不同间隔时间脉冲染料激光治疗痤疮瘢痕的疗效观察

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[摘要]目的：探讨不同间隔时间脉冲染料激光（Pulsed dye laser,PDL）治疗痤疮瘢痕的临床疗效。方法：回顾性分析2018 年8月-2020年10月笔者科室采用PDL治疗的150例痤疮瘢痕患者病例资料，按照治疗周期不同分为A组（50例）、B组（51 例）和C组（49例），A组每2周治疗一次，B组每3周治疗一次，C组每4周治疗一次，共治疗3个月，比较治疗前后三组患者 的痤疮瘢痕疗效、VISIA面部检测、皮肤生理指标及瘢痕恢复情况。结果：B组治疗后总有效率为78.43%，高于A组和C组 （χ2 =7.594，P＜0.05）；B组治疗后色斑、皱纹、纹理、毛孔及紫质均低于A组和C组，差异具有统计学意义（P＜0.05）； B组患者治疗后红斑指数、黑素指数及TEWL低于A组和C组，角质层含水量高于A组和C组，差异具有统计学意义（P＜0.05）； B组患者治疗后的红斑持续时间、水肿时间及创面疼痛消退时间低于A组和C组，差异具有统计学意义（P＜0.05）。结论：间 隔时间为3周的脉冲染料激光治疗痤疮瘢痕可以快速促进成纤维细胞生成真皮胶原蛋白，降低瘢痕增生和VISIA分值，改善皮 肤生理状态，同时加快患者恢复时间。 [关键词]脉冲染料激光；痤疮瘢痕；间隔时间；VISIA面部检测；皮肤生理指标 [中图分类号]R619+ .6 [文献标志码]A [文章编号]1008-6455（2023）02-0085-04

Curative Effect of Pulsed Dye Laser with Different Intervals on Acne Scars

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Abstract: Objective To explore the clinical curative effect of pulsed dye laser (PDL) with different intervals on acne scars. Methods A total of 150 cases of patients with acne scars in our hospital from August 2018 to October 2020 were analyzed retrospectively.According to the different treatment cycle,the patients were divided into group A (50 cases,once/ two weeks),group B (51 cases,once/three weeks) and group C ( 49 cases,once/four weeks).All were treated for 3 months.The changes in grades of acne scars,VISIA facial detection,skin physiological index and scars recovery before and after treatment were compared between the three groups. Results After treatment,total response rate in group B was 78.43%,higher than that in groups A and C (χ2 =7.594,P＜0.05).After treatment,incidence of papules,pustules,nodules and cysts in group B was lower than that in the other two groups (P＜0.05),the erythema index,melanin index and TEWL in group B were lower than that in groups A and C (P＜0.05),duration of erythema,edema time,and pain relief time of the trauma were shorter than those in the other two groups (P＜0.05). Conclusion The application of PDL (once/three weeks) can quickly promote fi broblasts to produce dermal collagen,reduce VISIA scores,improve skin physiology,and accelerate recovery of patients with acne scars.

Key words: pulsed dye laser ; acne scar; interval time; visia facial detection; skin physiological index