



Management of Melasma in Asian Skin

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Introduction:

Melasma is one of the most common pigmentary disorders among Asians, with many noticing the onset of this disorder in their late 20s. It remains a challenge to treat Melasma effectively as it tends to take a long time to show improvement and often relapses. In many cases, the usage of incorrect parameters can lead to a worsening of the condition. Hence it is important to treat with settings that are adequate to cause enough damage through a photoacoustic effect, while not too excessive in generating heat, which may worsen the condition.

Laser	StarWalker PQX		
	1 st session	2 nd session	3 rd session
Wavelength	Nd:YAG (1064 nm) & KTP (532 nm)	Nd:YAG (1064 nm) & KTP (532 nm)	Nd:YAG (1064 nm)
Handpiece	Black & Duo Dot	Black & Duo Dot	Black
Spot size & Fluence (Black, 1064 nm)	8 mm (0.5 J/cm ²) 4 mm (0.9 J/cm ²)	8 mm (0.5 J/cm ²) 4 mm (0.9 J/cm ²)	8 mm (0.6 J/cm ²) 4 mm (1.0 J/cm ²)
Spot size & Fluence (Duo Dot, 532 nm)	3 mm (0.6 J/cm ²)	3 mm (0.6 J/cm ²)	–
No. of Passes	Black 8 mm: 2 passes Black 4 mm: 2 passes Duo Dot: 1 pass	Black 8 mm: 2 passes Black 4 mm: 2 passes Duo Dot: 1 pass	Black 8 mm: 2 passes Black 4 mm: 2 passes
Sessions	3 sessions 1 month apart		



Dr. Chong Wai Seng (Eugene) is medical aesthetic practitioner based in the Dr. Ko Clinic in Selangor, Malaysia. He graduated from the Nizhny Novgorod State Medical University in Russia and completed postgraduate studies in Primary Care Dermatology and Anesthetic Medicine in Thailand. He believes that aesthetic medicine is a work of art and with skills and experience, he can help others to achieve their desired look and feel beautiful. He has a fellowship in Cutaneous and Laser Surgery based in Thailand.

CLINICAL CASE:

A 46-year-old female patient with FP skin type IV presented with a history of melasma and freckles for more than 5 years, which were increasing in size and intensity. The patient underwent a total of 3 sessions of StarWalker PQX treatment with a one month interval along with a skincare regime at home consisting of hydroquinone alternatives such as Kojic Acid and Tranexamic Acid. Avoidance of excessive sun and heat exposure was carried out since the start of treatment. No erythema was observed for all 1064 nm treatments. With the Duo Dot 532 nm handpiece for the treatment of freckles, an erythema was observed. The patient tolerated the procedure well. The pain score was 1/10. A reduction in pigment was noticeable after a single session of StarWalker PQX treatment. The two subsequent sessions performed one month apart yielded a further reduction in both melasma and freckles. Duo Dot 532 nm was not done on the 3rd session because the patient had to attend an event and wanted to avoid the downtime post 532 nm laser treatment (darkening of treated lesions). The overall skin tone improved. The patient tolerated the treatment well and was satisfied with the noticeable improvement.



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