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## New technique for the treatment of active acne after failure of Accutane, antibiotics and topical Rx's, also a non-prescription approach to treatment

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**Background:** Adult acne can be challenging to treat. Laser therapy has made advances in treating inflammatory acne. Some of the successful laser devices used may also reduce hair growth which would be undesirable in the beard region of male patients.

**Aim:** To evaluate a device based, non-topical acne medication or oral antibiotic treatment of active acne over the beard area.

**Study:** A total of 10 male patients with moderate to severe acne over the beard region were treated. Patients stopped using all the topical and oral anti-acne medications. Skin types included I-IV. A QSYAG laser at 1064 nm, 6 mm and 0.9-1.3 j/cm<sup>2</sup> was used for therapy. Patients were treated every 2 to 4 weeks depending on their level of acne severity.

**Results:** Patients responded with a significant reduction in acne lesions. At least 6 sessions were administered. There were no adverse effects except for immediate transient erythema and edema. Long term results were maintained after therapy. Beard hair growth remained at pre-laser therapy levels.

**Conclusion:** Laser therapy is an effective and safe method for treating the male beard area in patients with inflammatory acne. Appropriate laser selection and parameters are necessary to achieve.

### Biography

Abnoeal D Bakus received his Ph.D. in Bio-Laser Research through the Department of Physics at the Illinois Institute of Technology, after receiving a Masters in Radiobiology at DePaul University. He did post-graduate work in laser-tissue interaction at Northwestern University Department of Dermatology and then a researcher in the Department of Biomedical Engineering. For more than 20 years, has been involved in laser skin studies.

Bakus has been Co-Director of Clinical Research at Physicians Laser and Dermatology Institute, participating in and overseeing all ongoing projects. He is an author of multiple medical articles and chapters, and has been involved in developing patents and teaching laser therapy at various medical seminars around the world.

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