Keratosis pilaris atrophicans: treatment with intense pulsed light in four patients.

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Abstract

BACKGROUND: Keratosis pilaris atrophicans (KPA) is a group of disorders characterized by erythematous keratotic papules followed by atrophy on the face. The treatment is often unsatisfactory.

METHODS: Four white women, with ages ranging from 14 to 20 years, were treated with an intense pulsed light (IPL) system with a cut filter of 570 nm. The power density was between 40 and 47 J/cm², divided into two pulses of 3 ms, with a delay between both of 20 ms. Patients received five to nine sessions.

RESULTS: Clinical improvement was noted in all patients, with a reduction of erythema in treated areas of between 75% and 100%. Treatment was well tolerated and no adverse reactions were observed. After a follow-up of 10 months no recurrence was observed. In addition, in parallel mode to erythema improvement, a reduction of roughness was observed.

CONCLUSION: Our results suggest IPL should be considered as a safe treatment option in patients with KPA.

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