
Safe and effective acne treatment across skin types with a 1726 nm sebum-selective laser: One year data from a prospective multicenter study



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Background: Patients treated with a 1726-nm laser showed significant improvement in moderate-to-severe acne for ≥ 6 months in a prospective study.

Objective: One-year follow-up data are presented.

Methods: In this prospective institutional review board–approved study, patients underwent 3 treatments with a 1726-nm laser, 2-5 weeks apart. Inflammatory lesion counts and Investigator's Global Assessment scores were assessed at baseline, 3 months, and 1 year after treatment. Adverse events, treatment satisfaction, and self-confidence were assessed.

Results: Of 104 patients with Fitzpatrick skin types II-VI and moderate-to-severe acne, 89 and 71 patients, respectively, attended 12- and 52-week visits. At 12 weeks, 79.8% demonstrated $\geq 50\%$ improvement in inflammatory lesion counts, which increased to 91.5% at 52 weeks. The proportion of patients with clear or almost clear Investigator's Global Assessment scores increased from 36.0% at 3 months to 66.2% at 52 weeks. Treatment was well tolerated: Mild erythema and edema occurred in 100% and 98.1% of patients, respectively. No blistering, crusting, or hypo- or hyperpigmentation were observed. Patient satisfaction and self-confidence improved at both follow-up timepoints.

Limitations: No control group; reliance on image assessment; open-label design.

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