



## Treatment of Ectopic Mongolian Spot

Il Joong Park, MD

### Introduction:

Mongolian spot refers to a macular blue-gray pigmentation usually on the sacral area of healthy infants. It is found most frequently in the sacral region in infants and typically disappears during childhood. However, ectopic Mongolian spots located in the extra-sacral areas may persist into adulthood. Mongolian spots are a normal variation of skin pigmentation and do not require treatment, but the discoloration can cause significant cosmetic concern to the patients. Ectopic Mongolian spots may fade naturally as the patient grows older. However, due to their occasional persistence, we have decided to treat the lesion. In this case a treatment of the lesion with Q-switched Nd:YAG laser is presented.

Laser	Fotona QX MAX
	<b>Step 1</b>
Wavelength	Nd:YAG, 1064 nm
Handpiece	R28
Fluence	2.4 – 2.6 J/cm <sup>2</sup>
Mode	Q-switched
Frequency	10 Hz
Passes	4 – 6
Spot size	7 mm
Sessions	19 sessions with 2-month intervals



*Dr. Il Joong Park completed his medical training at the Ulsan University Hospital in Ulsan, South Korea, and obtained a dermatologist's degree at the Asan Medical Center in Seoul, South Korea. He is a dermatologist based in "The Skin Dermatologic Clinic" in Bucheon, South Korea. He is also a regular member of the "Association of Korean Dermatologists" and serves as the educational director of the "Korean Society for Clinical Therapeutic Dermatology".*

## CLINICAL CASE:

A 3-month-old male infant with Fitzpatrick skin type IV presented to the clinic with an ectopic Mongolian spot covering his right arm and shoulder.

Topical anesthetic was used prior to treatment. Q-switched Nd:YAG laser was applied with a high-speed brushing technique, targeting erythema as the treatment endpoint. Occasionally, a mild petechiae was observed.

The level of clearance achieved from the treatment as assessed by the doctor was 76–100%. The patient's parents were very satisfied with the result.



Published by the Laser and Health Academy. All rights reserved. © 2023

Disclaimer: The intent of this Laser and Health Academy publication is to facilitate an exchange of information on the views, research results, and clinical experiences within the medical laser community. The contents of this publication are the sole responsibility of the authors and may not in any circumstances be regarded as official product information by the medical equipment manufacturers. When in doubt please check with the manufacturers whether a specific product or application has been approved or cleared to be marketed and sold in your country.

