Intense pulsed light for the treatment of rosacea and telangiectasias.

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Abstract

Abstract Background: Rosacea is a chronic disease that affects the aesthetic appearance of skin. The use of intense pulsed light (IPL) has shown significant clearing in erythema, telangiectasia, and papules in rosacea. We seek parameters for IPL that will achieve optimal reduction in the appearance of rosacea with minimal adverse effects.

OBJECTIVE: To investigate the use of IPL on 102 patients at various parameters (fluence and pulse duration) in the treatment of rosacea.

METHODS: 102 patients with mild to severe rosacea were treated with IPL treatment using the NaturaLight IPL system (Focus Medical, Bethel, CT). Patients received treatments at 1-3 week intervals, with an average of 7.2 treatments. The Reveal Imager (Canfield Scientific, Fairfield, NJ) was used for photodocumentation and analyses.

RESULTS: Treatments were given at 2.5/5 ms double, triple, or quadruple pulsed with 20-30 ms delay time. A 530 nm filter was used with fluences varying from 10-30 J/cm², or 10-20 J/cm² with a 420 nm filter for those patients with acneiform breakouts in addition to telangiectasias. 80% of patients had reduction in redness, 78% of patients reported reduced flushing and improved skin texture, and 72% noted fewer acneiform breakouts. There were no complications or adverse effects.

CONCLUSION: The use of IPL at specified parameters provides optimal therapy for the treatment of rosacea.

PMID: 21848421 [PubMed - indexed for MEDLINE]