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CO2 fractional laser 10600 nm in treatment of striae alba: A before-after study

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Background & Aim: The beneficial effects of CO2 fractional laser on increasing collagen fibers, thus its effects on treating striae has been suggested recently. The present study aimed to assess the effectiveness of CO2 fractional laser 10600-nm as an effective modality in treatment of striae alba.

Patients & Methods: In an interventional before-after study, 30 patients with striae alba referred to our skin clinics were consecutively included into the study. Elasticity of skin lesions was measured. Patients were treated with CO_2 fractional laser 10600 nm by Deep Fx mode. The number of treatment sessions was 2 sessions with 4 weeks interval. Patients were followed-up three months after completion of therapy and skin elasticity was measured again.

Results: Three months after the last treatment, 5 of the 30 participants (16.7%) had moderate improvement, 19 (63.3%) had minimal improvement and the others had no improvement. None of the participants showed worsening of their striae alba during the course of study. Evaluation of overall participant satisfaction revealed that 3 of the 30 participants (10%) were very satisfied, 3 (10%) were satisfied, 1 (3.3%) was slightly satisfied and 21 (76.7%) were unsatisfied. A statistical significant difference was found in median CRRT levels during the study ($p<0.0001$, Friedman test). The median CRRT levels were significantly higher in week 4 and 3 months after the last treatment compared to the baseline (both $p<0.001$, Wilcoxon signed-rank test). Likewise, a significant increase was observed in median CRRT level from week 4 till the end of study ($p<0.001$, Wilcoxon signed-rank test).

Conclusion: Treatment of striae alba with CO2 fractional laser 10600 nm by Deep Fx mode results in partial improvement with mild and self-limited complications.

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Vegetable oil derivatives for acne therapy: A novel study

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The greatest severe form of acne vulgaris is cystic acne. It is deep and inflamed breakouts develop on the face and/or other trunk. Although the greatest patients are adolescents, this problem can be found in any age. Cystic acne is fluid-filled lumps subcutaneous and usually painful. The common treatments for cystic acne are by antibiotics, surgical suction, steroid injection, laser or using hormonal acne treatment. Many studies have been conducted regarding cystic acne treatment. However, there is no effective action and most of these treatments take time. This result is maybe due to limitation of these agents to do desired effect by penetration the skin barrier deeply. In this study, some vegetable oil derivatives were suggested as substrates to increase skin penetrability by creating the conditions for membrane transfer of the substrate. Increased permeability of the cell wall allows the transport of the active agent guest. The aims of treatment are to prevent scarring, limit the disease duration and reduce the impact of the psychological stress that may affect over half of sufferers. The major components of this treatment are vegetable oil derivatives which were synthesized from abundant raw materials using a simple and environmentally friendly process. Patients aged 10-40 years, lived under similar environmental conditions and were treated through the same medical care structure, were evaluated. Patients were instructed to use the product 5 times daily. The certification was achieved by physical examination and by digital photography under identical conditions. The location of cystic acne was in cheek, forearm and the trunk. The results showed that all patients have been completely healed without scarring as a treatment for angiolipoma. The period of treatment was within 3-7 days without leaving a greasy feel.

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