



Multi- Pulse Nd:YAG Laser Treatment of Hori's Nevus

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Introduction:

A 32-year-old female patient with Fitzpatrick skin type III presented with acquired, bilateral nevus of Ota-like macules (ABNOM) on her cheeks. The main objective was to lighten the pigmentation to a point where it was easily coverable with makeup. The patient followed our clinic advice and underwent treatment with monthly intervals, until a disruption of the treatment plan occurred between the 3rd and 4th sessions due to the patient's inability to visit the clinic because of a nationwide lockdown during the COVID-19 pandemic.

Laser	Fotona StarWalker				
	Step 1	Step 2	Step 3	Step 1	Step 2
Wavelength	Nd:YAG (1064 nm)	Nd:YAG (1064 nm)	Nd:YAG (1064 nm)	Nd:YAG (1064 nm)	Nd:YAG (1064 nm)
Handpiece	FS20A	R28d	R28d	R28d	R28d
Mode	MaQX-10	MaQX-1	MaQX-1	MaQX-10	MaQX-1
Spot size	9X9 mm	4 mm	7 mm	4 mm	7 mm
Energy / Fluence	40 mJ/px	7 J/cm ²	2 J/cm ²	7 J/cm ²	2 J/cm ²
Frequency	1 Hz	1 Hz	10 Hz	1 Hz	10 Hz
Pass	1-2 passes on spot	1-2 passes on spot	Multiple passes	1-2 passes on spot	Multiple passes
Endpoint	Petechia	Lightening of pigment	Mild erythema	Petechia	Mild erythema
Anesthesia	Cool air	Cool air	Cool air	Cool air	Cool air
Target	ABNOM	ABNOM	Whole face	ABNOM	Whole face
Sessions	1 st and 2 nd			3 rd and 4 th	



Dr. Wong Yeut Sun earned his postgraduate degree in dermatology. He is a specialist in laser treatment and is well trained in local anesthesia. His practice is based at the Da Vinci Clinic in Kuala Lumpur, Malaysia. He is a self-motivated learner who constantly attends professional conferences to keep himself up to date with the latest advancements in the field of aesthetics.

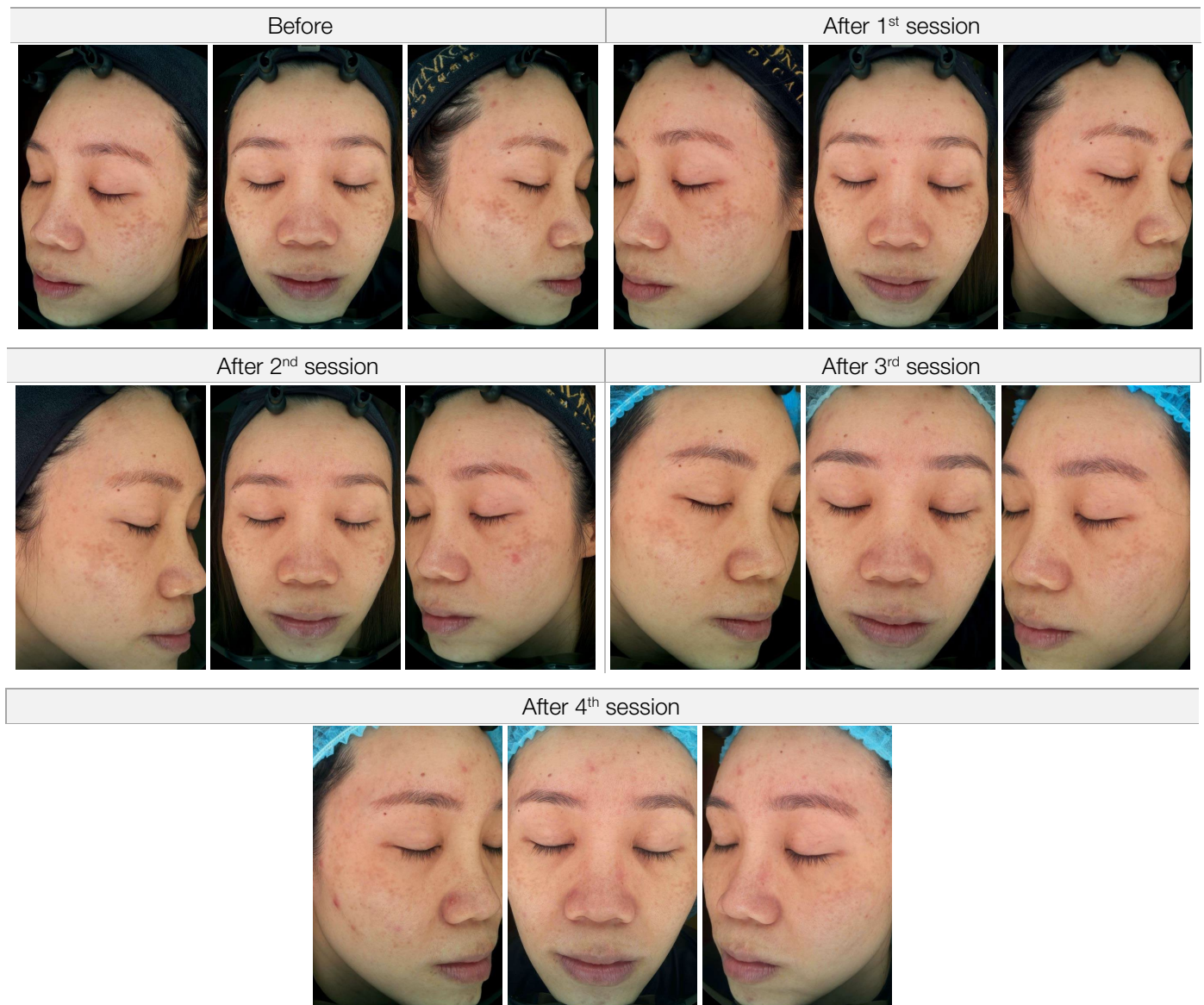
CLINICAL CASE:

The first step of the treatment was to target ABNOM using a fractional FS20a handpiece as shown in the table. The endpoint was petechia of the skin. This was followed by use of the R28d handpiece with settings of MaQX-1, spot size 4 mm, fluence 7 J/cm², treating the lesion with 1 to 2 passes, with an end point of lightening of pigmentation. We completed the 1st treatment session of toning the full face with settings of MaQX-1, spot size 7 mm, fluence 2 J/cm² with an end point of mild erythema observed.

On the 2nd visit, a darkening of ABNOM but with improvement of PIH were noted as shown in the picture. The explanation was given to the patient that the darkening of ABNOM was only temporary and would lighten in the subsequent session. The settings for the 2nd treatment were the same as for the 1st treatment, as shown in the table.

On the 3rd visit, lightening of ABNOM and PIH were noticed, and the patient was satisfied with the result. Settings of MaQX-10, spot size 4 mm, fluence 7J/cm² were used to target the lesion with 1-2 passes, which was relatively painless. This was then followed by MaQX-1, spot size 7 mm, fluence 2 J/cm² for the whole face.

The only anesthesia used for all treatment sessions was cool air, and the pain score reported by the patient was between 2-3 out of 10. Moisturizer, recovery cream and sunscreen were applied each time after the treatment. The patient was advised to avoid long periods of / extreme sun exposure. The patient was satisfied with the results after 4 sessions. No complications were observed.



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