

Dr. Abdullah Yildiz completed his dermatology studies in 1997, and in the 2000's became interested in aesthetic and laser treatments, participating in many congress and training programs. In 2006 he discovered Fotona's lasers and is currently working with the Q-switched StarWalker and SP Dynamis Pro in his own private clinic, Dr. Yildiz Dermatologic Diseases, Aesthetic and Laser Therapy.



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Ota nevus treatment with 1064 Nd:YAG Q-sw laser

Dr. Abdullah Yildiz

Parameters:

Laser source:	Nd:YAG, 1064 nm
Pulse duration:	MaQX-1
Fluence:	6-10 J/cm ²
Frequency:	4 Hz
Handpiece:	R28
Spotsize:	2 mm

Treatment procedure:

The patient presented to the office with Nevus of Ota that she had from birth, covering most of the left side of her face, and she was eager to have it removed.

The area of treatment was anaesthetized with Lidocaine hydrochloride (20 mg/ml) and Epinephrine base (0.0125 mg/ml) and then cleaned with hydrogen peroxide-sodium hypochlorite. The test shot was placed in a suitable non-exposed area. The entire lesion was then scanned with a 2 mm spot at 7 J/cm² and 4 Hz. The treatment produced an expected petechial rash. "Spot hunting" was then performed on the second scan to treat untreated and skipped areas. An antibiotic ointment (2% fusidic acid) was applied and the treatment area was covered with a sterile gauze pad and kept occluded for 24 hours. The ointment was used 3 times a day for the next 7 days without any occlusion. Sun avoidance was recommended. One week later, 50 SPF sunscreen was used continuously, reapplied every 3 hours, and a suitable moisturizing facial cream was recommended.

The lightening of the Nevus of Ota after 3 sessions is remarkable; the patient is very satisfied and wants to continue the treatment.



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Before first treatment



Immediately after the treatment



After third treatment