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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/cm(2), or 10-20 J/cm(2) 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**.

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