Triple laser therapy for nasal enlarged pores

A 38-year-old Korean male visited our clinic presenting enlarged pores on the nose, which had developed over 20 years. He had no pertinent medical or family history. Two sessions of Q-switched and quasi long-pulsed 1,064-nm Nd:YAG laser were performed with topical carbon suspension to eliminate the keratin plugs in the pores. Since the size of the enlarged pore has been proven to be associated with increased sebum output, the patient was treated with two sessions of a non-ablative 1,450-nm diode laser (Smoothbeam laser, Candela, Wayland, MA) with a month interval using a 6-mm spot size and 14 J/cm² with a 30 ms cryogen spray duration. Two sessions of an ablative 10,600-nm carbon dioxide fractional laser system using Ultrapulse Encore laser (Lumenis Inc., Santa Clara, CA) treatment with a month interval were performed. Two different modes were used: the laser fluence was initially delivered with settings of 10 mJ, density 2, and 300 Hz by using Deep FX and additional treatment followed using the Active FX mode with settings of 100 mJ, density 2 (68% coverage for square shape), and 75 Hz. The patient showed satisfaction towards the results and complained of no adverse effects.