

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



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Exogenous Ochronosis Er:YAG 2940 nm Treatment

Dr. Abdullah Yildiz

Parameters:

Laser source:	Er:YAG, 2940 nm
Pulse duration:	SP
Fluence:	5 J/cm ²
Frequency:	10 Hz
Handpiece:	R11
Spotsize:	5 mm

Treatment procedure:

A 38-year-old female patient presented to the office with hyperpigmentations over most of her face. She was diagnosed with exogenous ochronosis based on her history of hydroquinone use over many years.

The patient was initially treated with 6 sessions of Q-switched Nd:YAG (1064 nm). We used a 6 mm spotsize and 1.8 to 2 J/cm² with 9 Hz. The treatment interval was once a week. No improvement was achieved.

The patient was then presented with an option to do full-spot ablative resurfacing and she decided to go for it. Regional block anesthesia was used. The parameters used were as follows: R11 with 5 mm spotsize, SP pulse duration with 5 J/cm² and frequency of 10 Hz. We did about 4-5 passes up to the point of punctuate bleeding. We used prophylactic valacyclovir, ciprofloxacin and paracetamol.

We recommended the use of fusidic acid and hydrocortisone 17-butyrate ointment mixture for 1 week after the resurfacing. The recovery period lasted for about 7 days, and after that the patient was able to return to her daily routine.



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Before treatment



1 Month after treatment