

# HIGH DOSE EXCIMER PHOTOTHERAPY FOR LOCALIZED PSORIASIS

Serge Dahan, Clinique St Jean Languedoc, 20 Route de Revel, 31077 Toulouse  
G rard Toubel, 34 place des Lices, 35000 Rennes, France

## Introduction

During the last years, Excimer Laser have shown a good efficiency in the treatment of various skin diseases including psoriasis. Many publications report impressive results with high dose exposure of 308nm light from Excimer Lasers. Unfortunately only few dermatology departments in hospitals can afford this technology. This study presents results on psoriasis patients with a new, affordable hand-held Excimer device at 308nm.

## About the procedure

An Xe-Cl Excimer Lamp (Quantel Medical, France) providing a monochromatic UVB light at 308nm, was evaluated on localized plaques of psoriasis. Subjects with stabilized plaques of psoriasis received treatments twice a week during 5 to 7 weeks with high level energy (3 to 7 times the MED). All treatments were performed without any preparation except local 5% salicylic cream the day prior to treatment. Level of improvement was graded using pre- and post-treatment photographs and by evaluating the SEI score ( SEI = Scaling (0-4) + Erythema (0-4) + Induration (0-4) ). The device can treat areas as big as 16cm<sup>2</sup> within a few seconds which makes the treatment very short.

## Results

80% of the patients had an improvement greater than 50% in the SEI score. Dramatic improvements in the 3 criteria were noticed after as few as 5 treatments, in particular the induration. Treatments were well tolerated. Although sometimes constraining the treatment, that last only a few minutes, was perfectly accepted by patients. Sides-effects were temporary burnings and rare hyper pigmentations.

## Discussion and Benefits

The clinical assessment confirms that excimer treatment with high dose of 308nm allows a rapid clearance of psoriasis in many patients. With treatment doses up to 7 MED, the results were comparable with those published in the literature with excimer lasers. Moreover, combined treatments with D vitamin will most probably enhance the results we had during this monotherapy study. With possible other indications like dischromia disorders, the new excimer devices could possibly get into our every day practice to treat psoriasis efficiently.

## Conclusion

The clinical assessment confirms that excimer treatment of psoriasis is a safe, efficient and rapid procedure. The efficacy is particularly important due to the high dose protocol made possible by the lesion targeting and the adapted wavelength of excimer devices. The "308" is a small and affordable device that makes the excimer treatment of psoriasis or skin disorders available out of the hospital field.



Before treatment



Dramatic improvement of the induration after 5 treatments only



Before treatment



Transient hyperpigmentation is a possible side effect without perilesional sun-block cream



Before treatment



After 10 treatments



1 month after 15 treatments



The "308" from Quantel Medical