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1064 nm Q switched Nd: YAG laser treatment of nevus of Ota: An open-label prospective study

Introduction

Nevus of Ota is a well-defined dermal nevus characterised by multiple small, bluish-brown macules in the area innervated by the first and second branches of the trigeminal nerve. The available treatment modalities for this condition are still limited, and satisfactory outcomes are complex to achieve.

Methodology

Sixteen patients with nevus of Ota underwent multiple treatments (Minimum six sessions) monthly intervals over one year with QSNYL. Therapy was initiated with 1064 nm Q Switched Nd: YAG Laser with 4 mm spot size and fluence 2.5-4 J/cm.² Of the 16 patients, 5 were males, and 11 were females. Skin types treated included phototypes IV and V. The response after subsequent treatments was documented through serial photographs taken before and after every treatment session. Response to the therapy was graded based on the Physician's global assessment.

Results

Excellent response was seen in 18%, good response in 50%, and fair response in 31.3% of patients. All patients reported some improvement. Transient postinflammatory hyperpigmentation was observed in 1 (6.3%) patient, cleared with sunscreens and topical lightening cream within two months. No textural change or scarring was observed in any patient. Immediate tissue reaction was frosting in 37.5% of patients.

Conclusion

Q switch Nd: Yag laser is an easy and effective treatment for nevus in Ota patients with few side effects. Patients may require multiple sessions at low fluence. There are a few transitory side effects

Keywords: Nevus of Ota, Q switch Nd Yag Laser,

Biography

Dr. Jahan's expertise lies in the comprehensive management of dermatological disorders, including acne, eczema, psoriasis, skin malignancy, etc. Her skills also extend to interventional dermatology, including surgery, laser and aesthetics surgery.

Her numerous articles in reputable journals further showcase her commitment to advancing the field, instilling confidence in her expertise.

Dr. Jahan is deeply committed to patient education and empowerment. Through seminars and awareness campaigns, she strives to educate the public on effective skincare practices, sun protection, and early detection of skin cancers.