

A pilot study of treatment of striae distensae with variable square pulse Erbium: YAG laser resurfacing

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SUMMARY

Striae distensae are a frequent skin condition for which treatment remains a challenge. Multiple treatment modalities have been employed with variable results [1,2]. Therefore, we conducted the study to determine the efficacy and safety of a fractional Erbium:YAG laser for the treatment of striae in skin phototypes IV-V.

Twenty females with striae either on abdomen or thighs received 2 treatments with variable square pulse Erbium: YAG laser resurfacing. One side of their striae was randomly treated with 1 pass of 400 mJ in short pulse (SP) mode with 50% overlapping and 1 pass of 2.2 J/cm² in smooth (SM) mode with non-overlapping. The other side of their striae was treated with 2 passes of 400 mJ in short pulse (SP) mode with 50% overlapping. The participants were evaluated using standardized photographs and a UVA-light video camera at baseline, 1-, 3-, and 6-month after the final treatment. Side effects of treatment were recorded at every session.

Until now, the study has not yet been complete. All patients have just finished the treatment protocol. The results and conclusions will be presented in the meeting.

REFERENCES

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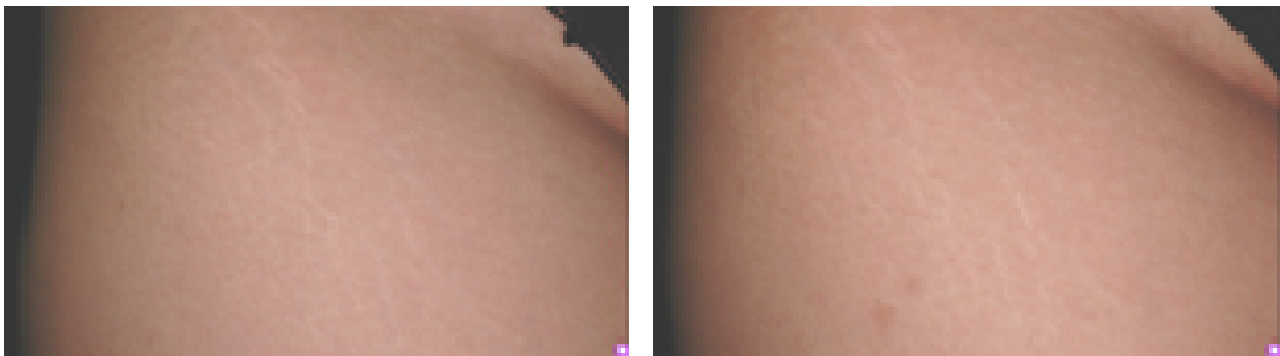


Fig. 1: Striae distensae treated with variable square pulse Erbium: YAG laser resurfacing (a) before, and (b) 1 month follow-up after 2 laser treatments.