Abstract

Background  Long-pulsed Nd:YAG laser has been used in treating larger and deep-seated leg veins.

Objective  This study investigated the effectiveness and safety of long-pulsed Nd:YAG laser to treat alae nasae and nasal tip telangiectasia.

Methods  Twelve patients were evaluated in a prospective IRB approved study. They had a history of previous unsatisfactory treatments with pulsed dye laser and/or intense pulsed light for their telangiectases on alae nasae and tip (4–12 times, average 5.8 times). All patients underwent a single treatment session using long-pulsed Nd:YAG laser. Photographic images were taken. At 12-week follow-up, two independent physicians evaluated the percentage of vessels cleared, and patients were asked to rate their satisfaction with the procedure.

Results  Five men and seven women were enrolled (aged 43 ± 5.8 years). Total clearance of vessels was 78.3%. The number of vessels in diameter of 0.1 mm was reduced by 61.1% and that of vessels in diameter of 0.2–0.3 mm decreased by 92.2% on the average at 12-week follow-up. Eleven of 12 patients were very satisfied with the clinical results. One patient rated as ‘satisfied’ due to hyperpigmentation after the treatment, which improved at 12-week follow-up.

Conclusion  Long-pulsed Nd:YAG laser can be considered as another effective and safe treatment modality for stubborn telangiectasia even on face, if applied cautiously.