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Abstract

Recently, lasers and light systems are used more for the treatment of vascular lesions due to their noninvasiveness, ease of use, and short recovery time. This side-by-side prospective study compares results, satisfaction, and complications after intense pulsed light (IPL) and Nd:YAG laser treatment of small vascular lesions. Twenty-five patients with telangiectases, leg veins, or cherry angiomas underwent treatment of the same category of lesion in the same area. One year after completing treatment, patients were asked to report their satisfaction level after comparing digital photos before and after treatment; 72% felt they had good to excellent results after Nd:YAG treatment, while only 48% felt the same after IPL. The most common side effect after Nd:YAG was hyperpigmentation. Satisfaction level was significantly higher after Nd:YAG than after IPL. Patients with telangiectases, cherry angiomas, or leg veins <1 mm were more satisfied after IPL, while those with leg veins >1 mm were more satisfied after Nd:YAG. Overall, satisfaction with treatment of vascular lesions was greater with Nd:YAG although this method was more painful.

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