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## Intensed pulsed light therapy in the management of acne

**Pradeep Mahajan**

MIMER Medical college, India

Acne vulgaris is common skin disease worldwide with unpleasant psychosocial effects. Various modalities of treatment are available; but nearly harmless, accessible, most effective treatment options is a necessity. Various light-related technologies have been assessed in the treatment of acne vulgaris. We studied the role of Intensed Pulsed Light in the treatment of inflammatory acne. 64 patients were recruited. All treatments were performed using VENUS IPL machine with 430 -1200 nm wavelength, 15mm × 50mm spot size , two passes with average fluence of 16-20 J/cm<sup>2</sup> and 3 IPL sessions with interval of 10 days. The score was calculated by Michelson(Juhlin and Vahlquist) system. Mean baseline score was 42.56 and value after 3 sittings was 18 , mean reduction was 57.7% , number of patients achieving was 87.5% As fluence was less, side effects were minimal. IPL gently heats skin and produces collagen that enhances healing process. IPL penetrates deeper into skin and exerts anti-inflammatory properties by influencing cytokine release from macrophages. IPL may cause phototoxic and photo thermal damage to sebaceous glands, resulting in reduced gland size and sebum production. Variety of IPL sources can be used to treat acne vulgaris. We also compared results of IPL alone , IPL with minocycline and minocycline alone. We conclude that IPL technique is safe & effective therapeutic method for the treatment of inflammatory lesions of facial acne also for 'persistent' facial acne , along with systemic therapy for better, prolonged and long lasting effects.

### Biography

Pradeep Mahajan has completed post-graduate studies ( MD ) in dermatology in 1988. He was awarded Fellowship in Dermatopathology at Ackerman Academy of Dermatopathology at New York , USA in 2002. He worked as Associate Prof. at BJ Medical College and SKN Medical College Pune , India for 16 years. Currently he is Prof. and Head Department of Dermatology at MIMER Medical College , Pune , India. He has more than 35 publications in national and International journals. Dr Mahajan worked as Editor-in-chief for IADVL Color Atlas Of Dermatopathology, a 450 pages book published in 2017.

pradeepmahajan@doctor.com

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