Verruca vulgaris: novel treatment with a 1064 nm Nd:YAG laser.

Goldberg DJ¹, Beckford AN, Mourin A.

Abstract

BACKGROUND: Verruca Vulgaris (VV) is common benign neoplasm. However, it can present a therapeutic challenge. Previous studies have suggested that the Nd-YAG laser may be beneficial in the management of warts.

OBJECTIVE: To determine the effectiveness and safety of a novel 100 microsecond pulsed 1064 nm Nd:YAG laser for the treatment of VV.

METHOD: A total of 25 adult subjects with a total of 63 hand verrucae were enrolled in the clinical trial to receive treatment with a low-energy (200 mJoule) 1064 nm Nd:YAG laser (PinPointe, NuvoLase, Inc.). Each subject was eligible for 3 treatments administered at monthly intervals. All verrucae were measured before each treatment session and at 6 months after the final treatment.

RESULTS: A complete response was seen in 19 subjects and in 41 verrucae. A complete response was defined as complete absence of verruca with the presence of normal skin dermatoglyphics. All other lesions showed at least partial response. A partial response was defined as a 50% or greater reduction in verruca size. No adverse events were noted.

CONCLUSION: Low-energy 1064 nm Nd: YAG laser treatment may be a promising, safe, and effective therapeutic modality for the treatment of VV. However, more treatment sessions may be needed for complete clearance and increased efficacy in some subjects.

KEYWORDS: Nd-YAG; lasers; verruca; warts