

Dual mode laser therapy effectively treats acne vulgaris

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(HealthDay) -- A series of Nd:YAG laser treatments effectively and rapidly reduces both inflammatory and noninflammatory acne vulgaris lesions, according to a study published in the April issue of the *Journal of the American Academy of Dermatology*.

Jae Yoon Jung, M.D., of the Seoul National University College of Medicine in Korea, and colleagues conducted a small study involving 22 patients with acne vulgaris. The participants each underwent three quasi-long pulse and Q-switched 1,064-nm Nd:YAG laser treatments plus a topically applied carbon suspension at two-week intervals in a randomized split-face manner.

At the final visit, the researchers found that the laser treatment plus topical application reduced inflammatory acne lesions by 58.6 percent and noninflammatory lesions by 52.4 percent, compared with an increase of 5 percent on the untreated half of the face. In addition, there was reduced sebum output, reductions in inflammatory cells and cytokines, decreased thickness of perifollicular stratum corneum and full epithelium, and a skin rejuvenation effect. Reduced inflammation and immunostaining intensity was seen for [interleukin 8](#), matrix metalloproteinase-9, toll-like receptor-2, nuclear factor kappa B, and [tumor necrosis factor](#) alpha. Mild, transient erythema was reported with treatment, but no severe adverse reactions occurred.

"The dual mode of the quasi-long pulse and Q-switched Nd:YAG laser treatment assisted with a topically applied carbon suspension acted quickly, and it was effective for treating not only inflammatory but noninflammatory acne lesions compared with the untreated side of the face," the authors write.

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