

# TARGETED 308-NM EXCIMER LASER A SAFE AND EFFECTIVE SOLUTION FOR INFLAMMATORY SKIN DISORDERS

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## BACKGROUND

The 308-nanometer excimer laser is a targeted ultraviolet B (UVB) light therapy that delivers high-intensity UVB rays directly to affected skin.

It has shown considerable efficacy in managing various inflammatory skin conditions, including Psoriasis, Vitiligo, Atopic dermatitis (Eczema), Leukoderma, Alopecia Areata, Chronic recalcitrant dermatitis, Lichen planus, Cutaneous T-cell Lymphoma (e.g. Mycosis fungoides/ Sezary Syndrome), Parapsoriasis, Pityriasis lichenoides chronica, Pruritus, Urticaria pigmentosa, Superficial mycoses (e.g., dermatophytosis [ringworm]).

The patient demographic of some of these conditions (e.g. Vitiligo) tends to skew towards patients with darker skin tones.

## RESULTS

The excimer laser is particularly effective for treating resistant areas, such as the scalp, palmoplantar psoriasis, and hand and foot dermatitis, which often do not respond well to conventional therapies.

It has also demonstrated notable success in promoting repigmentation in facial vitiligo, especially in patients with Fitzpatrick skin types IV–VI.

Treatment results are typically observed quickly after 5-10 sessions, with sustained improvement and psoriasis clearance evident even at 1-year follow-up.

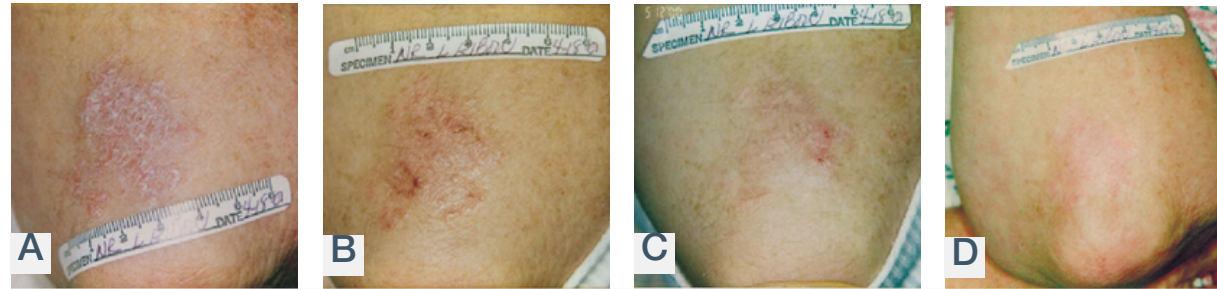


FIGURE 1. A) Before B) After 3 Tx C) After 6 Tx D) 3 weeks after final excimer laser Tx

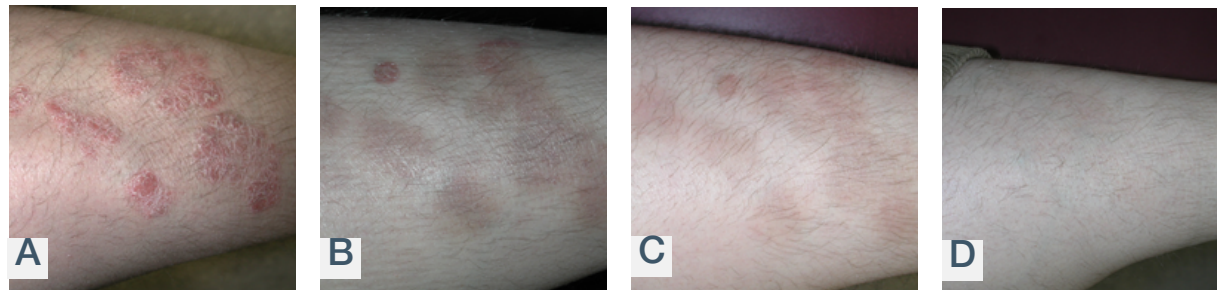


FIGURE 2. A) Before B) After 11 Tx C) After 13 Tx D) 1 year after excimer laser Tx

