

Treatment of Common Pigmentary Problems in Asians with Q-switched Nd:YAG Laser

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SUMMARY

While ageing skin is a common complaint among Caucasian patients seeking aesthetic treatments, Asian patients complain most often about pigmentary lesions such as lentigines, sunspots, melasma, Hori's nevus and nevus of Ota.

Medical laser and intense pulsed light technology provide effective treatment for pigmentary lesions but have some limitations due to extremely variable therapeutic responses and common recurrence [1,2]. Recently, variable-pulsed Er:YAG lasers have shown favorable but temporary improvements with epidermal-type melasma with minimal adverse effects. If the treatment was discontinued, recurrence was observed [3].

Low-fluence 1064 nm Q-Switched Nd:YAG lasers have also been used for treating pigmentary lesions. The treatment regimens received by patients have been highly variable and mottled facial depigmentation has been observed. The depigmentation can appear after only a few treatment sessions, especially in cases with background melasma [4].

The Q-switched Nd:YAG laser can present a safe and effective treatment for pigmentary disorders in Asians, but to avoid unwanted adverse effects it is recommended to undertake proper patient selection, thorough pre-operative counseling and good post-operative care.

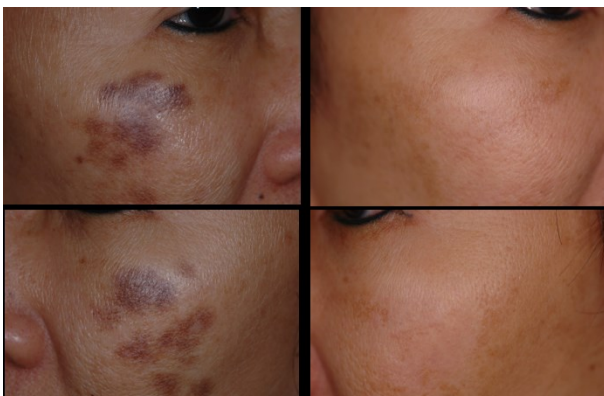


Fig.1 Acquired bilateral nevus of Ota-like macules(Hori's nevus) treated with 1064 nm Nd:YAG Q-S laser.

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