7 YEARS FOLLOW-UP LASER REMODELING OF BURN SCARS

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Background:
It is well known the use of laser in the treatment of hypertrophic scars and keloids, however there is a lack of data about the long-term follow-up. The objective of this study is to analyze the functional and cosmetic outcomes after 7 years follow-up in the treatment of burn scars, regarding textural and color changes over time.

Methods:
A prospective single-site study was conducted between 2011 and 2013 in 39 patients with burn scars that underwent for several sessions of 1064 nm ND-Yag and fractional CO2 laser. Blinded independent investigators evaluated the scars using the Vancouver Scare Scale (VSS) at baseline and 1 month after last treatment. A new photographic evaluation was performed after 6 years of annual treatment in 13 patients of that initial group, as the subjective assessment by the patient using the patient component of the Patient and Observer Scar Assessment Scale (POSAS).

Results:
Of 39 burn scars (phototype III - VI) four lost the follow-up. Thirteen burn scars were enrolled. The mean age was 19 years (range 5-63), 66% male. VSS average at baseline and after treatment was 10 pts and 3 pts respectively with a final improvement of 73%. Regard to POSAS, there was a rating before and after treatment of 58 pts and 16 pts respectively, with improvement of 71%. Only 1 patient had not significant outcomes after treatment with overall improvement of 30 % for both scales.

Conclusion
Laser remodeling of burn scars is an excellent alternative for the treatment of extensive hypertrophic scars, proving as session-depending treatment, significant progress in aesthetic, clinical and functional characteristic, with not side effects in long term follow-up.

Biography
Aesthetic doctor with a master's degree in photomedicine for dermato-esthetic applications from the University of Barcelona in Spain. Since 2009, Dr. Rivera has studied and developed laser protocols for skin rejuvenation, with experience in the management of patients of color. He also has extensive experience in the laser remodeling of post-traumatic and post-burn scars. Since 2012 she has been the president of the nonprofit "Tattooing Smiles Foundation" dedicated to the treatment of post-burn scars in patients with limited financial resources, with more than 300 cases attended to date. He is a trainer and facilitator of various lighting systems. Currently she is the medical director of two laser medicine centers in Venezuela and Ecuador

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