

SUDAN UNIVERSITY OF SCIENCES AND TECHNOLOGY

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USE OF Nd-YAG LASER TO TREAT SKIN TAGS

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IN PARTIAL FULFILMENT OF REQUIREMENTS FOR
DIPLOMA OF LASER IN MEDICINE-
DERMATOLOGY

BY

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Abstract

Skin tags are the most common benign skin tumours encountered in practice. They can occur at any site of the body but flexural sites are the most common. They may be solitary or multiple, with familial association or associated with other benign skin lesions. Although they may stay benign throughout their course, disfiguring ones are recommended to be removed without leaving complications. The Nd-YAG laser system 1064nm is considered one of the modern tools used to treat skin tags.

The laser system used in this study was the Nd-YAG, 1064 nm.

Fourteen patients were subjected in this study. They were complaining of skin tags with different sizes, in different body sites, most are with family history and association with other skin lesions.

Before starting the laser therapy safety precautions were strictly obeyed. All patients were treated under local anaesthesia. Both, parameters of the laser (ranging between 25-40 Watts, exposure time between 0.3-0.5 seconds) and mode of application were selected according to site and size of lesion.

The results obtained were highly encouraging and showed the possibility of laser therapy of skin tags to occupy the upper hand in treatment of skin tags.

ملخص الدراسة

الزوائد الجلدية وهى من الأورام الحميدة للجلد التى تنبت من البشرة وهى من اكثر الأورام الحميدة شيوعاً ويمكن ان تنبت فى اى مكان فى الجسم. الزوائد الجلدية يمكن ان تكون احادية او متعددة او مع وجود اورام حميدة اخرى. استخدم ليزر ال Nd-YAG ذو الطول الموجى 1064 نانومتر كوسيلة جديدة فى السودان لازالة هذه الزوائد. اجريت الدراسة على 14 مريض. اختيار المرضى تم عشوائيا حيث ضمت 8 ذكور و6 اناث تراوحت اعمارهم ما بين 16 و58 سنة ويعانون من زوائد جلدية فى اماكن مختلفة من الجسم وباحجام مختلفة وبعض المرضى من اكثر من ورم جلدى حميد فى نفس وقت الشكوى. قبل استخدام الليزر تم تأمين واتباع كل اجراءات السلامة المتبعة عند استخدام الليزر. تم استخدام التخدير الموضعى لكل المرضى. معطيات الليزر كانت تتراوح بين 25-40 وات وزمن تعريض ما بين 0.3-0.5 ثانية . قسم المرضى الى مجموعتين : المجموعة 1 تتكون من 8 مرضى تم ازالة الزوائد لديهم بتعريض الليزر على الزائدة بصورة عمودية. المجموعة 2 تتكون من 6 مرضى تم ازالة الزائدة بتعريض الليزر على قاعدة الزائدة واستخدامه كأداة قطع.

فى المجموعة الاولى تم ازالة الزائدة بدون اى مضاعفات.

فى المجموعة الثانية, اثنان من المرضى نتج عن الازالة جرح سطحى بسيط, التأم الجرح الاول بدون اثر والجرح الثانى بزيادة تصبغ.

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