVE REVIEW OF ITS EFFICACY AND SAFETY.

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Introduction: In contrast to treatment of tattoos, there is a paucity of data evaluating picosecond lasers in the treatment of dermal pigmentary conditions.

Objective: To evaluate the efficacy and safety of a picosecond 755nm laser in the treatment of naevus of Ota (NO) and Hori's naevus (HN) in Asians with Fitzpatrick skin types III and IV.

Materials and Methods: This is a retrospective review of treatment records of patients seen at the National Skin Centre, Singapore, from 2015-2017. Clinical response was based on assessment of pre and post laser standardised photos by 3 independent blinded experienced dermatologists using the Physician's Global Assessment (PGA) score (0-Clear, 1-almost clear, 2-mild, 3-moderate, 4-severe).

Results: A total of 29 subjects were included, with 18 cases (14 females, 4 males) of NO and 11 cases (all females) of HN. Mean age was 32 (range:7-53) and 46 (range:30-59) in the respective groups.

In the NO group, mean number of treatments was 2.44 (range:1-6), mean pre and post treatment PGA scores were 3.09 and 1.33 respectively (1.76 point change), average fluence used was 1.98 J/cm2 (range:1.02-2.38).

In the HN group, mean number of treatments was 3.9 (range:1-6), mean pre and post treatment PGA scores were 2.60 and 1.12 (1.48 point change), average fluence used was 2.11 J/cm2(range:1.98-3.40).

Subjects tolerated the procedures well, with a mean pain score of 4.65. 11 patients (37.9%) experienced post-laser erythema, 1 (3.4%) patient developed transient post-laser hypopigmentation which resolved after 6 months. No cases of transient hyperpigmentation











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or permanent hyper/hypopigmentation were seen.

Conclusion: The picosecond 755nm laser is effective in the treatment of dermal pigmentary conditions in Asians with Fitzpatrick skin types III and IV, with minimal risk of post-laser complications, and compared to the Centre's past experience with the Q-switched nanosecond 1064nm laser, results in faster and more effective pigment clearance.



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