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Active Acne Treatment with StarWalker

Dr Chua Cheng Yu

Parameters:

Laser source:	Nd:YAG, 1064 nm	Nd:YAG, 1064 nm
Pulse duration:	VERSA 3, 15 ms	MaQX-1
Fluence:	50-70 J/cm ²	1.8 J/cm ²
Frequency:	0.5 – 1 Hz	10 Hz
Handpiece:	R28d	R28d
Spotsize:	5 mm	8 mm
Cooling:	/	Zimmer 3

Treatment procedure:

The 1064 nm Nd:YAG laser has shown success in treating acne vulgaris in smaller scale studies, but studies with larger numbers of patients are still lacking for the treatment to be accepted in mainstream medical practice.

This case presents a 22-year-old Chinese male suffering from active acne for a period of six months. The patient had tried over-the-counter skincare, acne ointments and facials at a beauty salon before coming to our clinic, but with no improvement. He reported having experienced a similar outbreak many years ago, which was resolved with oral medications. He was reluctant to take drugs again, however, and also wanted a faster solution to his problem.

Three sessions were performed with StarWalker MaQX, with the parameters used as shown in the table. One pass of VERSA3 was done over the active acne pustules as well as areas of post-inflammatory erythema, and multiple passes were done with MaQX-1 over the affected area. The interval between treatments was 28 days, with the same parameters used during each session.

Multiple reports show that infrared lasers can and should be used in the treatment of active acne. As this case shows, there is no need for oral medication, and the overall treatment duration is short. Optimal/individualized laser settings, as well as concomitant therapy with other lasers and/or medications, should be explored with more clinical studies.



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Before treatment

After 12 days

After 72 days