非剥脱点阵激光联合强脉冲光治疗痤疮瘢痕的疗效观察

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[摘要]目的：观察探讨非剥脱点阵激光联合强脉冲光治疗痤疮瘢痕的疗效及影响。方法：选取2019年1月-2021年1月于笔者医院皮肤科就诊的140例痤疮瘢痕患者为观察对象，通过抽签法将所有入选患者随机分为联合组和对照组各70例，对照组患者给予强脉冲光治疗，联合组在强脉冲光治疗结束后联合非剥脱点阵激光进行治疗，比较两组患者治疗后的临床疗效、ECCA权重评分、皮肤屏障功能指标变化、生活质量及不良反应发生率。结果：治疗后，联合组总有效率为95.71%高于对照组的77.14%，差异有统计学意义（P＜0.05）；两组患者ECCA权重评分组间、时间点、组间×时间点比较差异均显著（P＜0.05），且联合组与对照组同期比较差异均有显著性（P＜0.05）；治疗后，两组患者皮肤屏障功能各指标均有显著变化（P＜0.05），且联合组指标表现均优于对照组，差异均有显著性（P＜0.05）；治疗后，两组患者生活质量各方面评分及总分均较治疗前显著升高（P＜0.05），且联合组与对照组比较差异均有显著性（P＜0.05）；联合组不良反应发生率（7.14%）低于对照组（18.57%，P＜0.05）。结论：非剥脱点阵激光联合强脉冲光疗效显著，可明显改善痤疮瘢痕患者的ECCA权重评分，提高皮肤屏障功能和生活质量，安全性好，值得临床推广应用。[关键词]非剥脱点阵激光；强脉冲光；痤疮瘢痕；疗效；ECCA权重评分；皮肤屏障功能[中图分类号]R758.14 [文献标志码]A [文章编号]1008-6455（2022）09-0067-04

Observation on the Curative Effect of Non-ablative Fractional Laser Combined with Intense Pulsed Light in the Treatment of Acne Scars

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Abstract: Objective To observe and explore the efficacy of non-ablative fractional laser combined with photorejuvenation in the treatment of acne scars and its influence. Methods 140 patients with acne scars who were treated in the department of dermatology of the hospital between January 2019 and January 2021 were selected as the observation subjects. All the selected patients were randomly divided into combined group and control group by lottery method with 70 cases in each group. The control group was given photorejuvenation therapy, and the combined group was treated with non-ablative fractional laser after the end of photorejuvenation therapy. The clinical efficacy, ECCA weight score, skin barrier function indicators, quality of life and incidence rate of adverse reactions were compared between the two groups after treatment. Results After treatment, the total effective rate was 95.71% in combined group and was 77.14% in control group (P＜0.05). There were significant diff erences in between-group effect, time-point effect and between-group×time-point of ECCA weight score (P＜0.05), and the difference between combined group and control group was significant during the same period (P＜0.05). After treatment, there were significant changes in skin barrier function indicators in the two groups (P＜0.05). Moreover, the indicators of combined group were better than those of control group (P＜0.05). After treatment, the scores of aspects and total score of quality of life of the two groups were significantly increase compared with those before treatment (P＜0.05), and the scores were significantly different between combined group and control group (P＜0.05). The incidence rate of adverse reactions in combined group was lower than that in control group (7.14% vs 18.57%, P＜0.05). Conclusion Non-ablative fractional laser combined with photorejuvenation has a signifi cant therapeutic efficacy, and it can significantly improve the ECCA weight score, skin barrier function and quality of life of patients with acne scars. It has good safety and is worthy of clinical promotion and application.

Key words: non-ablative fractional laser; photorejuvenation; acne scars; efficacy; ECCA weight score; skin barrier function