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1565 nm non-ablatvie fractional laser combined with isotretinoin and traditional chinese pricking blood therapy for the treatment of acne

Objective: To evaluate the efficacy and safety of 1565 nm M22-ResurFx Non-Ablative Fractional Laser (NAFL) in combination with isotretinoin and traditional chinese pricking blood therapy for the treatment of acne and prevention of scar.

Methods: 60 patients with acne were recruited from Department of Dermatology, Xijing Hospital, Fourth Military Medical University from 2015 to 2016. All subjects were randomized into four groups: 1565nm ResurFx NAFL group (n=15), oral isotretinoin group(n=15), Combined treatment group (n=15) and triple therapy group (including pricking blood therapy) (n=15).The patients in the triple therapy group were treatment with 1565nm ResurFx NAFL or 3 times, following with traditional chinese pricking blood therapy for each time, combined with oral isotretinoin. Photographs were taken before and after each treatment. The improvement degree of acne and scar and postoperative adverse reactions of the patients were evaluated before and after treatment using Visia and Antera3D[®] radiography system.

Results: More than 90% patients in the triple therapy group were satisfied with the treatment, which were much higher than other three groups. The combined treatments significantly improved indexes of acne, scar and grease degree ($p < 0.05$) as compared to other three groups. All patients tolerated treatment process and the average painful scores were 3 to 7 points. The treatments results in a variable degree of swelling, erythema, scab and hyperpigmentation, but all these adverse disappeared within 2-14 days post-treatment. We didn't observe any scar and blisters after the treatment.

Conclusions: The combination of isotretinoin, 1565nm M22-ResurFx NAFL and pricking blood therapy is an effective therapy to treat acne and prevent scar with less adverse reactions, and is worthy of clinical promotion and application.

Biography

Lin Gao is working in Xijing Hospital under the Fourth Military Medical University in China.

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