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Successful Treatment of Seborrhoeic Keratoses in Caucasians Using a High Energy Density (530nm) IPL Applicator.

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Background: Intense pulsed light (IPL) has various applications in **aes**thetic medicine. The high energy density (HED) 530nm applicator has a spectral output of 530 – 950nm and a small spot size of 1 X 1 cm, allowing for more specific areas to be treated thus reducing the risk of unwanted side effects on the surrounding skin. To the best of our knowledge, no previous reports on the efficacy of IPL in treating seborrheic keratoses (SKs) have been published.

Objective: To report the efficacy and safety of the HED 530nm IPL applicator in the treatment of SKs at our centre.

Method: Three Caucasian patients (35-74 years) with SKs were treated with an Energist UltraPlus VPL™ HED device (55 J/cm^2, 2 pulses, 7ms pulse width, 1ms delay). Two patients had solitary flat SKs on the face whereas the third patient had thicker SKs on the forearms and left shoulder. Additional treatments were administered at a 4-6 week interval.

Results: The 2 patients with flat SKs had >90% clearance after one treatment. The third patient required 5 applications to achieve > 80 % clearance. No significant side effects were reported and all patients were satisfied with the cosmetic outcome. No long-term follow up was arranged to assess recurrence.

Conclusions: The HED IPL applicator appears to be a safe and effective method of treating flat SKs in Caucasians with excellent cosmetic results. Based on the considerably longer treatment course in the patient with thicker SKs, further studies on different types of SKs in larger samples are warranted.