

## TREATMENT OF COUPEROSE OR ROSACEA

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### **General information:**

Couperose, or facial rosacea, represents one of the most frequent reason to consult in dermatology. It is a real vascular disease of the skin with permanent dilatation of the small blood vessels or capillaries, occurring on predisposed ground, with a clear family trend.

There are two forms of couperose:

- The "real" couperose with vessels presenting fine paths well individualized on the surface of the skin.
- The erythrosis characterized by a diffuse redness. Over the years, visible capillaries forming small "red hair" or telangiectasias appear on this erythrosis. This is called erythro-couperose.

At each stage, it may be associated with flushing. Changes in temperature, from cold to hot atmosphere, can cause them, as well as exposure to the sun. You can also experience this phenomenon with alcohol consumption, hot drinks or very spicy foods, emotions or changes in temperature ... These inconveniences can really disrupt the daily social life.

### **LASER treatment:**

Two types of laser are mainly used: The KTP 532 nm laser and the pulsed dye laser; in some cases, medical pulsed polychromatic lights (medical flashlights) can also be used.

- The laser will act through intense light and cause progressive sclerosis of dilated capillaries
- either by thermal effect on the walls of the vessels (photo thermo coagulation)
  - or by coagulation and bursting of these (photo selective thermolysis).

Everything is performed while preserving the integrity of the skin, without any residual scar. Tanned skin can't be treated and treatments are generally not performed in the summer. Parameters need to be adapted for dark or mixed skin, which are more difficult to treat (but rosacea is less frequent for these skins than for light skins!).

Your dermatologist will inform you of the different possibilities and recommend the most appropriate treatment for your case.

### **In practice :**

The treatment is usually done without anesthesia, on a skin thoroughly cleansed. The session lasts from five to twenty minutes, and the laser impact induces a sensation usually compared to mini "blows of elastic", accompanied by a slight burning sensation, like a sunburn.

Immediate sequences depend on the type of laser and the used settings.

Are possible:

- A redness with a warming sensation for 2 to 3 days.
- A slight swelling or edema, especially under the eyelids, for 2 to 3 days.
- The formation of small crusts eliminated in 4 to 7 days and possibly covered by makeup.
- Sometimes, in case of severe disease or erythrosis, for greater efficacy, it is preferable to

choose the photo-thermolysis method, comparable to that used when treating angiomas in newborn babies. The coagulation of the vessels will create an appearance of ecchymotic spots, "like numerous small bruises" in the treated area, lasting an average of 10 to 15 days. This is known as "purpura", and is a sign of the bursting of the small vessels being treated, guaranteeing optimal, safe efficacy. It always completely disappears, going through the different colors commonly seen after a bruise. Rarely, hyperpigmentations may persist for a few weeks, particularly for dark or mixed skin. That's why a prior information, a possible preparation, solar eviction and photoprotection will be recommended to you in the weeks following the treatment by vascular laser.

The results will be visible in the following weeks and will appear gradually. A treatment may require between 1 and 3 sessions depending on the device used, spaced by 2 months, depending on the severity of the lesions.

Rosacea is a chronic disease: laser treatment can therefore bring about very significant and lasting improvements, but cannot claim to be definitive. Maintenance sessions may be necessary, their frequency depending on the patient and the severity of the illness.

***This information sheet recommended by the French Laser Society can be given to you by your dermatologist. Even if it is not sufficient to have an estimate, it helps to give the patient a clear information.***

*The information consultation provides clear explanations on expected outcomes, side effects and possible complications. There are not any reimbursement from social security or medical leave for these aesthetic treatments. Prices depend essentially on the surface to be treated and the equipment used. A 20% VAT rate has applied since 2011.*



Laser et Peau: **the French-language information site for patients, written by expert dermatologists from the Société Française des Lasers en Dermatologie.**

*Everything you need to know about laser treatments, pulsed light, radiofrequency and other techniques for skin care or aesthetic applications.*



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