

## Abstract

### **Q-switched Nd:YAG laser treatment for acquired bilateral nevus of ota-like maculae: a long-term follow-up.**

Kunachak S, Leelaudomlipi P. *Q-switched Nd:YAG laser treatment for acquired bilateral nevus of ota-like maculae: a long-term follow-up*. *Lasers Surg Med*. 2000;26(4):376-9. Division of Laser Surgery, Department of Otolaryngology, Ramathibodi Hospital, Mahidol University, Bangkok, Thailand.

**BACKGROUND AND OBJECTIVE:** Acquired bilateral nevus of Ota-like maculae (ABNLM) is not an uncommon dermal melanosis in Asian people. It is known for its recalcitrance to conventional treatment. We proposed Q-switched Nd:YAG laser for the treatment of this entity. **STUDY DESIGN/PATIENTS AND METHODS:** Seventy female patients with ABNLM, who were 25-40 years old (mean, 37 years), were included in a prospective clinical study. Q-switched Nd:YAG laser at fluence of 8-10 J/cm<sup>2</sup>, spot size 2 or 4 mm, and a repetition rate of 10 Hz was used to treat the lesions. **RESULTS:** Two patients were lost to follow-up. In the remaining 68 cases, all lesions attained a 100% clearance after two to five treatment sessions (mean, 2.8 sessions). The results had persisted at 3-4 years follow-up (mean, 42 months). Temporary hyperpigmentation was found in 50% of patients; there was no scarring or changing of skin texture. **CONCLUSION:** Q-switched Nd:YAG laser is a safe and effective noninvasive alternative treatment for ABNLM. Copyright 2000 Wiley-Liss, Inc.