



Treatment of Milia with Er:YAG Laser

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Introduction:

This bulletin presents a case of a 34-year-old female with a single milium lesion located on the left cheek. Milia are millimetric yellowish-white, asymptomatic, benign papules which are generally located on the face. They originate from the hair follicles or the eccrine ducts glands, where there is an accumulation of keratin. We created a 1-step protocol treatment shown in the table above. No skin preparation is required. The procedure is performed under topical anesthesia (lidocaine 20% + prilocaine 10% + tetracaine 5%), which is applied to the lesion 30 minutes before the treatment.

Lasers	SkyPulse Versa or SP Dynamis
Wavelength	Er:YAG (2940 nm)
Pulse duration	LP (600 µs)
Pulse mode	Basic
Energy	40-60 mJ
Frequency	3 Hz
Handpiece	HC14-NE
Contact sapphire tip	Conical – 16 mm length 0.6 mm diameter
Passes	Multiple
Tx interval	Single session for total elimination
Anesthesia	Topical
Cooling	

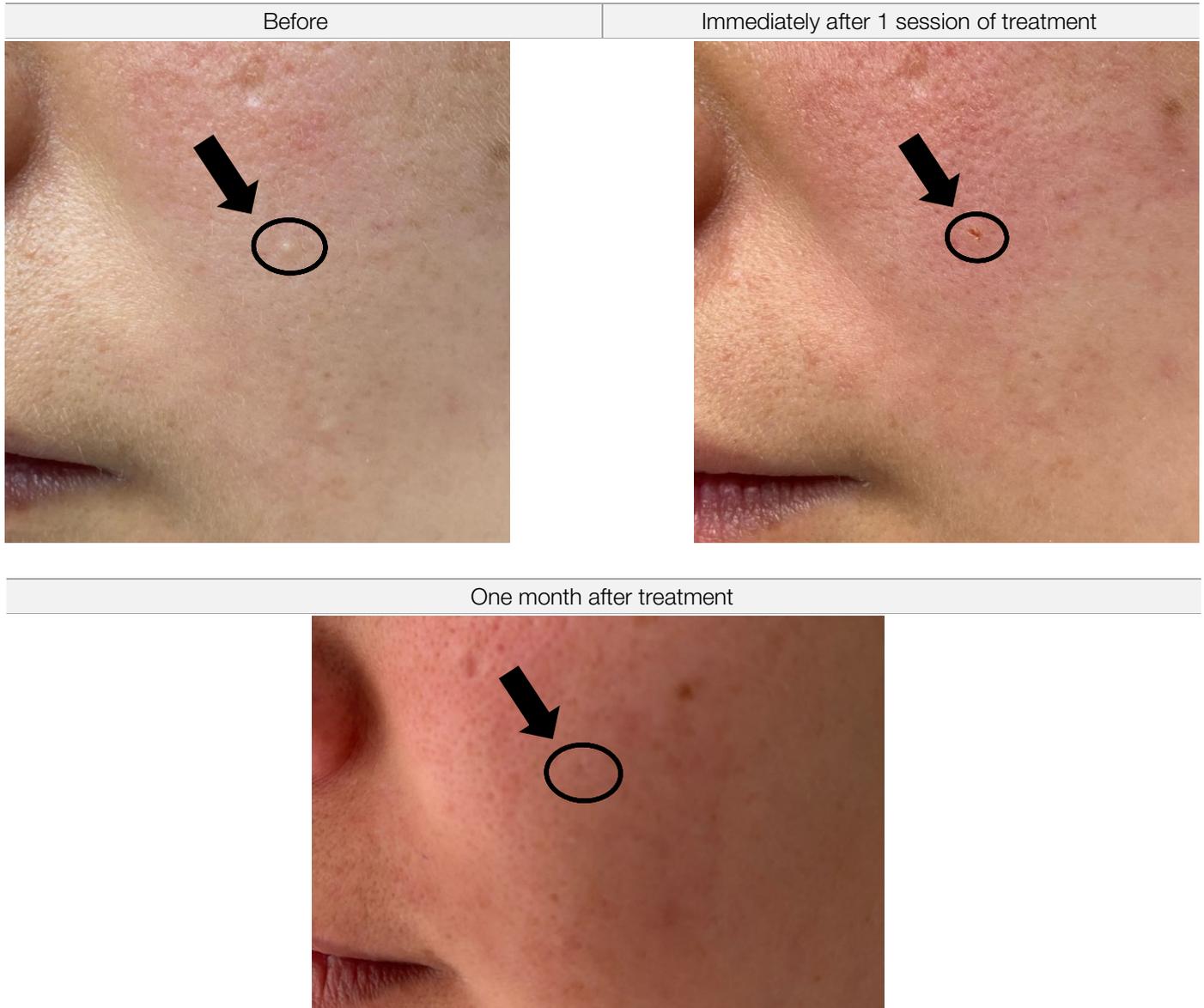


Drs. Julio and Sebastian Velez are Colombian dermatologists who graduated from Universidad del Bosque and University Foundation for Health Sciences, respectively. They are committed to research and education, performing as adjunct professors at the Del Rosario University and the Universitaria Sanitas Foundation. They currently work with the SP Dynamis Pro and StarWalker Q-Switched system in their private practice, Medical Art. They also provide pro bono services at the University Hospital Federico Lleras Acosta Dermatological Center.

CLINICAL CASE:

The applied energy is 40-60 mJ depending on the size of the milium lesion (the bigger the lesion the more energy it requires) and the frequency is 3 Hz. Multiple passes with intermittent contact of the contact tip with the skin are applied on the lesion until it completely vaporizes.

There is no need for cooling and after the procedure a small scab is expected for at least 7 days. Epithelializing cream and photoprotection should be started immediately after the treatment, three times per day for 7 days. A single session is sufficient for a total elimination of the lesion.



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