EFFICACY AND SAFETY OF *1064nm Q-SWITCHED Nd Yag LASER* FOR THE TREATMENT OF MELASMA IN ASIAN

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ABSTRACT

Melasma is an acquired, chronic, recurrent, symmetrical pigmentation which is difficult to be treated due to its refractory and recurrent nature especially in the Asian patients with higher Fitzpatrick skin type. This study is to assess the efficacy of 1064nm Q-switched Nd Yag laser (QSNYL) for the treatment of melasma in Asian patients. The study was conducted in the form of structured review which will consider all the clinical studies including case series, case control, cohort or clinical trials from the database of Pubmed and Cochrane from year 2002 to 2012 based on the Newcastle Ottawa scale. 10 trials were selected in this review. All the trials in this review used QSNYL in low fluence except 1 trials using QSNYL in high fluence as one of the study group. All the trials using low fluence QSNYL significantly reduced the MASI score and the Melanin index. The improvements of the parameters were more significant if the QSNYL used in combination with other topical treatment methods. In conclusion, 1064nm Q-switched Nd Yag laser especially low fluence were proven to be safe and effective option for aesthetic practitioner to treat melasma especially in Asian patients in combination with the topical treatment at the same time.