

International Conference and Exhibition on **Cosmetic Dermatology & Hair Care** December 07-08, 2015 Philadelphia, USA

A novel method of treating palmoplantar warts with long pulsed 1064nm Nd YAG laser in 240 Yemeni patients

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Background: Warts in general and palmoplantar type in particular pose a therapeutic challenge for the dermatologist. Several treatment modalities exist, with varying efficacy and profile of complications. These are divided into two main groups, namely medical and surgical. The medical group includes applying different pharmacological preparations to destroy the warts. The surgical group includes the destruction of the wart tissue by means of applying electrical or light energy. Three types of lasers have been often employed in removal of warts, the carbon dioxide (CO_2), the erbium YAG, and the pulsed dye laser (PDL). The Nd-YAG laser has been rarely used for this indication.

Aim: This study was conducted to assess the efficacy and safety of the long pulsed 1064 nm YAG laser, to remove palmoplantar warts on a series of 240 Yemeni patients, and to compare the results with previous studies using the same laser.

Patients/Methods: A total of 240 patients (130 males, and 110 females) with palmoplantar warts with or without additional common warts were enrolled in this study. To assess the efficacy and safety of this method, color photographs were taken before, immediately after and at Follow up visits on week 1.4,8,20 after the last session.

Results: A clearance rate up to 97% was achieved according to type, number, anatomical location, and duration of the presence of the warts.

Conclusion: The long pulsed 1064 nm YAG laser is effective and safe in removing palmoplantar warts in Yemeni patients with success rate up to 97%.

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