Solar Lentigo Removal

Lo Suk Wah

Introduction:

A solar lentigo, also known as a sun spot or age spot, is a flat, brown or black spot that appears on sun-exposed areas of the skin due to prolonged exposure to ultraviolet (UV) radiation. Laser treatment is a popular and effective method for removing these spots. It is essential, however, to determine the best treatment plan tailored to the patient's specific skin type and condition.

Laser	StarWalker QX	
	Session 1 to 4	**Session 5**
Wavelength	1064 nm	532 nm
Handpiece	R28d	R28d
Fluence	1.8 – 2.7 J/cm^2	2.6 J/cm^2
Mode	MaQX-1	MaQX-1
Frequency	1 – 10 Hz	1 Hz
Passes	2	2
Spot size	4–6 mm	4 mm
Sessions	4 sessions with 2-week intervals	5th session 3 weeks after 4th session

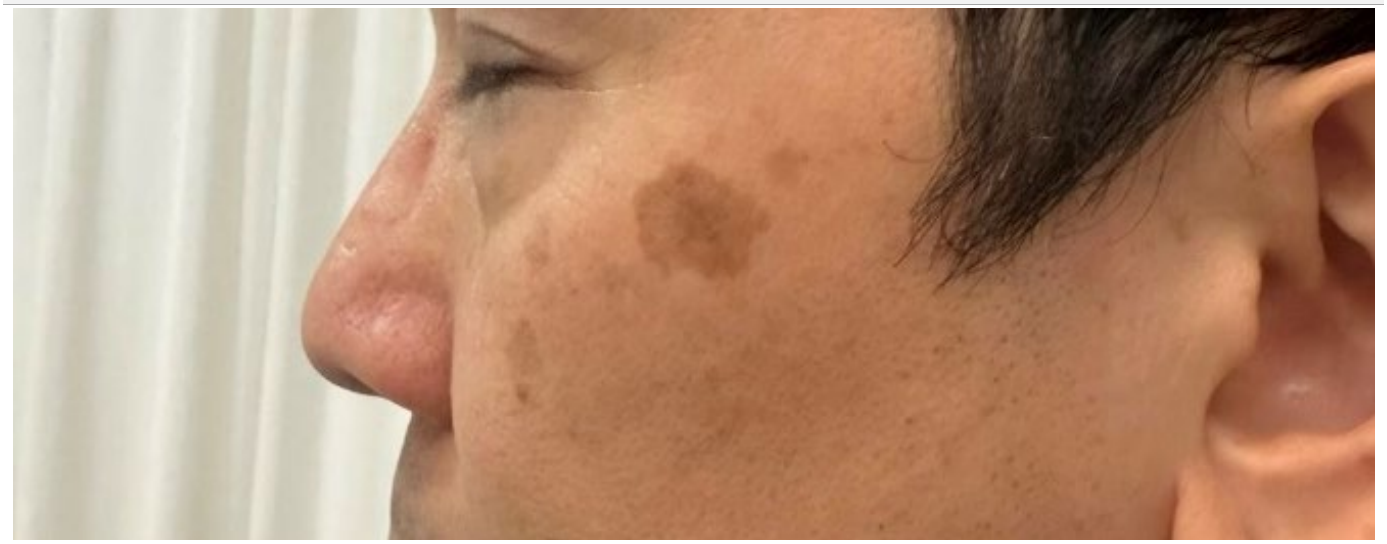
Ms. Lo Suk Wah is qualified in Professional and Vocational Education from the Education University of Hong Kong. From 1996 to 2003, she worked as a therapist at Modern Beauty. Following this, from 2003 to 2010, Ms. Lo worked as a laser therapist at Ceasar Beauty, where she began working on pigmented lesions and has been working with lasers ever since. Continuing her journey, from 2011 to 2018, she held the position of laser treatment consultant at Classic Beauty. Since 2018, she has been serving as the Manager of Cell Regeneration Salon.

CLINICAL CASE:

A 55-year-old male had his solar lentigo on the left cheek removed. The patient underwent a total of 5 sessions of StarWalker QX treatment. The first four sessions were performed with 1064 nm with a starting fluence of 1.8 J/cm^2, which was increased with each session, reaching up to 2.7 J/cm^2 by the 4th session. The last (5th) session was performed with 532 nm, 2.6 J/cm^2, 4 mm and 1 Hz in two passes. Applying moisturizer after the treatments was advised. Skin flaking was observed three days after treatment. A complete disappearance of the lesion was observed one month after the final laser session.

Our protocol, using combination of Qs Nd:YAG and Qs KTP for treatment of solar lentigo, is based on our long experience with Qs lasers and facial pigmented lesions. Removing this lesion with just KTP alone would be one solution, but the result will not be very long lasting. This is why we first use Qs Nd:YAG for four sessions, and then at the end apply also the Qs KTP – we found that by using this protocol, we achieve longer lasting results.

Before



One month after final session