

表 1

| カフェオレ斑のピコ秒レーザー治療のエビデンス 論文リスト | | | | | |
|------------------------------|---------------------------|--|--|--|--|
| Reference | Type of study | Laser | Location, Skin type | Results | Comments |
| Chan JC et al. 2016 | Retrospective studies | PS-Alex 3.52 J/cm2 3.5 Hz 2.8 mm 2.8 Tx (4-6 week interval) | 5 Asian, skin type III, IV | 40% Pts had 50-74% clearance, (good) 60% Pts had 25-49% clearance (fair) | Adverse events were only mild in severity (transient erythema, swelling, pain, and crust formation) and resolved within 1 week (self-limiting). Transient hypopigmentation were noted in one patient (2.83 J/cm2, 2.5Hz, 3 mm). Aft 6M follow-up, no re-darkening, no lesional recurrence. |
| Levin MK et al. 2016 | Retrospective case series | PS-Alex 1.59 J/cm2 2.5 mm 1 Tx | 2 cases (one case result not described) Skin type III | 50-74% clearance (good) | Aft 18.21 week follow-up, no lesional recurrence. |
| Belkin DA et al. 2017 | Retrospective case series | PS-Alex multiple Tx | 3 cases (2cases PS alone) | PS results not shown | |
| Artzi O et al. 2018 | Retrospective case series | PS-532 0.8-1.6 J/cm2 4-5 mm 1-4 Tx (4-8 week Interval) | 16 cases, Skin type II:7, III: 7, IV: 2 Face 8, extremities 33, trunk 4 Average 25.7 y.o. | Improvement scale average:3.43 1 case: no response | Aft 9M, 2 partial recurrence (skin type III and IV). Satisfaction and tolerance levels were high |
| Kung KY et al. 2019 | Retrospective case series | PS-532 0.36-0.87 J/cm2 3-6 mm 5 Tx | 2 cases, Skin type III and IV | 1 case had 50-74% clearance, (good), 1 case had 75-94% clearance (excellent) | |
| Mehrabi JN et al. 2020 | Retrospective case series | PS-532 0.8-1.6 J/cm2 4-5 mm 1-2 Passes 2.5 Tx (5.3 week Interval) | 14 cases, Skin type I: 1, II: 6, III: 5, IV: 2 Face 7, extremities 3, trunk 4 Average y.o. | Improvement scale* average:3.60 | No advantage over QS lasers in terms of preventing recurrence and average Tx number to achieve clearance |

*Improvement scale: 0-5%: grade0, 6-24%: grade1, 25-49%: grade2, 50-74%: grade3, 75-99%: grade4, 100%clearance: grade5.