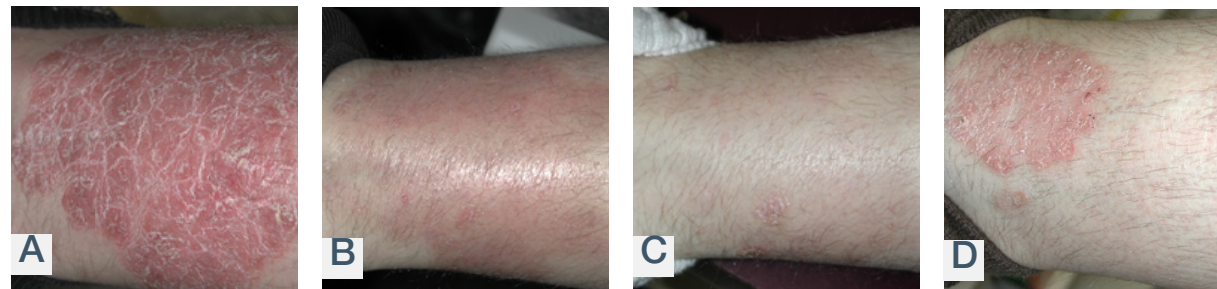


FIGURE 3. A) Before B) After 11 Tx C) After 13 Tx D) 1 year after excimer laser Tx

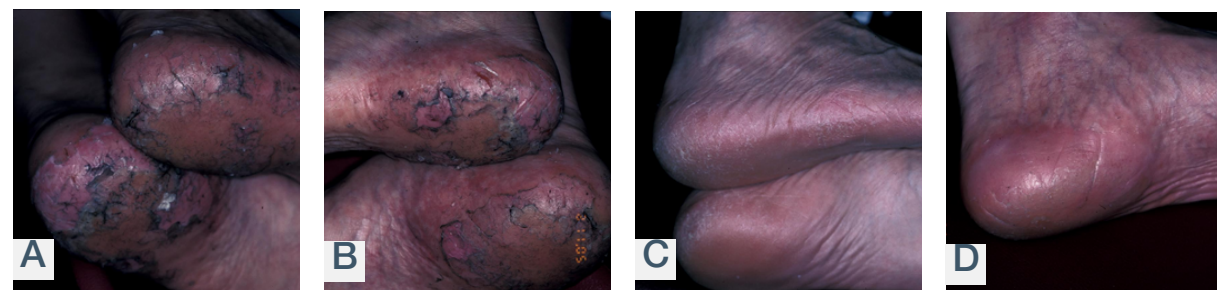


FIGURE 4. A) and B) Before C) and D) 2 years after excimer laser Tx

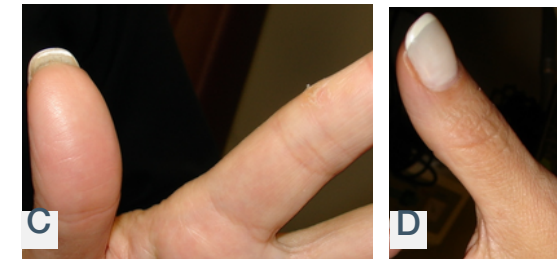
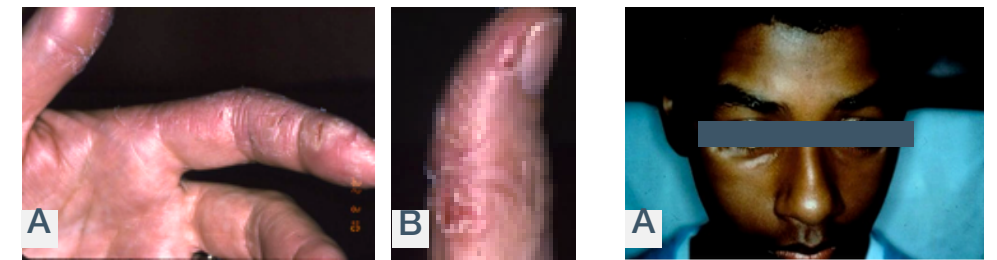


FIGURE 5. A) and B) Before C) and D) After excimer laser Tx

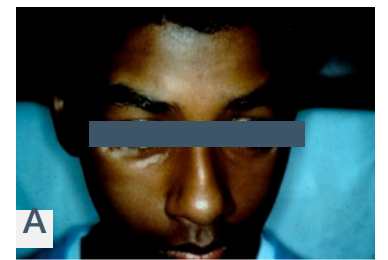


FIGURE 6. A) Before B) Vitiligo repigmentation after 5 excimer laser Tx

Over the years, access to the Excimer laser procedures has expanded with the availability of these procedures in many private clinics as well as academic facilities. That has increased the availability of the treatment modality and patient choice of therapy.

## CONCLUSIONS

The excimer laser provides a safe, non-invasive treatment option with a strong record of efficacy for multiple inflammatory skin conditions. It is a viable alternative to systemic therapies and can be used either alone or in conjunction with other treatments for optimal patient outcomes.

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