



Dermatol Surg. 2002 Nov;28(11):1007-12; discussion 1012.

## Intense pulsed light for the treatment of facial freckles in Asian skin.

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### Abstract

**BACKGROUND:** Freckles are melanotic lesions frequently seen on the face and other sun-exposed areas. Previously evaluation of the severity of freckles has relied on the ultimately subjective assessment of the doctor or patient. Intense pulsed light (**IPL**) is newly introduced to treat facial freckles in Asian skin.

**OBJECTIVE:** To determine the effectiveness of **IPL treatment** for Asian patients with freckled skin and to assess a new and objective method for evaluation of the severity of freckling and posttherapy improvement using an ultraviolet (UV)-sensitive camera and film.

**METHODS:** Thirty-six patients with freckles were enlisted. **IPL treatment** was administered to patients with freckles in 4-week sessions. Irradiation wavelength was controlled using cutoff filters ranging from 550 to 590 nm, with a fluence of 25-35 J/cm<sup>2</sup>, with single- or double-pulse illumination and a pulse width of 4.0 msec. The assessments of the physician and patient were compared with the objective dermatologic evaluation with black-and-white and UV photography used to derive two **treatment** parameters, cosmetic density of freckles (CDF) and freckles area and severity index (FASI), which are applicable in a clinical setting.

**RESULTS:** By the end of the study, two attending physicians assessed the results for 86.1% of the subjects as excellent or good, with 91.7% of the patients reporting that they were extremely or very satisfied. A statistically significant improvement in mean FASI score was demonstrated at 6 months after **treatment** compared with baseline (n = 36, p <.005; paired t-test). Mean overall improvement rate (n = 36), as determined from the difference in mean FASI score, was 63% at 12 weeks and 58% at 6 months.

**CONCLUSION:** **IPL** is an effective and safe **treatment** for facial freckles in Asian skin, with relatively few adverse effects and high satisfaction levels.

PMID: 12460294 [PubMed - indexed for MEDLINE]



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