



Dr. Scott M. Aronson

Podiatric Medicine and Surgery

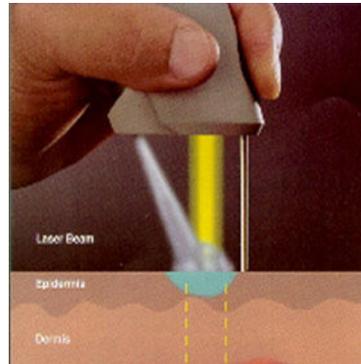
909 Sumner Street (Goddard Center)

Stoughton, Massachusetts 02072

Phone: (781) 344-1440

Fax: (781) 344-1481

Flashlamp Pulsed Dye Laser Information



Treatment

Treatment will vary from patient to patient depending on the type, size and location of the verrucae plantaris (plantar warts).

In general, these are the steps that will take place:

1. Dr. Aronson will discuss your case with you prior to treatment.
2. Because the laser operates at a wavelength that is potentially harmful to the eye, you will be asked to wear laser protective eye goggles.
3. Treatment consists of placing a small hand piece or "wand" against the surface of the skin spot and activating the laser.
4. The laser is pulsed rather than continuous in its action. As many patients describe it, each pulse feels like a snapping of a small rubber band against your skin for a second (usually minimized by the cold spray).
5. Some spots will only require one or two pulses, while others will require several more.

After treatment there is little if any post-op discomfort.

Most patients are able to return to normal daily activities almost immediately. This is a tremendous improvement in the area of plantar verrucae (warts), where other treatment methods such as CO₂ laser vaporization and excision often resulted in large lesions on the sole of the foot, making even walking very painful. Damage to surrounding tissue is minimal with the pulsed dye laser. Many patients are even able to participate in sports the day after treatment for plantar verrucae. The amount of treatments depend on the size and type of wart, most conditions will respond to the very first treatment while some will require at least one more treatment session.

Safe and Effective

Studies have shown that there are very few side effects when the pulsed dye laser is used to treat warts. Pain has been reported to be very minimal during and after the surgery. Most patients resume normal activities almost immediately. You will, however, experience some temporary discoloration of the skin at the treatment site. The treated

wart will turn light gray immediately. Over the 24 hours following laser exposure, the gray discoloration will darken and persist for up to 2-3 weeks. This dead tissue is easily removed by Dr. Aronson at your follow-up appointment. Dr. Aronson will then assess whether further treatment is necessary.

Pulse Dye Laser FAQ

1. Is Pulse Dye Laser really the best noninvasive wart treatment?

Yes. Without a doubt. But only if you fit the following profile:

- If you have virgin warts that have never been treated with invasive (cutting) treatments.
- If your warts have black dots or appear superficial and scaly. Both of these appear to resolve well with Pulse Dye treatment.

2. Why would a pulse dye laser treatment fail?

Treatments will fail if proper debridement is not performed prior to treatment with the laser. Debridement of thick skin must be very close to healthy skin in order to expose the skin and blood vessels to the laser. Treatments will almost always fail if the laser is improperly maintained or has weak output due to dye level, mechanics or dirty lenses.

3. How many treatments should I have before I see a difference?

It may take more than 3 visits to resolve the problem due to the viral nature of the problem. Treatments are generally three to four weeks apart while the warts are thoroughly debrided before each treatment.

4. What is debridement?

Debridement is the shaving of thick skin often seen making up the wart. It also refers to the shaving of the dried scab that forms after successful pulse dye treatments.

5. Does pulse dye laser hurt?

Pulse Dye power is measure in Joules. At 6 Joules, the laser begins to snap and burn for the second that it is applied (decreased by the “cold spray”). After each pulse, you may experience a mild hot sensation on the area.

6. Does the laser leave a mark?

Yes. A purple mark must be seen almost immediately after the pulse if the laser is to be effective. As the days go by after treatment, the purple mark will turn into a dark purple scab which can be shaved off on the next visit.

7. Do doctors ever use anesthesia to numb the area before treatment?

Yes. If the doctor feels that the laser will cause too much discomfort to the patient (based on the number of warts or area treated), then a local anesthetic may be used.

8. Can I run after my treatment?

Yes. The great advantage of this technology is not only that it works very well, but also that the patient can run on the day of treatment. This does not mean that the patient will not feel some soreness in the area. There is often some tenderness. But there is no harm or risk in running or playing sports after treatment.

9. Can my young child have pulse dye treatment?

Yes. Children may find it scary at first but will respond well often at lower power (5 Joules or less)

10. Are there topicals that can make the procedure painless?

No. Topicals are not necessary and don't work. The best anesthetic is xylocaine (novacaine). Dr. Aronson may use the needleless injection method if needed.

Flashlamp Pulsed Dye Laser is SAFER, QUICKER and virtually PAINLESS

If you have any further questions or concerns, please ask Dr. Aronson.