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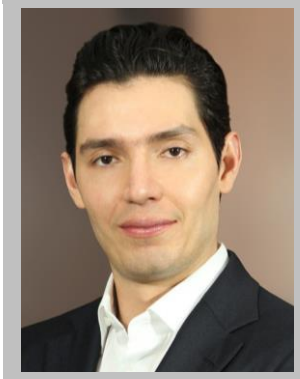

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Treatment of Lichen Planus Pigmentosus (LPP) with combined FRAC3 and Q-Switched Nd:YAG

Drs. Sebastián and Julio Cesar Velez Ocampo

Parameters:

Laser source:	StarWalker - Nd:YAG (1064 nm)	
Pulse duration:	Q-Switch – MaQX-1	FRAC3
Fluence:	1.5 - 2 J/cm^2	10 J/cm2
Frequency:	4 Hz	4 Hz
Handpiece:	R28d	R28d
Spot size	8 mm	6 mm
Passes:	4 - 6	8 (no stacking)
Tx interval:	4 sessions every 3 weeks	

Treatment procedure:

Lichen Planus Pigmentosus (LPP) is an inflammatory disease that affects the dermo-epidermal junction and presents melanin pigment incontinence, providing the skin with a color that ranges from coffee to ash grey. LPP mainly affects dark skin phototypes and is frequently located in the head or neck. Recommended treatments have been described with vitamin A, topical retinoids, systemic or topical corticoids and Q-switched Nd:YAG laser.

For this 53-year-old Fitzpatrick type IV patient, we performed a combined treatment using both a 0.6 ms (FRAC 3) and single Q-Switch pulses (MaQX 1) with the above-mentioned parameters. The objective of adding longer, low-fluence Frac3 pulses to the treatment is to modulate the inflammation by acting on the vascular component.

No preparation of the skin is required prior to treatment. A cold compress was applied both during and after the procedure. Only a mild transient erythema was observed in the immediate post-op. Some patients might develop edema, but this can be avoided by applying test spots to determine the optimal fluence levels. The patient applied 0.1% Tracolimus (FK506) ointment nightly for 3 days after the laser treatment along with daily sun protection and hydrating cream.

Right side, before and after the 4th session

Front, before and after the 4th session

Left side, before and after the 4th session