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Abstract

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Laser therapy of freckles and lentigines with quasi-continuous, frequency-doubled, Nd:YAG (532 nm) laser in Fitzpatrick skin type IV: a 24-month follow-up.

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Abstract

BACKGROUND: Newly developed lasers produce excellent results with minimal complications compared with traditional treatments for freckles and lentigines.

OBJECTIVES: To assess the efficacy and safety of the frequency-doubled Nd:YAG (532 nm) laser in the treatment of freckles and lentigines in type IV skin.

PATIENTS AND METHODS: Twenty adult patients (14 with freckles and six with lentigines) were subjected to a variable number of treatments with a minimum 4-week interval until no additional improvement occurred or > 75% improvement was obvious. Patients manifesting > 50% improvement were followed up once every 3 months for 24 months. The rest were regarded as treatment failures and not followed up.

RESULTS: Sixteen (80%) of 20 patients (freckles, n = 10; lentigines, n = 6) manifested more than 50% improvement. They were treated- irradiated between three and eight times with a 4-12-week interval. Complications included hypopigmentation (25%), mild textural changes (15%) and hyperpigmentation (10%). All these were mild and resolved within 2-6 months. Of 10 patients with freckles followed up for 24 months, four (40%) patients showed partial recurrence. However, all the patients maintained > 50% improvement. None of the patients with lentigines showed recurrence.

CONCLUSION: The quasi-continuous, frequency-doubled Nd:YAG (532 nm) laser safely and effectively treats freckles and lentigines in Fitzpatrick skin type IV.

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